

Host  
your  
retreat  
with us!



Stay. Move. Play.

Your home away from home. Slow  
down and reconnect in nature.

NANA HOUSE  
ERICEIRA







# PRICES ACCOMODATION

## HIGH SEASON(JULY & AUGUST)

Entire House	Price per Night* (minimum stay 3 nights)	Price per Night (more than 7 nights)	Price per Night (more than 28 nights)
10 guests	550,00 €	520,00 €	490,00 €

\* WHEN RENTING THE ENTIRE HOUSE, A FLAT-RATE OPERATING FEE OF 100.00 EUROS PER WEEK IS INCLUDED; ADDITIONAL COSTS WILL BE DUE IF THIS AMOUNT IS EXCEEDED. ADDITIONAL PERSONS ARE CHARGED WITH + 10,00 EUROS PER NIGHT. EXAMPLE: IF YOU COME WITH 13 PEOPLE, THE TOTAL PRICE WILL BE 570€ PER NIGHT.

## SHOULDER SEASON(MARCH – JUNE & SEPETMBER – OCTOBER)

Entire House	Price per Night* (minimum stay 3 nights)	Price per Night (more than 7 nights)	Price per Night (more than 28 nights)
10 guests	460,00 €	430,00 €	390,00 €

\* WHEN RENTING THE ENTIRE HOUSE, A FLAT-RATE OPERATING FEE OF 100.00 EUROS PER WEEK IS INCLUDED; ADDITIONAL COSTS WILL BE DUE IF THIS AMOUNT IS EXCEEDED. ADDITIONAL PERSONS ARE CHARGED WITH + 10,00 EUROS PER NIGHT. EXAMPLE: IF YOU COME WITH 13 PEOPLE, THE TOTAL PRICE WILL BE 470€ PER NIGHT.

## LOW SEASON (NOVEMBER – FEBRUARY\*\*)

Entire House	Price per Night* (minimum stay 3 nights)	Price per Night (more than 7 nights)	Price per Night (more than 28 nights)
10 guests	390,00 €	350,00 €	320,00 €

\* WHEN RENTING THE ENTIRE HOUSE, A FLAT-RATE OPERATING FEE OF 100.00 EUROS PER WEEK IS INCLUDED; ADDITIONAL COSTS WILL BE DUE IF THIS AMOUNT IS EXCEEDED. ADDITIONAL PERSONS ARE CHARGED WITH + 10,00 EUROS PER NIGHT. EXAMPLE: IF YOU COME WITH 13 PEOPLE, THE TOTAL PRICE WILL BE 420€ PER NIGHT.

\*\*DURING CHRISTMAS & NEW YEARS HOLIDAYS (FORM DECEMBER 20ST - JANUARY 7TH) SHOULDER SEASON PRICING APPLIES





# ROOM SET UP

Room	Bed Set-up	Max. people	Bathroom	Option for Babybed
Suite	1 Double Bed + Single Bed	3	Private En Suite	yes
Luxury I	1 Double Bed + Single Bed	3	Shared with one other room	yes
Luxury II	1 Double Bed + Single Bed	3	Shared with one other room	yes
Cozy Plus	1 Double Bed or 2 Single Beds	2	Shared with one other room	no
Cozy	2 Single Beds	2	Shared with one other room	no
Tipi*	3 Single Beds	3	Shared	no

THE TIPI CAN BE USED FOR FACILITATORS OR PARTICIPANTS FREE TO YOUR CHOICE.  
 BABY EQUIPMENT ON REQUEST FOR ADDITIONAL RENTAL COSTS

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# OPTIONAL SERVICES

## IN-HOUSE OFFERINGS

Service	Description	Price p.P /Day
Breakfast	Enjoy a nourishing veggie breakfast with vegan options. For drinks, we provide coffee, tea, and juice	18,00 €
Brunch	Enjoy a diverse and nourishing vegetarian brunch with delicious vegan choices. For drinks, we provide coffee, tea, and fresh juice.	25,00 €
Dinner	Delight in exquisite, personalized menus crafted by our experienced chef. With culinary expertise gathered worldwide, he creates dishes perfectly tailored to your group's needs and the unique vision of your retreat	45,00 €
Yoga	Enjoy dynamic Vinyasa Flows and calming Yin sessions. Classes are adaptable to groups need.	25,00 €
Surf Guiding	We are thrilled to be a part of your surfing journey and take you to some of the best surf spots in Portugal! The course is 3 days and includes equipment.	300,00 € for 3 days

## EXTERNAL SERVICES

Service	Description	Price p.P /Day
Full Package Meal /Food Specializations	If you are interested in a complete meal package (including lunch and dinner) or want to explore different specializations (e.g., Ayurvedic Food), we cooperate with several chefs around Ericeira. We are happy to support you in organizing. We will contact you and make a price offer for you. You can also bring your chef.	prices on request depending on needs
Surf Lessons	We cooperate with a local surf guide that will pick you up and provide equipment	55,00 €
Airport Shuttle	Lisbon Airport is only 30 minutes away but we will make sure to pick you up and bring you back to the airport on time and without any stress.	price on request depending on size of groups
Other Activities	Ericeira is a gem for adventures or activities around relaxation and healing. From horse riding to biking to ecstatic dances and spas, we will find the right complement for your retreat/vacation	prices on request depending on activity and group size

GET IN TOUCH



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## MEET CHEF MOTA

Elves Mota is a retreat chef who brings global flavor and heart to every menu. Raised in Brazil and Switzerland and shaped by world travels, he crafts vibrant vegetarian, vegan, and traditional options, blending Central American, Mediterranean, Indian, and Arabic influences. Committed to seasonal, locally sourced ingredients and minimal waste, Elves partners with local organic farmers to create nourishing meals that support guest wellbeing and the planet. Ideal for retreats: energizing breakfasts, fresh lunches, and comforting dinners. Each plate is made with care and intention.



## SAMPLE RETREAT MENU

We'll create a warm, personalized menu for your retreat. Lovingly composed courses and themed menus that reflect your vision. Dietary needs are accommodated for vegans, gluten-free, dairy-free, nut-free, and allergy-aware people so every guest can enjoy each meal.



## BREAKFAST

- Warm banana bread with cinnamon butter
- Tender blueberry cake with lemon glaze
- Fluffy pancakes with maple syrup & fresh berries
- Buttery croissants, freshly baked
- Yogurt bar (dairy & plant-based) with granola toppings
- Seasonal fresh fruit platter
- Artisanal toasts with assorted spreads
- Farm-fresh eggs, prepared to order
- Creamy chia pudding with tropical compote





## MAINS

- Roasted eggplant pasta in rustic tomato sauce, finished with burata (vegan option available)
- Creamy vegetable risotto, seasonal greens & parmesan
- Fragrant curry (vegetable or meat) served with steamed rice
- Fresh and light Caesar salad (vegetarian or with grilled chicken)
- Spanish tortilla, potato & onion omelette
- Slow-roasted beef with rosemary potatoes
- Herb-roasted chicken with seasonal vegetables
- Bibimbap, a Korean mixed rice bowl with vibrant toppings
- Hearty beans chili sin or con carne



## SOUPS

- Roasted butternut squash soup, spiced & silky
- Fresh tomato soup with basil oil
- Caldo Verde, a comforting Portuguese kale & potato broth
- Courgette (zucchini) velouté with herb drizzle
- Rustic cabbage soup with aromatic broth



## DESSERTS

- Classic tiramisu
- Lemon cheesecake with seasonal fruit
- Molten chocolate cake
- Passion fruit mousse - bright & airy
- Rich chocolate mousse

## BEVERAGES

- Seasonal smoothies
- Home-made lemonades & fresh juices
- Herbal teas & coffee
- Kombucha & infused waters



# FAQ

## **WHY IS NANA HOUSE ERICEIRA A GOOD CHOICE FOR YOUR RETREAT?**

Nana House is a beautiful traditional Portuguese house with such positive energy. It is embedded in nature and a perfect place to find clarity and reconnect with yourself and others. The house lies in a small village away from the busy town, where you can sync with the sounds of nature. It is a couple of meters away from a walking path into the fields of Ericeira and is perfect for integration walks to feel in nature. Take a breath and enjoy Pachamama.

## **WHAT IS INCLUDED IN THE ACCOMODATION PRICE?**

The table prices include accommodation in our beautiful house, bathroom towels, linen, Wi-Fi, and weekly cleaning. The use of our yoga shala and props is also included in the price.

## **HOW MANY STUDENTS FIT IN THE SHALA?**

Our lovely 70-square-meter yoga shala has mats, bolsters, blankets, belts, and blocks for up to 15 people.

## **HOW TO GET TO NANA HOUSE ERICEIRA?**

We recommend flying into Lisbon International Airport, 30 minutes south of the Nana House. We are happy to organize airport transfers for you at additional costs. Alternatively, you can go by public transportation from Lisbon Airport to Ericeira Center, from where we can organize a 15-minute drive to the house.

## **WHAT IS THE ROOM SETUP?**

The house has five cozy and spacious bedrooms with closets and wooden floors. The largest room (the suite) has a double bed, a private bathroom, and access to the garden. The middle-sized rooms (Lux I & Lux II) have a double bed and the option of adding one spare bed each. Both rooms share one bathroom in the hallway. Cozy Plus is a beautiful room facing south with a double bed. And Cozy is our lovely dormitory with two single beds. Both rooms share one bathroom in the hallway. One spare toilet is on the floor, and one extra bathroom is next to the shala. For facilitators, we have 2-3 additional beds in our fabulous tipi. We have a beautiful, bright living room with a chimney, pool table, and spacious kitchen. The garden is very green and widespread, offering several terraces to sunbathe or chill in the shade and the option to take a refreshing dip in the pool.

## **HOW DO WE HANDLE THE PAYMENT?**

To secure your booking, you must make a prepayment of 30% of the total rental price. This payment is non-refundable. The remainder of the rental price is due two months before arrival. Failure to pay the remainder equals cancellation, in which case the Initial deposit is non-refundable. If canceled up to one month before arrival, 30% of the total rental price will be refunded. If you cancel after that day, no refund is given. One week before arrival, a security deposit of 2.000,00 € is due, which will be refunded after the rental period. All payments are to be made by bank transfer. In-house packages and services have to be paid upfront to ensure availability.

# FAQ

## IS IT NECESSARY TO HAVE A RENTAL CAR?

Depending on your retreat planning (going out once in a while), we recommend having a car. Ericeira's surroundings have a lot to offer. You can drive north to Peniche, south to Sintra, or explore the beautiful beaches in and around Ericeira. However, sometimes we also recommend offline retreats to just be here in nature without any external distractions. In these cases, we can also organize occasional shuttles (additional costs). Furthermore, Uber and Bolt are easy to get around with in the area.

## CAN I BOOK ANY EXTRAS: FOOD, YOGA, SURF?

We partner with a local surf school and would be happy to organize surf lessons for your group. For optional bookings, including meals, yoga classes, surf sessions, and more, please refer to the table on the previous page for full details and pricing.

## WHAT ARE THE VAT RATES FOR ACCOMMODATION AND MEALS?

Prices do not include 6 % VAT on accommodation, and 23 % VAT on food.

## IS THE CLEANING FEE INCLUDED?

The price includes basic cleaning after the stay (6 hours). Any cleaning required beyond this will be charged extra. Please leave the place clean and remove trash to the public collection points.

## DO WE HAVE TO PAY TOURIS TAX?

The tourist tax of 2,50 € p.P / day for a maximum of 7 days is charged by the municipality of Mafra and needs to be paid in cash on-site.

