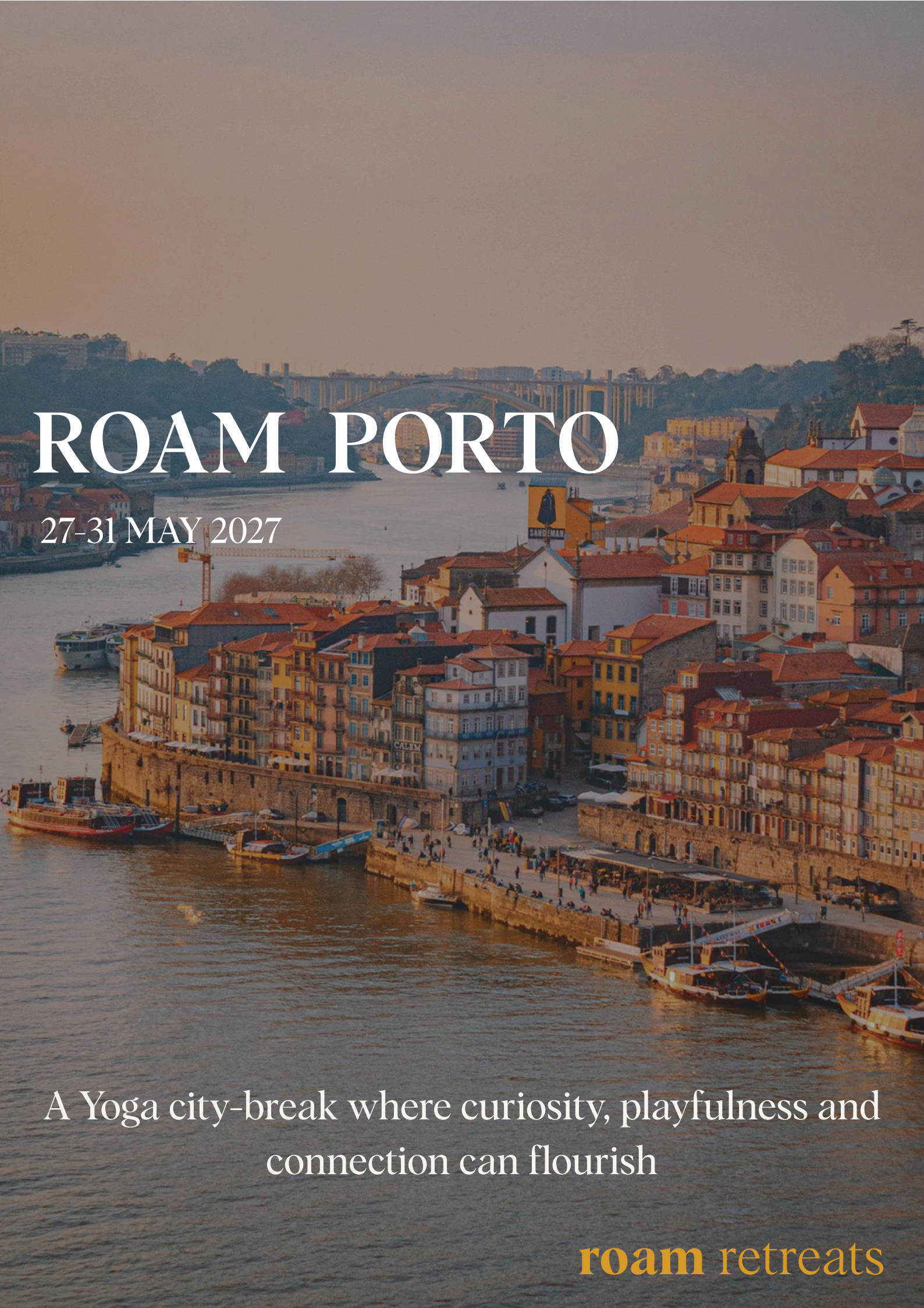


ROAM PORTO

27-31 MAY 2027

A Yoga city-break where curiosity, playfulness and connection can flourish

roam retreats

Bem-vindo ao Porto!



After fifteen years of being rather nomadic, it takes a special place to make my restless feet want to put down roots. For the past nine years, Porto has been that place for me.

I love its winding streets, sun-drenched corners, little neighbourhood cafés and the unexpected places you discover when you allow yourself to wander. This is a city best explored slowly, with curiosity and an open mind. I cannot wait to share it with you.

This retreat brings together two things very close to my heart: the everyday wisdom of Yoga and Ayurveda, and the joy of discovering a city through its people, food and creative spirit. We'll begin our mornings with movement, meditation and prompts for self-reflection, followed by long Ayurvedic brunches, before discovering the city I call home.

My hope is that you leave feeling nourished, inspired and more connected to yourself — with new perspectives and practices to carry into everyday life.

with love & appreciation. Hayley 🌱

A different type of city break



A little time to reconnect with yourself, and a little time to explore somewhere new. Roam Porto brings together daily Yoga, meditation, Ayurveda, local food and culture, with plenty of room for your own adventures.

We keep our retreats intentionally intimate. With a maximum of eight guests, there is space for meaningful conversations, individual attention and the kind of connection that happens when people feel safe, supported and genuinely welcomed.

The freedom to roam
Afternoons are yours. Follow a winding street, settle into a café, browse a gallery or sit beside the Douro.

Before you arrive, you'll receive Porto Picks, my personal collection of favourite places: little nooks, lookout points, cafés and sun-drenched corners I have come to love over the years. Think of it as a friend showing you around, rather than a checklist of sights.



Ancient wisdom, everyday rituals

Each morning begins with guided Yoga, meditation and pranayama (breathwork). Classes are open level, with variations for all abilities. We'll also make space for reflection, journal prompts and curiosity about our daily lives.

Our Ayurvedic brunch is more than a meal. The table becomes a workshop, exploring how and why we eat, the connection between food and digestion, and simple tips for your own kitchen. Seasonal, locally sourced vegetarian dishes encourage mindful eating. You'll leave with a recipe collection of the dishes enjoyed together.

An introduction to Ayurveda, exploring the three doshas, dinacharya (daily routines), nature's rhythms, monthly cycles and seasonal self-care. Discover simple rituals and practical tools to support balance and create a routine that feels like your own.

Discover Porto through our curated tours

Made in Portugal Tour · with The Mindful Step · 3 hours
Explore Porto slowly and creatively. Leave the tourist traps behind to meet local makers, visit hidden ateliers and discover the independent businesses that give the city its character.

Food & Culture Tour · with Karin Eden · 3 hours
Join art historian and foodie Karin Eden of Porto Art Salon to explore Porto's food, history and culture through its flavours, traditions and stories.

Both tours are included in your retreat, taking you beyond the tourist trail to discover the people and places that make Porto so special.





We'll stay at B28 Apartments, a collection of contemporary boutique apartments with a heritage twist in Porto's historic arts-and-crafts neighbourhood, just five minutes' walk from the Douro River. Original architectural details blend with calm, considered interiors — a lovely place to return to after a day of roaming.

Each non-smoking apartment has a private bathroom and fully equipped kitchen, with complimentary tea, coffee, water, heating and unlimited Wi-Fi. Bathrooms include towels, bathrobes and hairdryers. Kitchens are equipped with a dishwasher, microwave, fridge/freezer and cooking essentials. An iron and ironing board are available on request, with tea and coffee also available in the communal room.

Porto Airport is approximately 30 minutes away, with transfers included. São Bento is the nearest train station. Parking recommendations are available on request.



Light-filled rooms, beautiful old windows, warm timber floors and thoughtful details make these apartments feel like a home rather than a hotel.

Whether you choose to share or enjoy your own private space, you'll have somewhere comfortable to return to after exploring the city.

Shared Deluxe Apartment: £1,350 per person (based on two sharing).
Private Deluxe Apartment: £1,650 per person.



THURSDAY 27 MAY · ARRIVE

From 11:00 Check-in
18:30 Opening circle and Ayurvedic welcome meal

FRIDAY 28 MAY · MEET THE MAKERS

08:00 Yoga, meditation & pranayama
10:30 Slow Ayurvedic brunch
12:30 Made in Portugal tour (approx. 3 hours)
15:30 onwards Free time

SATURDAY 29 MAY · FOOD & CULTURE

08:00 Yoga, meditation & pranayama
10:30 Slow Ayurvedic brunch
12:30 Food & Culture tour (approx. 3 hours)
15:30 onwards Free time

SUNDAY 30 MAY · THE ART OF EVERYDAY RITUALS

08:00 Yoga, meditation & pranayama
10:30 Slow Ayurvedic brunch
12:30 Ayurveda masterclass (90 minutes)
15:30 onwards Free time

MONDAY 31 MAY · TAKE IT HOME

08:00 Yoga, meditation & pranayama
10:30 Farewell Ayurvedic brunch
12:00 Check-out



A little something to take home

The journey doesn't end when we say goodbye. We want you to return home with ideas, confidence and a little more curiosity about what helps you feel balanced and connected.

Your Roam recipe collection
A complete recipe book of the Ayurvedic dishes prepared throughout the retreat.

Your Roam reflection journal
A booklet of journal prompts, affirmations, quotes, book recommendations and self-reflection exercises from our time together, alongside a dosha quiz and an Ayurvedic shopping list.

Keep learning and connecting
Complimentary passes for selected Roam online courses, plus the option to join our WhatsApp community for continued conversation and inspiration.

Meet your Guide



I'm Hayley Evans, founder of Roam Retreats, a certified Ayurvedic Practitioner (AAPUK) and 500-hour Yoga Teacher. I've spent more than fifteen years studying, practising and teaching Yoga, Ayurveda and approaches to self-awareness.

My journey began in my early twenties in Sri Lanka, where I first discovered the relationship between body, mind and nature through Yoga and Ayurveda. I later worked in textiles and fashion, but the pace of that life eventually prompted me to look more closely at my own health and the ways I was living. What I love about Ayurveda is that it invites us to become curious rather than follow another set of rules. My teaching brings these traditional practices into everyday life in ways that feel practical, accessible and personal, while drawing on relevant modern research.

More than anything, I hope you leave not simply feeling rested, but with a deeper understanding of yourself and the confidence to continue exploring long after the retreat.

What previous guests have said

“It’s my second retreat with Roam, and it was the perfect reset I needed. I loved the simple rhythm of morning yoga followed by an Ayurvedic brunch, and I left inspired by everything I learned.”
COLETTE

“Hayley creates such a welcoming, beautiful space to unwind and connect. It was such an amazing, positive and respectful group of people, and I left feeling completely refreshed, nourished and inspired.”
DAISY

“One of the best holidays I’ve ever had. It was the perfect combination of a yoga retreat and city break. Every yoga class, Ayurvedic brunch and workshop left me feeling inspired.”
STEPHANIE

5/5 on Google · 36 reviews
Read our Google reviews



The details



Included

Four nights' accommodation; airport transfers; daily Yoga, pranayama and meditation; daily Ayurvedic brunch; Thursday welcome meal; 90-minute Ayurveda masterclass; three-hour Made in Portugal and Food & Culture tours; welcome bag; recipe book; Roam reflection journal; selected online course passes; optional WhatsApp community; complimentary tea and coffee in the communal room and apartments, and water in the apartments.

Not included

Flights, travel insurance, additional activities and additional meals.

Your investment

Shared Deluxe Apartment · £1,350 per person (two sharing)

Private Deluxe Apartment · £1,650 per person

Booking & payment

Secure your place with a 30% deposit, with the remaining balance due by 15 April 2027. Choose to pay in full, pay the deposit now and the balance later, or arrange a flexible monthly payment plan. All instalments must be completed by 15 April 2027.

We know investing in yourself is a commitment. If spreading the cost would help, just get in touch — we're happy to explore a plan that works for you.

I cant wait to share Porto with you

If this feels like the kind of journey you've been looking for, I'd love to welcome you.

We'll keep the group to just eight people, so there's time for real connection and plenty of room to explore at your own pace.

Reserve your place

Or let's have a chat
A short discovery call to explore whether this Roam Porto retreat is the right fit for you, answer your questions, and understand what you're looking for from this experience.

Book a discovery call

Email: hello@roam-retreats.com
WhatsApp: +351 964 161 890

Hayley x





Come Roam with us

27-31 MAY 2027
PORTO

www.roam-retreats.com
hello@roam-retreats.com

roam retreats