



# HOSTING A RETREAT AT HOUSE OF HONEY PORTUGAL

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For Retreat Leaders who want transformation – not transaction

# LET'S BEGIN

**Every Retreat is Unique.**

**Every Facilitator Brings Different Goals.**

**If you're ready to create a retreat that feels intentional, soul-centered and beautifully held, I'd love to speak with you! Book a free discovery call [HERE](#).**



# STUDIO SPECS & DETAILS



## Studio Includes:

- New equipment & rigorous safety checks
  - 11 rigging points on pulleys
  - Amsteel Blue for 7 points (zero stretch; best for dynamic work)
  - 2 points at 8.5 metres (27 feet)
  - 9 points at 7 metres (23 feet)
  - Soft tatami mats for floor work
  - 100 sq metres of hexagonal space
  - 20 and 30 cm crash mats (made in Portugal)
- 18 cork yoga mats
  - 10 hammocks/slings
  - 10 silks
  - 4 lyra & 4 corde lisse ropes
  - 1 set of straps
  - 4 dance trapezes
  - Swivels & carabiners
  - Curtains — open to nature or close for shade

**\*\* Ask about the latest equipment — we're always adding new things!**

# THE CHALLENGES RETREAT FACILITATORS OFTEN FACE

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**“I feel inspired but overwhelmed. Where do I even begin?”**

Planning timelines, coordinating vendors and managing details can quickly pull you away from your creative process.

**“How do I handle logistics while still being present for my students?”**

Meals, accommodation, transport, guest communication and unexpected needs can dilute your teaching energy.

**“I want the experience to feel cohesive and meaningful.”**

Without intentional design, retreats can feel like a schedule of activities rather than a journey.

**“I’ve hosted before but experienced breakdowns or stress.”**

Unclear roles, communication gaps or onsite surprises can impact confidence and flow.

**“I want my retreat to feel unique and supported by the right equipment.”**

Especially for aerial facilitators, infrastructure matters.



*[ Garden / hammock / pool photo ]*



*[ Balcony with silks & nature view photo ]*

**These challenges are common. And they don't mean you're doing anything wrong.  
They simply mean you shouldn't have to do it alone.**



## DESIGNED WITH AERIAL FACILITATORS IN MIND

House of Honey was created to support movement practices that require both beauty and structure. For aerial retreats, this means a space where creative expression and technical needs can coexist seamlessly.

### Facilitators are supported by:

- A safe, thoughtfully designed hexagonal space
- Easy-to-use rigging systems in a lush natural environment
- Equipment infrastructure for creative programming
- Flexible layouts for workshops, jams & performance moments
- A setting that enhances embodiment, not distraction
- Healthy & delicious catering for your group's dietary needs
- Luxurious lodging just above the studio
- A salt pool & jacuzzi with sea views for restoration & relaxation

# A CLEAR PATHWAY FROM IDEA TO EXPERIENCE



## Discovery Conversation

Book a free call to discuss your vision!



## Vision Exploration & Alignment

We clarify structure, flow & possibilities



## Custom Proposal & Date Reservation

Prices tailored to your group's needs & your vision



## Co-creation & Planning Phase

Logistics & experience elements take shape together



## Retreat Experience Delivery

You arrive to teach, guide & connect — fully supported

### SAMPLE WEEKLY SCHEDULE

|             | Monday                  | Tuesday             | Wednesday           | Thursday            | Friday           | Saturday            |
|-------------|-------------------------|---------------------|---------------------|---------------------|------------------|---------------------|
| Morning     | 7AM Aerial Yoga         | 7AM Yoga            | --                  | 7AM Sunrise Yoga    | 7AM Aerial Yoga  | 8:15AM Aerial Yoga  |
| Mid-Morning | 10AM Aerial Silks       | 10AM Aerial Hammock | EXCURSION DAY       | 10AM Aerial Hammock | 10AM Aerial Play | 10AM Aerial Hoop    |
| Afternoon   | Lunch + Free Time       | Open Studio         | Paddleboard/Sailing | Lunch + Free Time   | Shopping in Town | Open Studio         |
| Evening     | Dinner + Welcome Circle | Yin Yoga + Dinner   | Dinner 19:00        | Partner Stretching  | Dinner in Town   | Yoga Nidra + Dinner |

# RETREATS FLOW BEST WHEN ROLES ARE CLEAR

## I hold the container

- Space prep and setup
- Accommodation coordination
- Meals & nourishment logistics
- Vendor relationships & operational details
- Onsite support & retreat flow assistance

## You hold the experience

- Teaching and facilitation
- Community building and student relationships
- Retreat theme and curriculum
- Creative expression and programming

*Together, we create an experience that is supported, spacious, and intentional.*



# WORDS FROM FACILITATORS AND GUESTS

“Working with Meredith felt like having a wise guide, grounded coordinator and loving caretaker all in one. Our retreat unfolded effortlessly.”

— *Julia Torrgler, Aerial Retreat Leader & Performer*

“A week in Portugal was everything I needed and more, both in the air and on the ground. I highly recommend!”

— *Steph Oullette, Alchemy Retreat Participant*



HOUSE OF HONEY  
RETREAT CENTER & STUDIO

# PRICING MODELS

*Flexible structures to suit your goals and retreat format.*

1

## Fixed Hosting Fee

You pay a flat fee covering studio use, accommodation, and agreed support services. You retain full control of retreat pricing and all profit.

Best for: experienced hosts

2

## Per-Participant Model

Costs are calculated per guest, making budgeting straightforward and scalable based on group size. Ideal for first-time retreat hosts.

Best for: first-time hosts

3

## Revenue Share *by application*

For select retreats, we may offer a shared-revenue model where upfront costs are reduced in exchange for a percentage of retreat income. Available by application.

Best for: select partnerships

💬 *Not sure which model fits? We're happy to talk through what works best for your audience size, experience level, and financial goals.*



## BEGIN THE CONVERSATION

Every retreat begins with a conversation. If you feel curious, inspired, or simply want to explore what's possible, I invite you to reach out!

Discovery calls are complimentary and designed to help you clarify your vision — whether or not you ultimately choose to host here.

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*I look forward to hearing about your dreams and visions Book your free call [HERE](#)*