



Welcome to the Stage 2 Awaken as Love Training in Portugal 2021. We've included some practical details to help make your experience a smooth one.

We wish you a deep, transformation, connected and most of all fun time!

Love,

James & Riya

Before Arrival

What to bring

- **Note pad and pen** – we will be giving you a course manual with all the information but we will also ask you to use this for personal reflections at points.
- **A small back pack, walking shoes, water bottle & sun-cream** – we will have some parts of the training out in nature exploring earth medicine and you will need everything you might take for a day in nature in this part of Portugal.
- **Snacks** – this training is catered for 3 meals a day with organic vegetarian food with tea and coffee stations. Bring your own snacks if there is something you like to eat outside of this.
- **Loose comfortable clothing** – we will be dancing a lot and it's good you have loose clothes and plenty of t-shirts if you tend to sweat a lot.

- **If Camping don't forget your tent and bedding!** – all your meals are provided.

Facebook Group

Please join our participant facebook group to connect with others before and after the Training and to help with sharing lifts getting transport to and from the training:

<https://www.facebook.com/groups/792761407816947>

Directions to the Training

Awake is a 60 minute drive from Faro airport and 3 hours from Lisbon. You can travel from Lisbon (or anywhere else in Portugal) to the Algarve by train (www.cp.pt), bus (<http://www.rede-expressos.pt>) or a small airplane (www.aerovip.pt).

There is a bus stop right outside our door (Bus 21*) and a train station only 10 mins away (Mexilhoeira Grande**), from where you can arrive to Awake via the bus 21 or a taxi.

* Bus 21 – leaves from Portimão, Largo do Dique. Consult schedules in <http://vaivem.pt>. To arrive to Awake, get off at TERRA VELHA (or alternatively, at 1km distance MONTES DE CIMA or MOINHO DA ROCHA).

**Coming from Lisbon, you must switch trains in Tunes. Take the train in direction Lagos and get off at Mexilhoeira Grande. If you come from Faro via train, get off at Mexilhoeira Grande.

Please use see this page for more detailed instructions for driving:

<http://portugaltantrafestival.com/what-you-need>

At the Training

Locations

- Main training space – this is our main location for the training, but there will be times when we are out on the land in and around the center for certain aspects.
- Nirvana Lake – for swimming and sunbathing
- Info desk is at reception, and there and it will have staff at set times to answer any questions.

Start times

We start the training at around 3pm on Wednesday the 16th June, please arrive in plenty of time to settle in and so we can provide you with all the practical information you will need. We will be finished by around 2pm on Tuesday the 22nd June.

Photography & Filming at the Training

We ask all participants to respect the policies that there is no photography from participants of other participants unless their express permission is given.

By signing up for this training you also accepted that we have our own professional photographer is participating and will also capture some film and photos for our promotional purposes – they are instructed not to intrude on participants and would only film in some select moments and never when we are in a vulnerable or nude moment. If you are not wanting to be in these photos then we will ask the photographer to take one photo of you at the start and then we will know to edit you out or use only those photos where you do not appear. We appreciate your co-operation with this.

Smoking & Alcohol/Drug Free Policy

There are smoking points signposted away from the eating areas – please stay in these areas to smoke and use the ash trays provided there. The training is Alcohol and Drug-free. If you are found under the influence of drugs you may be asked to leave.