

JOIN US FOR
Iron and Zen

Rise together

Build a better You

Unleash your Potential



7 days
10 men
08-15 June 2025

Near Lisbon, Portugal



IRON

OUTER STRENGTH



Gym Time

Use our makeshift, going-to-be-next-level gym with lots of calisthenics



Personal Growth

Build a better physique or just get fitter - or stronger. Your choice



Discipline

Rise together e.g. Benevolent Peer Pressure to get you out of your bed



LET'S
DO
THIS
TOGETHER



ZEN

INNER CALM



Meditation

Use the Guided Meditation to find inner peace and mental fortitude



Inner Growth

Work on your Trauma or whatever is stopping you. Or just F**** sit!



No Nonsense

We invite you to keep this week a no-bs place. No need for unnecessary ego or drama



WHAT
DO
YOU REALLY
WANT

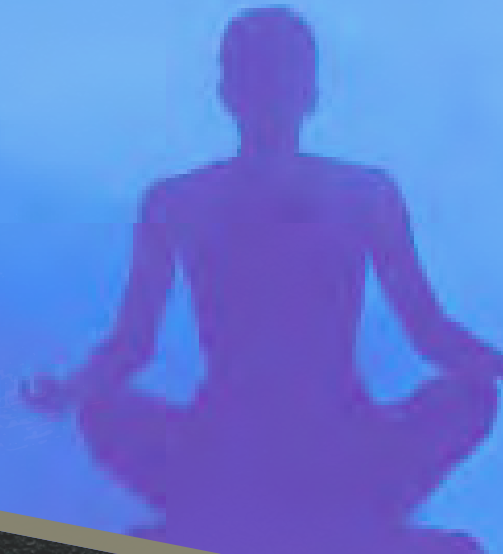
LEAVE AS
THE BETTER
VERSION
OF
YOUR SELF

IN THE

MORNINGS

BEFORE WORK

FIND YOUR INNER
PEACE AND BALANCE



EVENINGS

AFTER WORK

WORK ON YOUR BODY
AND YOUR SELF

EAT HEALTHY
TOGETHER

AND...
HAVING FUN



ABOUT THE LOCATION

Bela Colina is a serene villa nestled in the Portuguese midlands, surrounded by vineyards and near the historic city of Coimbra. With stunning views and peaceful surroundings, it offers the perfect escape to nature while being close to cultural landmarks, combining tranquility with easy access to city life.

FACILITIES

- Activity Spaces
- Fabulous View
- Surrounded by Nature
- Renovated Amenities
- State of the Art Furniture
- Fast Wifi

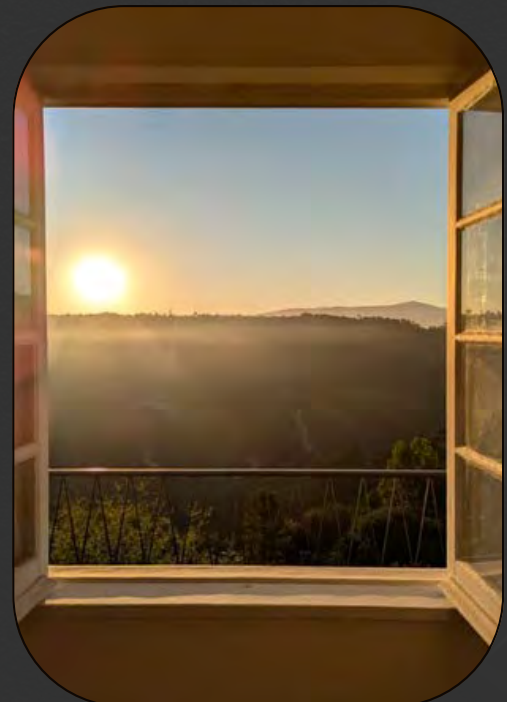
CONNECTION

Best Connection is flying in to Porto or Lisbon, and taking a train to Coimbra. Rental cars are also very inexpensive and a great option.

We will create a WhatsApp group soon to manage arrivals together.

LOCATION

[HTTPS://MAPS.APP.GOO.GL/DCRZ9F8TSKCZSXJW7](https://maps.app.goo.gl/DCRZ9F8TSKCZSXJW7)





Meet Edgar

aka Eddi

After going through countless retreats, colives and workshops + traveling countries on motorbikes and becoming a Yoga-Mäster

I feel safe to say:



I want to share what I have learned with my Zen-Bros



Let's get cooking



Btw cooking.
We will have a Avo, a grandmother of the village as our cook. She will cook healthy, local dishes for us.
Yummy!



FAQ

HOW MANY
WILL BE
THERE?

WE WILL BE
AROUND 10

WHAT DO I
HAVE TO
SHARE

YOU HAVE YOUR
OWN ROOM BUT
THERE IS 1
BATHROOM FOR
EVERY 2 MEN

WILL
SOMEONE
COOK FOR
ME?

YES, WE ORGANIZE
DINNER, BUT THERE
WILL ALSO BE
OCCASIONS WHERE
WE COOK

WHAT IS THE
NEXT STEP?

WHATSAPP GROUP
+ ARRIVAL INFO
WILL BE SHARED
WITH YOU

Ground Rules

You become Part of the Team

You support the Team

You get better

You feel better

You have Fun

Price

580 € for 7 nights
(including dinners,
accommodation and
facilitation)

[Click here](#) to Schedule a
Call to Join

