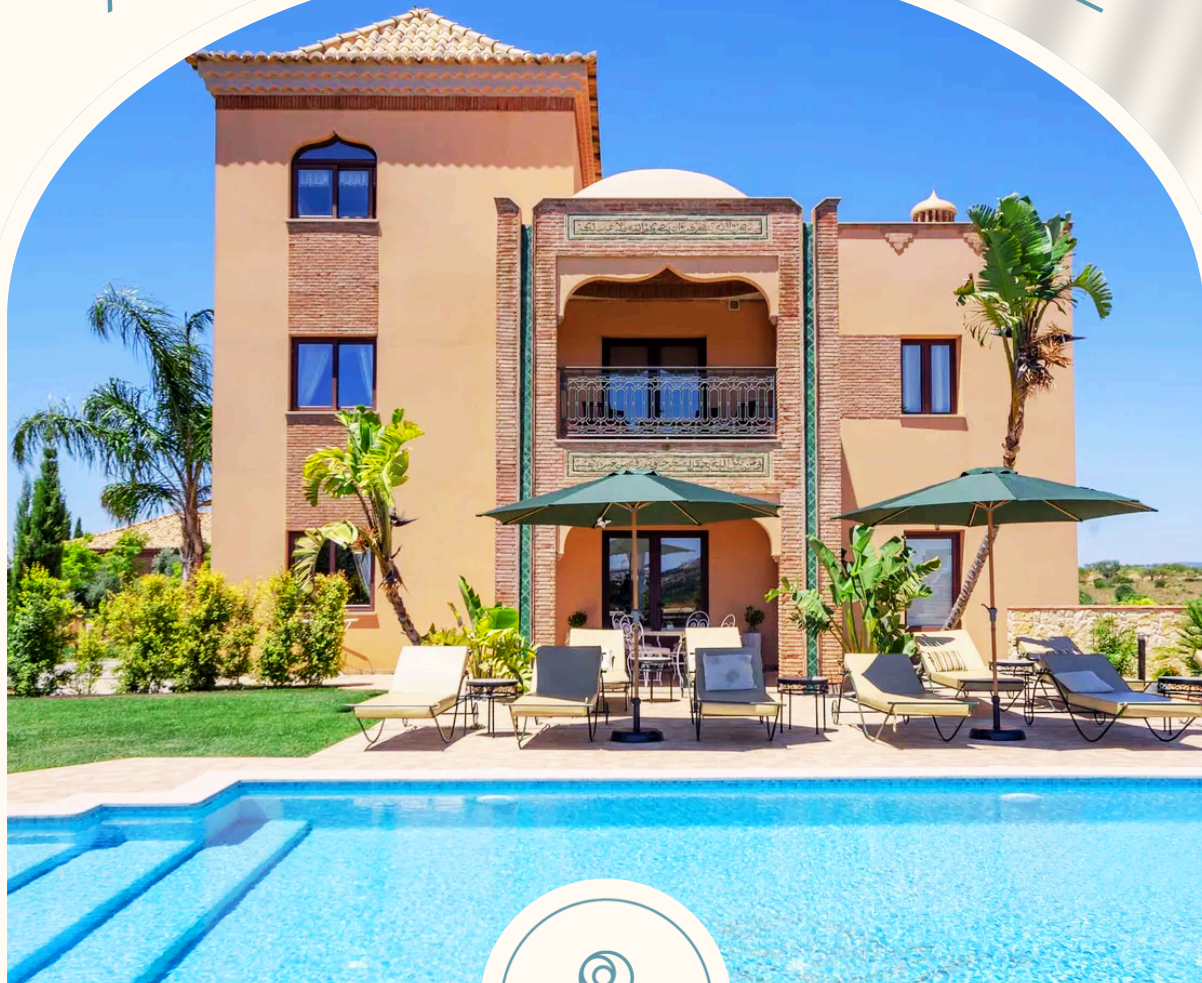


AL KAROB, PORTUGAL



Clarity FOCUS

RETREAT

14TH TO 18TH OCTOBER 2025

welcome bestie!

Do you ever feel like you want to press pause on your life for a moment to gain clarity and focus? Do you spend so much time working in and on your business that there isn't much time left for yourself? After the success of my 2024 Relax and detox retreat, this is your invitation to do just that. To press pause on the world for four nights, to take stock and breathe.

You deserve all of the good things this world has to offer. As a brave busy female business owner you are constantly juggling all of the balls and holding it all together, and you do an amazing job!

Now let me take care of you on my transformative retreat.

I promise it will be life changing!



Lily Jo





The Overview

Four-night stay from 14th to 18th October
2025.

FLIGHTS

Tuesday, 14 October 2025

 Depart Manchester (MAN) at 07h30 Ryanair

 Arrive Faro (FAO) at 10h25

20kg Hold Luggage + underseat bag



Saturday, 18 October 2025

 Depart Faro (FAO) at 10h45 Ryanair

 Arrive Manchester (MAN) at 13h45

20kg Hold Luggage + underseat bag

Meals: Half board

(Breakfast x 4 + Lunch x 2 + Dinner x 2)

Programme: Bespoke

Inclusions:

2 x Group Yoga Class

2 x Relaxing Massage

1 x Boat trip

Use of Yoga room during stay for
workshops /sessions



retreat inclusions

Dates: 14, 15, 16, 17, 18 October 2025

- Pre Retreat Mixer*
- Pre Retreat Questionnaire
- Direct Flights
- Transfer to Luxury Hotel
- Twin & Single Rooms Available
- 4 x Breakfast
- 2 x Lunch
- 2 x Evening Meals
- Meditation & Journalling Sessions
- 2 x Yoga Sessions
- Special Excursion
- 2 x Relaxing Massage
- Outdoor Pool
- Fitness classes led by Laura Faye
- Post Retreat Reunion Dinner

£ 1599 Twin Room

£ 1999 Single Room

**Optional add-on, charged separately*



Client's testimonials

” What a special week 😊

It was more than I ever anticipated... I went away with no expectations, just felt this retreat was going to be a perfect time to knuckle down on my goals and my work (with a side of peace and rest which I was overdue) but it was so different

I have come back having met the most amazing women that are definitely friends for life, who just want to help you and support you... my cup is definitely full ☕ (even if it is full of coffee and wine)

The chats. The laughter. The support. The ideas. All from powerful women that want the best for you 😊

I'm so ready to put every I learnt into action and make self care a priority

Thank you for an amazing opportunity @runawaywithme_retreats 🌞🌸

apbeauty_uk



” Thanks to you all I've actually looked INSIDE myself this week and realised I have a long way to go but that's ok And even with my 'long way to go' I am loveable ... 🌸

Satisfied Client



” @runawaywithme_retreats invited 6 women on their detox retreat for female business owners..

And what a trip.

How she managed to get 7 in total, females, with such strong amazing women to get to come away, and bring such different things to the table is incredible.

Personally I thought I needed the trip to get my head down and work. But what I actually got from it was to reflect on what I actually needed.

Journaling & meditation.

Treatments.

Pool time.

Counselling intro sessions.

Meals out.

Healthy food.

A gorgeous gym.

Gorgeous energy.

I feel like I'm walking away with 6 new besties who support the hell out of each other.

I think the MOST amazing thing was - there was no competition, no gate keeping, just good vibes and support.

laurafayefitness



” Honestly I cannot put into words what a different path I am on right now. For the first time in a few years I feel like there is a glimpse of the old me. After some bumps in the road, I was beginning to think I was broken forever. After spending time on your retreat with amazing women I am excited for what life can bring again. Thank you.” ☺

Satisfied Client





Frequently Asked Questions

How much spending money will I need?

We will dine out on two nights so we will swap our evening meal for lunch. We may also need to spend on taxis, there's uber. You will probably need between £150-£350 spends, depends how bougie you want to be!

What is the weather like?

In October, Portugal typically enjoys mild and pleasant weather. The average daytime high is around 24°C (75°F), while evenings and nights can cool down to an average low of 17°C (63°F). Most days feature sunny skies, though towards the end of the month, you may encounter occasional clouds or rain showers.

(Source: www.earthtrekkers.com)

Can I write the cost off as a business expense?

Yes!! This can be written off as business trip.

What are the requirements of me?

You can engage in as much or as little as you like. You are not required to join in with everything, however, the more you put in, the more you get out.

I have special dietary requirements is that ok?

The hotel can cater for your needs just let us know how we can help.

Do I have to get involved in every activity?

No, it's your break! You do you!

Ready to book?





JOIN US!

There are **only four private rooms available** at this property for **£ 1999**. To book a single private room, click here:

Book a Private Room

PAY in 1

Book a Private Room

PAY in 4

There are **five twin rooms for £ 1599**. To bag your twin, click here:

Book a Twin Room

PAY in 1

Book a Twin Room

PAY in 4

Any other questions, drop me a message via:

 +447794197886 (WhatsApp)

 hello@runawaywithme.co.uk