

Portugal, Algarve





about

EMRISE is more than just a name.

It is a journey of inner transformation. Born from the words Embrace and Rise within, EMRISE invites you to fully accept who you are, to soften into your truth, and to rise from within with strength, clarity, and purpose.

EMRISE is where like minded individuals come together for a week of conscious release, deep transformation and embodied connection.

This experience leaves you feeling more grounded, connected and aligned, with a calm nervous system, a strengthened body and a deeper trust in yourself. Integrating a sense of inner balance, purpose and lasting fulfillment, you step back into your life with greater awareness and intention.



about

Experience your full potential.

We carefully select our participants to create a truly unique and valuable experience, ensuring the group energy supports depth, growth and meaningful connection.

Located in some of the world's most stunning destinations, we bring people together to unlock their physical and mental potential. Guided by our expert coaches, you'll immerse yourself in strength training, movement, breathwork, and meditation, all designed to reconnect you with your body and expand your inner awareness.

This week is designed for inspiration, transformation, personal growth and genuine human connection that stays with you long after the experience ends.





conscious living

Join us for a week of conscious living at our retreat in the Algarve, Portugal, a space to step out of everyday noise and reconnect with what truly matters.

This retreat is for those who long for more presence, clarity and embodiment. Each day begins without phones, creating space to slow down, feel the body and return to yourself. Through an activating program, we strengthen the body, awaken energy and create moments that feel intense, real and deeply alive.

Surrounded by nature and the ocean, with time at the beach, in the sauna and by the pool, you begin to feel freedom, ease and a deeper connection to yourself. A sense of release and inner clarity unfolds naturally. As the sun sets each evening, we come together in presence, grounded and fully embodied in the moment.



about the food

At our retreats in the Algarve, food becomes a conscious experience that supports your wellbeing and connection to your body.

Our private chef uses fresh ingredients from our own garden and local Portuguese farms to create nourishing, seasonal meals tailored to your needs. You'll enjoy balanced, protein-rich dishes, vibrant plant-based options and fresh fruits.

Through this, you begin to feel how conscious nutrition can truly fulfill you, strengthen your body and elevate your energy. Meals become moments of presence, helping you reconnect with your senses and build a more intuitive relationship with food. From garden to table, every detail reflects mindful eating, supported by small workshops you can carry into your everyday life.



a typical day

08:00 AM

Start your day with an morning session either slow movements or strength training

09:00 AM

Enjoy a nourishing breakfast to fuel your day with energy and focus

12:00 PM onward

Dive into workshops, excursions, and immersive activities, giving you space to explore, learn, and connect

07:00 PM

Return for another session of movement, strength training or Breathwork

08:00 PM

Conclude the day with a shared dinner prepared by our portuguese chef, featuring fresh, local ingredients and flavors that bring everyone together



building strength

At our retreats, strength training is more than just building muscle. It is a foundation for unlocking your full potential. Through guided bodyweight exercises and targeted techniques, we focus on proper form, mindful execution and effective movement patterns that help you reconnect with your body.

No matter your level, you are gently guided to explore your physical limits, challenge yourself and grow stronger. Each session is designed to energize, empower and deepen your awareness of your physical strength.

By cultivating both body and mind, you leave feeling stronger, more confident and fully aligned with your own potential.



movement

During our retreats, we invite you to slow down, breathe deeply, and reconnect with your body through conscious, intentional movement. Each session creates space to truly feel, listen, and respond to your body's needs, building a deeper sense of awareness from within.

Surrounded by nature and like-minded people, you'll move with presence and purpose, focusing not on performance but on quality and control. Through mindful strengthening and fluid sequences, you'll support your body in a sustainable way, developing strength, stability, and a lasting connection between body, mind, and inner balance.



embrace presence

Presence means being fully here, not lost in thoughts about the past or worries about the future. It's the ability to slow down, feel your body, and become aware of what is happening within and around you. Through conscious breathing and mindful attention, you begin to quiet the noise and reconnect with your inner state.

When you practice presence, your mind becomes clearer, your energy more grounded, and your actions more intentional. You stop reacting automatically and start responding with awareness. In that space, you find calm, focus, and a deeper connection to yourself and the moment you're in.





free yourself

It is about the feeling of freeing yourself from everything that holds you back and stepping into a deeper experience of life. By being fully present, each moment becomes something you don't just pass through, but truly feel. Your senses awaken, your awareness expands, and life unfolds with more clarity, intensity, and depth.

As you let go of expectations and mental noise, you create space to experience yourself in a more authentic way. You begin to trust your inner rhythm, to feel more deeply, and to move through life with ease, openness, and lightness. In this state, freedom is not something you seek, but something you embody, fully alive and connected.



community

Within our retreats, the community becomes a space where you have the opportunity to open up, unfold your potential, and benefit deeply from the experiences of others. Surrounded by like-minded people, you are invited to share, learn, and grow in an environment of trust and openness. Every exchange carries value and can inspire new perspectives and deeper understanding.

Being in the right environment has the power to profoundly enrich your life. The people you surround yourself with shape your growth, your mindset, and your ability to expand into your full expression. In this space, connection becomes a game changer for transformation, allowing you to step more fully into who you are meant to be.







explore around

Within our retreats, we step into the untouched nature of the Algarve's west coast together. Around Aljezur, wild cliffs, hidden beaches, and vast landscapes invite us to slow down, explore, and reconnect with what truly matters.

As we move through these places, we share moments of presence, curiosity, and discovery. Each step into nature opens new perspectives and creates space for clarity, grounding, and inspiration. The simplicity and raw beauty of the surroundings allow us to fully arrive in the moment.

Being immersed in this environment together allows us to reconnect not only with nature, but also with ourselves, in a deeper and more meaningful way. It creates space to expand, to reflect, and to experience a stronger sense of connection and inner balance.



contact

Get in touch

If you feel called to join us, reach out for a personal conversation. We'll explore whether the retreat is the right fit for you and guide you through all details, including accommodation and pricing.

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