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ART STUDIO

presents

FLOURISH AND FLOW

Creative Wellness Retreat with Sai Banerjee

Friday, 27th March, 2026, 4.00 pm to

Wednesday 1st April 1st 2026 10.00 am

at Quinta Bonita, Lagos, Portugal.



ART, CALLIGRAPHY, YOGA & MINDFULNESS



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"Art washes away from the soul, the dust of everyday life"

– Pablo Picasso



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Have you ever wished for more creativity, freedom, connection and soul-nourishing experiences? Here is an invitation for you to listen to the whispers of that inner voice.

Hello and Welcome!

I'm Dr. Sai Banerjee, an experienced artist and calligrapher based in London. I am thrilled to welcome you to FLOURISH AND FLOW - my 2026 Creative wellness retreat at a stunning luxury villa, Quinta Bonita, nestled in Portugal's own pocket of sunshine, the Algarve. Some of the best creative discoveries often happen when we step away from the familiar. I have meticulously planned this retreat to be a luxurious, one of a kind experience, filled with creativity, playfulness, rest and relaxation.

Picture starting your day with coffee by the pool, followed by a gentle yoga and breathwork session to wake up your body & mind; a nourishing breakfast prepared by our private chef, and then spending most of the day painting, doing calligraphy and exploring new techniques with fellow art enthusiasts. Afternoons spent in nature, after a delicious lunch, strolling through the lush gardens or exploring nearby towns and ending your evenings sharing stories over dinner with new friends you have made.

This is the magical experience that awaits you!

THE STORY

Since 2015 I have led Art Journaling for wellbeing sessions, and have been thoroughly inspired and fulfilled by the thriving community my art practice has created. It has brought together people who would have otherwise never crossed paths. I look through my sketchbooks and remember many fond memories and vibrant conversations we have had as a group. My art journal also serves as a reminder for my own personal growth over the years. During all the twists and turns of my life so far, my art practice has always acted as an emotional refuge for me, and I am now committed to sharing this power with others.



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My intention for this retreat was to create a wholesome, immersive experience that will allow you to experiment, explore, and express yourself in ways you never thought possible. When we step away from our daily routines and give ourselves permission to create or try something new, unexpected breakthroughs can happen. We develop new skills; discover new facets of ourselves, fresh ideas emerge and we may even gain a new perspective on things. Whether you're a complete beginner or a seasoned artist, this retreat will help you loosen up, let go of your inner critic, and discover the beauty of your unique artistic voice.

[I cannot wait to share this incredible experience with you.](#)

What to expect

The Flourish and Flow - Creative wellness retreat will commence at 4 pm on Friday the 27th of March and end at 10 am on Wednesday the 1st of April.

Over the 5-day period, you will have the opportunity to explore your creativity, learn new skills and connect with likeminded people through art, calligraphy, yoga, breathwork and much more. There will also be plenty of time to relax, unwind and explore the beautiful gardens, nearby beaches and towns. The goal is to rest & reset and create nourishing practices that will serve you long after the retreat is over.

You can expect lots of luxurious little details in this retreat – starting with the stunning accommodation, the spectacular gardens and the pool as well as delicious meals, specially prepared by our private chef. Throughout this retreat I will be floating in and out of many roles – I will be your host, art teacher, friend and cheerleader. I'll be here to host you, encourage you and guide you through all the creative activities. The promise here is that we will have lots of fun and create wonderful memories together.



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What's included?

- Art journaling sessions – 24+ hours of Art and Calligraphy tuition with Dr. Sai Banerjee.
- 5 nights of accommodation at Quinta Bonita, Lagos, Portugal
- All meals (5 breakfasts, 4 lunches, 5 dinners) - All meals at the venue are carefully prepared by a private chef. Vegan and gluten-free diets will be catered for
- Exclusive use of the entire property including all common areas, pool and gardens
- Complimentary tea, coffee, organic herbal teas and fresh juices (unlimited).
- Nature walks with outdoor sketching opportunities
- Yoga and breathwork sessions



Not included

- Airfare and Travel
- Travel insurance
- Other expenses guests might incur on their own.



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The Venue

Quinta Bonita,
Luxury Boutique Hotel
Matos Morenos, Quatro Estradas,
8600-115 Lagos, Portugal

About Quinta Bonita

Perched high on the Algarve coast with panoramic ocean views, Quinta Bonita is a luxurious eight bedroom country house set in its own 10,000 square metres of spectacular botanical gardens. The bountiful gardens stretch out from the house, down the hill and over the terraces in all directions, past the sounds of the fountains out towards the rolling hills of the neighbouring countryside and towards distant sparkling seas.

Quinta Bonita is minutes away from all that the Algarve has to offer, from stunning beaches to the romance of Lagos' old town. Think lapping blue waves, a friendly ocean breeze, timeless architecture, spectacular gardens and a glowing climate, all there to inspire you as you tap into your boundless creative potential.

Getting here

From **Faro Airport** Quinta Bonita is conveniently located just outside **Lagos**, close to the **N125** road which runs the length of the Algarve from Sagres to Spain.

The journey should take you about 55 minutes (85km).

Directions:

- From Faro airport take the dual carriageway N125 in the direction of the A22 (also known as IP1, Via Infante de Sagres).
- Remain on the N125 for approx 9km following the blue signs for Espagna/Lisboa and the A22.
- After another 2km and after passing the Estadio do Algarve (football stadium), turn off onto the A22 direction Portimão/Lisboa.
- Remain on the A22 for approximately 45 minutes. Go past all the junctions (including the A2 exit 10 to Lisboa) until Exit 1 Lagos/Vila do Bispo.



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- Come off at Exit 1 Lagos West and at the first roundabout take the first exit, to the right, signposted V. Do Bispo.
- At the next roundabout take the second exit, to the right, signposted Vila Do Bispo. You are now on the N125.
- Continue heading West along N125 for about 200 metres.
- You will see several white walls on the hill to your right, turn off the main road immediately after the overtaking sign to your right and immediately turn left to follow the road along the wall which runs parallel to the main road until you come to the end of the wall and a steep road leading up the hill to the right. Quinta Bonita is half way up the hill.
- GPS coordinates: 37°06'28.6"N, 8°42'46.2"W
- Address: Matos Morenos Quatro Estradas 8600-115 Lagos - Portugal
- If you need any help finding us, please call us on +351 282 762135





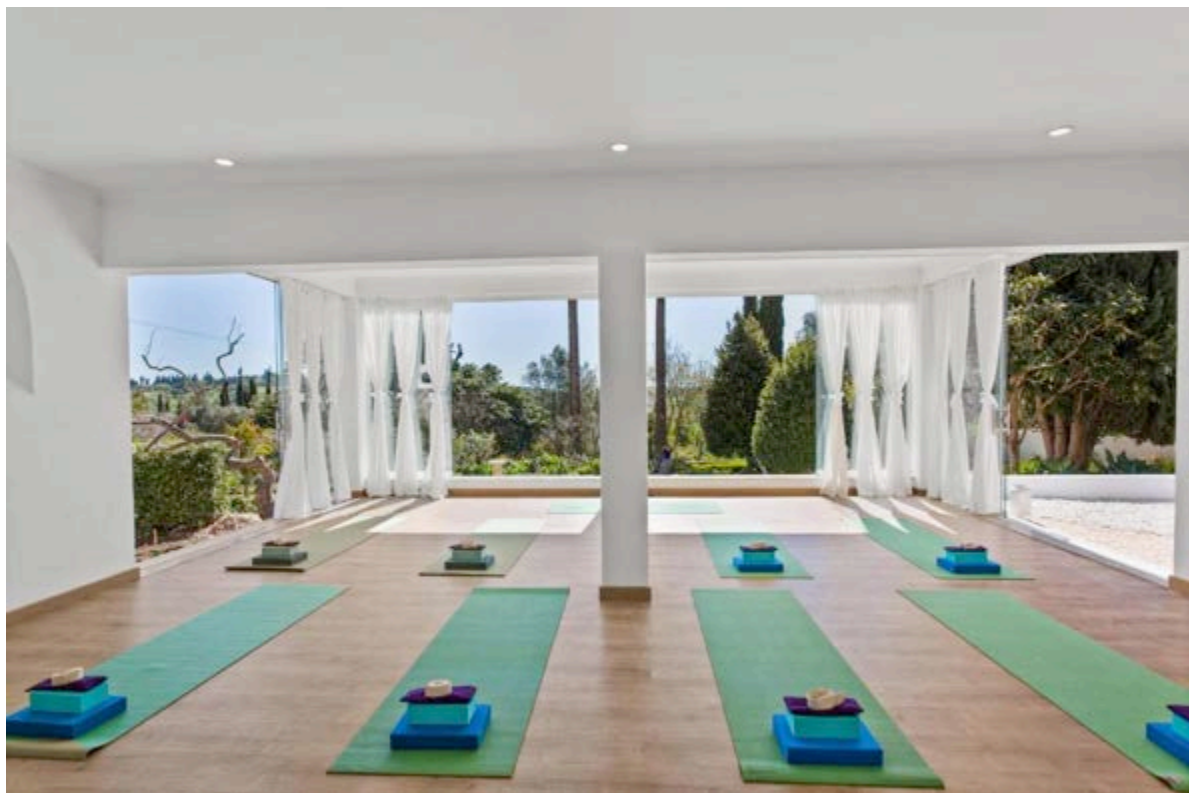
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Yoga sessions

During the 5-day retreat we will have a few gentle yoga and breathwork sessions (suitable for beginners). These sessions are optional, however we recommend that you try at least one or two sessions. Yoga & breathwork are time-tested practices that have been proven to help individuals to access their intuition, leading to more spontaneous creative expressions. These yoga based movement sessions have been designed to perfectly complement the creative workshops, as it will help us to get into a harmonious, mindful state, and focus on being in the present moment.

Experiencing 5 days of creativity, yoga, breathwork and nature walks with a supportive group of people in the idyllic backdrop of the Algarve will give you the ultimate mental, physical, and creative space to really rejuvenate the senses.





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About Quinta Bonita

Quinta Bonita is minutes away from some of the Algarve's most prized locations, from stunning beaches to the romance of Lagos' old town. With so many quaint spots to visit, we will derive artistic inspiration from the rich natural elements that surround us. If you wish to book short tours or other guided activities, it can be arranged.

Please find below a teaser of what the area has to offer.

LAGOS

With its castle walls, narrow, cobbled streets, pottery shops and numerous pavement cafes from which to watch the world go by, Lagos has a relaxed atmosphere and a quiet charm, making it one of the most appealing locations in the Algarve. Take some time browsing the boutiques, enjoy the colourful Saturday fruit & vegetable market or take a walk along the long sandy beach of Meia Praia which stretches all the way to Alvor and conveniently has several small beach bars along the way.

BEACHES

One of our favourite walks is along the cliffs from Luz to Burgau where you arrive into a quaint white washed fishing village with an excellent restaurant on the beach to refuel. Praia Da Luz is only five minutes from Quinta Bonita and has a long curve of sand in a very protected bay - perfect for swimming. Quinta Bonita is just moments away from some of the best beaches on the Algarve Coast, whether you're looking for a bracing ocean swim, a surf or a place to sun yourself on perfect white sand.

CAPE ST VINCENT & BEYOND

If this is your first visit, be sure to drive to Sagres and Cape St Vincent, the most south-westerly tip of Europe and then the unspoilt Western Costa Vicentina with its blow holes, crashing waves and vast beaches.

MONCHIQUE

Monchique is a placid mountain town with its own timeless identity and from Foia the highest point in the Algarve you have panoramic 360 degree views. The village of Caldas de Monchique is renowned for its spa waters.

SILVES

Silves with its medieval castle, was once the Moorish capital of the Algarve. A market town at the heart of the citrus growing area, it remains proud of its Moorish heritage.



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About Quinta Bonita

A luxury villa rooted in heart-warming family history, Quinta Bonita, is the perfect place to connect with your creative self. Perched high on the Algarve coast with panoramic ocean views, Quinta Bonita is a stunningly beautiful country house set in its own 10,000 square metres of spectacular botanical gardens.



The bountiful gardens stretch out from the house, down the hill and over the terraces in all directions, past the sounds of the fountains out towards the rolling hills of the neighbouring countryside and towards distant sparkling seas.



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Your Accommodation

The House

Quinta Bonita has eight spacious and beautifully decorated rooms inside the main house, all equipped with air-conditioning, and balconies that look onto a picture postcard view. Each room is named after one of the glorious local beaches. In addition, we have Casa Bonita, a two-bedroom cottage.



The Gardens

The villa also offers an unparalleled garden paradise, filled with winding paths, towering palms and flowerbeds bursting with colour. Admire the 400 year old olive tree from the four poster day-bed beneath it, pick some fresh organic fruit from the orchard, pose with Santa Catarina in the Italian garden, bounce with the frogs on our luscious lawns, marvel at the giant aloes around the ponds, read a book under the bougainvillea and contemplate life in our zen garden.



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The magnificent Quinta Bonita gardens are unique in the Algarve. A labour of love by the owners who dotingly planted, developed and nurtured thousands of plants over the last 40 years by the side of their longstanding gardener Manuel. A botanical haven with fountains, ponds, cobbled pathways, terraces, an orchard, a Mediterranean “dry” garden, an Italian Garden, a zen garden and a giant chess set; all within walled grounds that offer complete privacy and all with the blue of the sea in the distance glinting through the trees and bushes.





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The pool

In the centre of the gardens lies our pool, providing a calm, still oasis to relax. Surrounded by terraces with sun loungers, cabanas, tables and chairs, it is the perfect place to unwind and find quiet after our reflective sessions.



Accommodation

There is a range of accommodation options in the villa from twin/ double rooms (plus 2 Triple rooms). With ocean-facing rooms, lush, hand-planted gardens, far-reaching vistas and a glistening swimming pool, you will have every opportunity to soak in the sunny dreamscape. Think rustic charm, whilst living in luxury.

Each one of Quinta Bonita's rooms were individually designed by the mother and daughter of the family, each room has a carefully chosen combination of designer fabrics, artwork and personal touches, promising a luxurious and chic stay.



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ZAVIAL

Master suite - Double or Single Occupancy with sea view

£1375 per person if taken as twin (Early bird pricing)

Full price £1450.00

+£400 – Single occupancy

Our biggest room, named after our favourite South Coast beach, fresh and airy using the classic Portuguese colours of white and blue. Once an apartment on top of the old house Zavial now enjoys a Balinese style four poster bed, separate lounge area and spacious bathroom with spa bath. A great choice with beautiful sea views from your private bougainvillea clad balcony.

- Approx. 50 sqm
- Super King Size Four poster bed
- Separate lounge area
- Flat-screen satellite television and DVD player
- Deep Spa bath and Separate walk-in rain shower
- Heated towel rails & underfloor heating in the bathroom for the cooler months
- Floor to ceiling glass sliding doors opening out onto private bougainvillea edged balcony with sea views, sun bed, table & chairs
- Block out electric blinds to ensure a deep nights sleep

SOLD OUT



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INGRINA

Standard Double/ Twin or Single Occupancy with sea view

£1295 per person if taken as twin (Early bird pricing)

Full price £1350.00

+£400 – Single occupancy

It's Laura Ashley love for this room taking inspiration from the families British roots, this light and airy room facing South East has windows on three sides of the bedrooms to welcome in that early morning sun and looks out over the Italian garden, yoga studio and Lagos bay.

- Approx. 36 sqm
- Super King Size Four poster bed or two twin beds
- Flat-screen satellite television
- Deep Bath
- Roll top bath with rain shower over bath
- Heated towel rails & underfloor heating in the bathroom for the cooler months
- Floor to ceiling glass sliding doors opening out onto private balcony with sea views.
- Block out electric blinds to ensure a deep nights sleep

AVAILABLE



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MARTINHAL

Standard Double/ Twin or Single Occupancy with sea view

£1295 per person if taken as twin (Early bird pricing)

Full price £1350.00

+£400 – Single occupancy

The master bedroom of the original house and a firm favourite with many of our regulars, this ground floor sea view room is the most traditional in terms of décor taking inspiration from rich Algarvean gold and blue hues. With an exquisite original azulejos bathroom, where every tile was painted individually by hand – even the ceramic basin. The room opens out on to a large ground floor terrace with direct access to the pool and gardens. The terrace can be shared with Castelejo

- Approx. 32sqm
- Super King Size Four poster bed or two twin beds
- Deep bath and a separate walk-in rain shower
- Heated towel rails & underfloor heating in the bathroom for the cooler months
- Floor to ceiling glass sliding doors opening out onto private terrace with sea views, sun bed, table & chairs
- Block out electric blinds to ensure a deep nights sleep

SOLD OUT



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CAMILO

Standard Double/ Twin or Single Occupancy with sea view

£1295 per person if taken as twin (Early bird pricing)

Full price £1350.00

+£400 – Single occupancy

Taking inspiration from their time in Sydney with a large ocean scene above the bed and hand painted canvas from "Paddo" market the crisp blue and grey tones reflect the vast ever changing 180degree sea and country views from the balcony spanning Lagos to Luz.

- Approx. 30 sqm
- Super King Size Four poster bed or two twin beds
- Flat-screen satellite television
- Deep Bath
- Separate walk-in rain shower
- Heated towel rails & underfloor heating in the bathroom for the cooler months
- Floor to ceiling glass sliding doors opening out onto private terrace.
- Block out electric blinds to ensure a deep nights sleep

SOLD OUT



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BORDIERA

Standard Double/ Twin or Triple Occupancy with sea view

£1195 per person if taken as twin/ triple (Early bird pricing)

Full price £1250.00

+£400 – Single occupancy

Our most "Hollywood Glam" in terms of décor and taking the name of the owners favourite West coast beach this dramatic silver, white and black themed room enjoys a large terrace above the ponds looking out South West towards the bay of Praia da Luz which is the perfect location for that end of day G&T!

- Approx. 30 sqm
- Super King Size Four poster bed or two twin beds
- Flat-screen satellite television
- Deep Bath
- Separate walk-in rain shower
- Heated towel rails & underfloor heating in the bathroom for the cooler months
- Floor to ceiling glass sliding doors opening out onto private terrace.
- Block out electric blinds to ensure a deep nights sleep

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CASTELEJO

Standard Double/ Twin or Single Occupancy

£1195 per person if taken as twin (Early bird pricing)

Full price £1250.00

+£350 – Single occupancy

Originally the bedroom of Chantelle when she was a little girl, this cosy room enjoys the largest terrace of the property looking out over the Italian garden, Zen garden and yoga studio and enjoys a gorgeous yellow glow when the rising sun shines straight in to this South East facing room. The fitted TV, mini fridge and direct access to the gardens make this ideal for relaxing.

- Approx. 30 sqm
- Super King Size Four poster bed or two twin beds
- Flat-screen satellite television
- Large walk-in rain shower, with seat & separate hand shower
- Heated towel rails & underfloor heating in the bathroom for the cooler months
- Floor to ceiling glass sliding doors opening out onto private terrace.
- Block out electric blinds to ensure a deep nights sleep

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BELICHE

Standard Double/ Twin or Single Occupancy

£1150 per person if taken as twin (Early bird pricing)

Full price £1200.00

+£350 – Single occupancy

Beliche is one of our smaller rooms on the property but still a comfortable size of 27sqm. Beliche and Salema sit side by side on the north side of the house with a small terrace for table and chairs to enjoy the last of the evening sun. These rooms have huge walk-in rain showers.

- Approx. 27sqm
- Super King Size Four poster bed or two twin beds
- Flat-screen satellite television
- Large walk-in rain shower, with seat & separate hand shower
- Heated towel rails & underfloor heating in the bathroom for the cooler months
- Floor to ceiling glass sliding doors opening out onto private terrace.
- Block out electric blinds to ensure a deep nights sleep

AVAILABLE



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SALEMA

Standard Double/ Twin or Single Occupancy

£1150 per person if taken as twin (Early bird pricing)

Full price £1200.00

+£350 – Single occupancy

Salema is one of our smaller rooms on the property but still a comfortable size of 27sqm. Beliche and Salema sit side by side on the north side of the house with a small terrace for table and chairs to enjoy the last of the evening sun. These rooms have huge walk-in rain showers.

- Approx. 27sqm
- Super King Size Four poster bed or two twin beds
- Flat-screen satellite television
- Large walk-in rain shower, with seat & separate hand shower
- Heated towel rails & underfloor heating in the bathroom for the cooler months
- Floor to ceiling glass sliding doors opening out onto private terrace.
- Block out electric blinds to ensure a deep nights sleep

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CASA BONITA

Standard Double/ Twin Plus One Single bedroom

£1150 per person if taken as twin share (Early bird pricing)

Single Room - £1150 (Early bird pricing)

Casa Bonita is situated at the bottom of Quinta Bonita's hill and is our spacious 2-bedroom cottage, the original home of the QB owners and recently refurbished in keeping with the five star standard of the main house for guest use.

- Approx. 64sqm
- Super King Size Four poster bed or two twin beds (Main Bedroom)
- Ensuite bathroom with walk-in rain shower
- Single bedroom with ceiling fan.
- Separate bathroom with shower over bath
- Large lounge area with optional sofa bed
- Flat-screen satellite television and DVD player
- Placemats, cutlery, plates, pots and glassware for all your catering needs
- Indoor dining table and chairs
- Fully equipped kitchen including oven, stove, fridge freezer & dishwasher
- Heated towel rails & underfloor heating in the bathroom for the cooler months
- Floor to ceiling glass sliding doors opening out onto large outdoor terrace with BBQ dining & sun beds



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What to expect

I have created an itinerary where will make the most of our gorgeous surroundings, giving you an inspiring experience that is filled with creativity, playfulness, exploration, rest and relaxation.

A typical daily schedule will include

- Gentle yoga (optional) and Breathwork practice
- A nourishing hearty breakfast
- Art journaling session
- Lunch break
- Relaxed nature walks
- More Art journaling/ Nature journaling
- Calligraphy and hand lettering
- Free time to rest and explore
- Dinner

MEALS

One of the main highlights of this retreat will be the specially curated meals - a delicious culinary adventure, meticulously prepared by our private chef, renowned for her exceptional menu and commitment to utilizing fresh, high quality local produce.

If you have a specific dietary requirement or any allergies please let us know in advance.

All dietary requirements will be catered for.



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PAYMENT PLAN

You can pay the amount in full or in 6 easy instalments. The first payment of £300 will go towards the deposit for the retreat, which is non refundable. Early bird pricing is valid until 31st August 2025. If you pay the amount in full at the time of booking, you will receive a bespoke Art journaling kit (valued at £50.00)

Date	Payment amount	Total amount paid
1 st payment	300.00	300.00
5 th Jun 2025	200.00	500.00
5 th Jul 2025	200.00	700.00
5 th Aug 2025	200.00	900.00
5 th Sep 2025	200.00	1100.00
5 th Jul 2024	Final balance	Full amount



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I am truly excited and eagerly looking forward to
sharing this unique experience with you!!

Book now to avoid disappointment – Spaces are limited!!



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