

Five Elements Retreat Santo Antão

A six day journey immersed in the ancient wisdom and practice of yoga and the five elements in Cabo Verde.

16th Dec – 22nd Dec 2026

Santo Antão, Cabo Verde



AKASHA



VAYU



AGNI



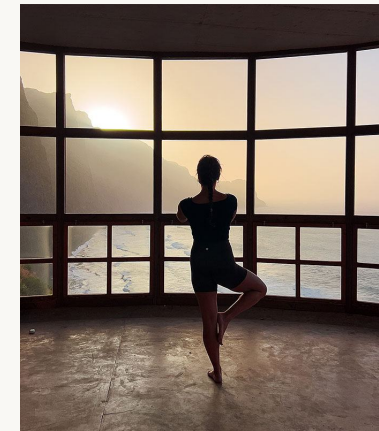
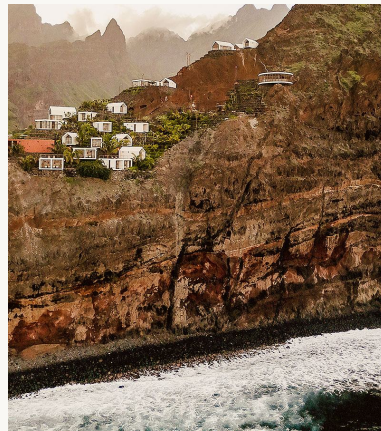
JALA



PRITHVI



WHAT TO EXPECT



Ancient Yoga Journey Into Transformation

This retreat takes you on a journey into your human form with breath, sound, vibration, asanas, meditation and the five elements. It will give you a tool belt of practices to navigate your mind and your inner being, so that you can learn to respond to your life, rather than react to it. You are the creator of your reality.

7 Days
6 NIGHTS STAY

All Levels
EVERYONE WELCOME

12 Seats
HIGHLY EXCLUSIVE

Aligning with the Cosmic Elements

Each day we connect deeply with the dominant element in the universe and within your individual constitution through structured yoga practices, sound healing, and meditation.



AKASHA



VAYU



AGNI



JALA



PRITHVI



SANTO ANTÃO, CABO VERDE

A Mystical Hidden Gem

Santo Antão is a hidden gem in the middle of the Atlantic Ocean. It bathes in the beauty of lush green mountains and majestic waterfalls. Fruit trees gather everywhere, and the people are friendly and welcoming. All this is wrapped in the energy of peace and calmness.

"Here, the five elements conspire to raise your vibration and rejuvenate your entire being. From a valley hidden among dense forest trees to an eco-village on a cliff at the magnificent ocean's edge."



Casa Pedrina

one night accommodation



Mamiwata Eco Village

five nights accommodation

Ancient Yoga: Cabo Verde
YOGA · SANTA MARIA, CABO VERDE

Held in Safe and Loving Hands

Meet the teacher and organiser who will guide your journey



Sheena Patel

YOUR TEACHER

A dedicated teacher Sheena has over two decades of deep personal practice and study in the ancient traditions of yoga. Now on the guru-taught path of Naad yoga, Sheena has trained in all limbs of yoga with over 3000hrs of teacher training.

Whether you are advanced or can barely touch your shins, Sheena promises zero judgement, full acceptance of where you are at, and the support to expand beyond your limitations.



Alcmena Ramos Pires

YOUR ORGANISER

Cape Verdean born and raised in Luxembourg. Alongside her professional journey, Alcmena practices Hatha and Ashtanga asanas, and also aerial suspension. In 2024 Alcmena travelled to Rishikesh, India to complete her teacher training followed by a meditation class.

Alcmena is happy to invite you on this beautiful journey which she has lovingly organised.

Pricing

This special, immersive experience is intentionally limited to 12 places to maintain a close, personalized, and sacred energy for the group.

EARLY BIRD

€1,706

Before Oct 31st 2026

REGULAR RATE

€1,896

Standard price per person

What is Included in Your Retreat

- ✓ Shared double room accommodation, six nights (single available on request)
- ✓ Nutritious brunch and dinner daily
- ✓ Two yoga sessions a day & a Satsang with Sheena
- ✓ Guided excursions and nature walks
- ✓ Ferry transport from Sao Vicente to Santo Antão & return
- ✓ Internal private island transportation throughout the retreat

A Meditative Daily Flow

DAY 1 (DEC 16th)

Sunset Yoga

We will begin our journey with restorative yoga and sound bowls played on each of you. In each asana I will guide you to open each of the elements and the energy centres they are connected to.

This first class will ensure that you are breathing properly and efficiently. As well as how to breathe through your practice. How to use your mala beads.

Lastly you will begin to find your voice and raise your vibration with AUM.

DAY 2 (DEC 17th)

Sunrise Yoga

Class will begin 15 min before sunrise. We will align with the element that is dominant in the cosmic universe on that day. The class will include:

- Breath meditation: So Hum with mala beads
- Pranayama: use of breath to move energy and release what does not serve you well
- Sun salutations with mantras for all the elements
- Asanas for the dominant element with aware breathing
- Shavasana with sound bowls played on you

Sunset Yoga

Yin yoga (connective tissue) with tuning fork on your pressure points, to raise your vibration. Dominant element meditation either guided or with the elements breath count. So that you can experience and taste each of the elements that are you.

A Meditative Daily Flow

DAY 3 (DEC 18th)

Sunrise Yoga

Class will begin 15 min before sunrise. We will align with the element that is dominant in the cosmic universe on that day. The class will include:

- Breath meditation: So Hum with mala beads
- Pranayama 7 x 3 count of each Vayu (passed on from guru to teacher)
- Sun salutations with mantras for all the elements
- Asanas for the dominant element
- Shavasana with sound bowls played on you

Sunset Yoga

Yoga expansion of the physical body (muscle) with Shamanic Bells. Aum meditation to open the throat and root chakra as well as beginning to find your voice. Element meditation either guided or with the element's breath count.

DAY 4 (DEC 19th)

Sunrise Yoga

Class will begin 15 min before sunrise. We will align with the element that is dominant in the cosmic universe on that day. The class will include:

- Breath meditation: So Hum with mala beads
- Pranayama 7 x 3 for whole body, Pranayama for each Vayu
- Sun salutations
- Asanas for the dominant element
- Shavasana with sound bowls

Sunset Yoga

Sivananda Yoga to open each element and their chakras. Element meditation either guided or with the element's breath count.

A Meditative Daily Flow

DAY 5 (DEC 20th)

Sunrise Yoga

Class will begin 15 min before sunrise. We will align with the element that is dominant in the cosmic universe on that day. The class will include:

- Breath meditation: So Hum
- Pranayama for each of the five vayus
- Sun salutations
- Asanas for the dominant element
- Shavasana with sound bowls played on you

Sunset Yoga

Restorative Yoga and element meditation either guided or with the element's breath count.

DAY 6 (DEC 21st)

Sunrise Yoga

Class will begin 15 min before sunrise. We will align with the element that is dominant in the cosmic universe on that day. The class will include:

- Breath meditation: So Hum
- Pranayama for the prana energetic body
- Kundalini Yoga and element meditation
- Shavasana with shamanic bells

Sunset Yoga

Sivananda Yoga to open each element and their chakras. Element meditation either guided or with the element's breath count.

DAY 7 (DEC 22nd)

Sunrise Yoga

Class 15min before sunrise. Pranayama and longer meditation with breath.

Preliminary Schedule

DAY 1 (DEC 16th)

07:20 Meeting at Cais, the Harbour of Mindelo
08:00 Departure with the Ferry
09:00 Arriving Porto Novo, Santo Antao
Coffee break & Introduction into the Journey
10:00 Departure Tour Cova do Paul
16:00 Arriving at the Accommodation Casa Pedrina, settling & Free Time
18:15 Sunset Yoga
19:30 Dinner

DAY 2 (DEC 17th)

06:30 Sunrise Yoga
09:30 Breakfast
12:00 Tour Ribeira da Torre Valley, Xoxo, Fontainhas & Transfer to the 2nd Accommodation Mamiwata Eco Village
16:00 Arriving at Mamiwata Eco Village, settling & Free Time
18:15 Sunset Yoga (Mamiwata Sunset)
19:30 Dinner

DAY 3 (DEC 18th)

06:30 Sunrise Yoga
09:30 Breakfast
11:00 Creative Painting inspired by the 5 elements
12:30 Free Time
13:30 Activity, Cha de Igreja
18:15 Sunset Yoga
19:30 Dinner

DAY 4 (DEC 19th)

06:30 Sunrise Yoga
09:30 Breakfast
11:30 Cruzinha Coastal Trail
16:00 Free Time
18:15 Sunset Yoga
19:30 Dinner

DAY 5 (DEC 20th)

06:30 Sunrise Yoga
09:30 Breakfast
11:00 Creative Painting inspired by the 5 elements

12:30 Free Time
13:30 Activity, Viewpoints above Boca de Ambas Ribeiras
18:15 Sunset Yoga
19:30 Dinner

DAY 6 (DEC 21st)

06:30 Sunrise Yoga
09:30 Breakfast
11:30 Activity, Ponta do Sol
16:00 Free Time
18:15 Sunset Yoga
19:30 Last Dinner

DAY 7 (DEC 22nd)

06:30 Morning Meditation
09:30 Breakfast
11:00 Leaving the Room
11:00 Closure ceremony
12:00 Departure, Transfer to Porto Novo
15:00 Ferry to Sao Vicente
16:00 Arrival at Sao Vicente

RESERVE YOUR SPACE

Want more details?

Whether you want to reserve a place, enquire about a packing list, or for further information — Alcmena is happy to help.

EMAIL bloominaerial@outlook.com

WHATSAPP +352 691 925146