

Women's health Event

PLANTAS E ACTIVIDADES
PARA A SAÚDE DA MULHER

ÉVORA . 27 / 28 / SETEMBRO . 2025

PROGRAM DAY 1

SATURDAY 27 SEPTEMBER 2025

FULL DAY PRICE: **90€** (lunch included)

JUST WORKSHOP: **50 €**

2 DAYS PRICE: **150€**

10H00 > 10H50 / PELVIC PILATES WITH MARTA FIGUEIRA (50 MIN)

Participate in this class of pelvic pilates with techniques that you can continue in your daily life. The effectiveness of Pilates for treating the pelvic area is proven by several studies, which indicate an increase in muscle strength in the region and the restoration of control in this area. The contraction is achieved through low-impact exercises that work together on balance, flexibility, coordination, muscle strengthening and kinesthesia.

11H00 > 11H20 / TEA TASTING

Refreshing organic infusions with various aromatic herbs will be offer.

11H30 > 12H30 / FARM TOUR WITH RUTE PORTO AND CLAIRE GOULDING (30MIN)

Guided walk around the Be Aromatic gardens, highlighting seasonal medicinal plants with Q&A with the herbalist Claire Goulding and Rute Porto from Be Aromatic.

12H45 > 13H45 / PICNIC LUNCH WITH RECIPES FROM THE BOOK SAL VERDE (1H)

Lunch will be served under one of our largest ash trees and enjoying nature. The dishes served are all recipes from our Sal Verde Book, which highlights our aromatic herbs, both in savory dishes and desserts. The potential of herbs presents itself in several ways: as a substitute for salt or sugar, as a mean to make other aromas shine or as a brilliant way to finish a dish. It will be a tasting feast!

14H00 > 17H00 / WORKSHOP - HORMONAL HEALTH AND HERBS WITH MEDICAL HERBALIST CLAIRE GOULDING (3H)

(Member of the National Institute of Medical Herbalist of United Kigdom)

- Focusing on 3 key herbs (tbc) - an introduction to the 'materia medica' of a selection of medicinal herbs with both the latest research and the traditional use.
- Highlighting common issues in a female cycle from menarche to menopause e.g mood swings/PMS, heavy bleeding, period pain, hot flushes, vaginal dryness, etc.
- Demo on how to make you own herbal infused oils either for massage (can include pelvic circulation massage techniques) AND using infused oils to make balms/creams.
- Tea blending and tasting focusing on the energetics of herbs from a Western herbalism viewpoint.
- Take home DIY made tea blend - Practical medicine-making techniques.
- Link to menstrual pain tea blend product.

17H > 18H / OPEN SHOP BE AROMATIC (1H)

Farm shop display with Be Aromatic products, all produced using organic and regenerative methods.

18H > 19H / SPECIAL CONCERT "SOUND HEALING" BY LOLA MORA FROM SANTUÁRIO DO SOM (1H)

An incredibly deep and relaxing concert. The participant will enjoy the magnificent and healing sounds of Tibetan singing bowls and other instruments. Lola Mora will guide and play these powerful instruments that, when emitting sound, provoke a deep reconnection with themselves in the participant, allowing them to stabilize and relax. A unique and incredibly special moment.

Organizado por:

BE AROMATIC®
organic herbs

Apoio:

DO
LARGO
Ligeiro & Saudável



Quinta Shiva





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PROGRAM DAY 2

SUNDAY 28 SEPTEMBER 2025

FULL DAY PRICE: **75€** (lunch included)

JUST WORKSHOP: **50 €**

2 DAYS PRICE: **150€**

POP UP CLINIC: **35€**

9H45 > 10H45 / HAPPY HIPS YOGA WITH ANNI OLIVEIRA FROM QUINTA SHIVA (1H)

Anni is a RYT-200 certified yoga teacher and a mother of three little girls. "Yoga became a big part of my life in Cape Town about ten years ago, after finding the Shala, a spectacular yoga studio there. Today, yoga for me means a practice to live in the present moment with gratitude, grounding with earth and connecting more deeply and completely to the body. Finding peace & joy in the presence. By observing and co-living with nature, that teaches us so much, I want to incorporate the elements of nature into each yoga practice. During our gentle flow yoga practice in September, we will create a full body balancing and opening sequence, focusing specifically on the hips and pelvic area. See you on the mat!"

10H45 > 11H15 / FARM TOUR OR TEA TASTING (30MIN)

For those who didn't come on the first day, you will have the opportunity to visit the farm. Guided walk around the Be Aromatic gardens, highlighting seasonal medicinal plants with Q&A with the herbalist Claire Goulding and Rute Porto from Be Aromatic. Or for those who came on the first day we offer another taste of refreshing infusions that will taste wonderful after the yoga class.

11H15 > 13H45 / WORKSHOP DIY MEDICINE MAKING WITH CLAIRE GOULDING (2,5H) HERBS FOR IMMUNE SUPPORT, DETOX AND WEIGHT MANAGEMENT

- Healing with honey and derivatives. Honey, Polen, Propolis and Bee bread.
- Liver tonics
- DIY oxymel making workshop – take home medicine.
- Benefits of 3 herbs
- Tea blending and tasting
- Take home DIY made tea blend

14H > 15H / PICNIC LUNCH WITH RECIPES FROM THE BOOK SAL VERDE (1H)

Lunch will be served under one of our largest ash trees and enjoying nature. The dishes served are all recipes from our Sal Verde Book, which highlights our aromatic herbs, both in savory dishes and desserts. The potential of herbs presents itself in several ways: as a substitute for salt or sugar, as a mean to make other aromas shine or as a brilliant way to finish a dish. It will be a tasting feast!

15H15 > OPEN SHOP BE AROMATIC

Farm shop display with Be Aromatic products, all produced using organic and regenerative methods.

15H15 > POP UP CLINIC WITH CLAIRE GOULDING / PRICE 35€

The participant will have a unique opportunity to have a private consultation with Claire Goulding.

WHERE TO SPEND THE NIGHT: QUINTA SHIVA GLAMPING > www.quintashiva.com
A 20 minutes walk or 8 minutes bike ride from Be Aromatic. **Reservations: 915 416 103**

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