



*Creating Heaven on Earth*



# Rose Alchemy

Casa Fuzetta, Olhao

6-12 May 2023



# “Through the face is revealed the beauty of the heart”

This Rose Alchemy retreat will be led by Sarah Dawkins of [Zoence Academy](#) and Heather & Gabriella of [Resounding Earth](#) and hosted at [Casa Fuzetta](#) in Olhao, in the eastern Algarve of Portugal.

It is the second such retreat they have hosted and is part of a wider series of events and pilgrimages organised by the owners of Casa Fuzetta exploring the beauty of Portugal. There is a right time for everything. We intended to host this in 2021. However, Covid regulations have led to these new dates in May 2023.

This retreat will take us to important energetic sites in the Algarve with the intent to effect good change for ourselves and those around us, through joy dance and sound.

# Joy through dance & sound...



# Europa and the Bull

The retreat fits within the wider context of our work with the European Landscape Temple and the classical myth of Europa and the Bull.

Mainland Europe can be seen imaginatively as a 'bull', with the British Isles seated on its neck as 'Europa'. Spain is the 'head of the bull' and Portugal forms the 'face of the bull'. Indeed, Sintra, which is just north of Lisbon, has been known as 'the Nose of Europe' for centuries.

The Algarve, which runs along the south of Portugal, can be seen as the chin of the face/bull.

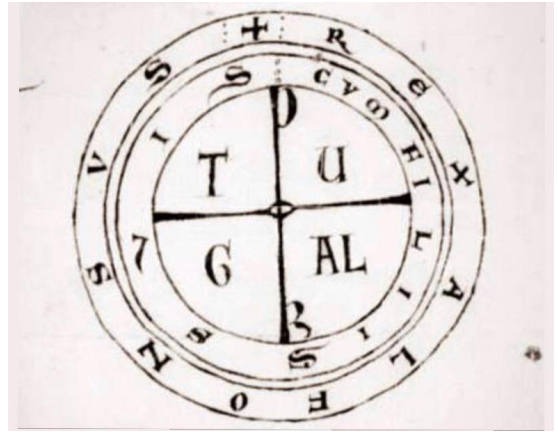


# The Templars knew this...

The Knights Templar started working in Portugal from 1111 AD, seven years before the Templars were officially recognised by the Roman Catholic Church.

St Bernard of Clairvaux established the Knights Templar and Cistercian Monks to represent the Twin Pillars of tradition and sent them to Portugal with the stated intention of creating "*Heaven on Earth*".

An esoteric name of the country, as displayed on the royal seal of Portugal's first king, Afonso Henriques, is *Portugal*, meaning "*Through you the Grail*".



# Tree of life within the landscape of Portugal

We have discovered major landscape temples that build a full 'tree of life' within Portugal.

The three 'foundations'/ root chakras of the pillars are situated along the Algarve coast. We intend to visit each of these foundation points and together work towards activating/reinvigorating these sites.

**Sagres/Cape St Vincent** in the West

**Faro** in the Centre

**Castro Marim** in the East



# The Foundation points of Portugal's tree of life:



Sagres/Cape St Vincent



Faro



Castro Marim



# Sagres/ Cape St Vincent - root of the Golden Pillar

The root point of the right-hand (or Golden Pillar) of the landscape temple of Portugal is the wild and wonderful Sagres promontory which, together with its 'twin', Cape St Vincent, is the most south-westerly point in Europe.

Sagres promontory is famous for being the location of Prince Henry the Navigator's School of Navigation in the early 15<sup>th</sup> century.



# Castro Marim - root of the Silver Pillar

However, before he went to Sagres, Prince Henry was based at Castro Marim, in the east of the Algarve, near the Guadiana River and what is now the border with Spain. Indeed, Castro Marim became the first headquarters of the 'Order of Christ' following the dissolution of the Templars by Papal Bull. Later, Prince Henry was appointed Grand Master; while his brother King Duarte was Grand Master of the 'Order of Avis'.

The King of Portugal (King Dinis) was ordered by Papal Bull to arrest the Templars and seize their lands and property (without realising that the King was grand master of the Templars!). He changed their name to the Order of Christ and restored their lands.

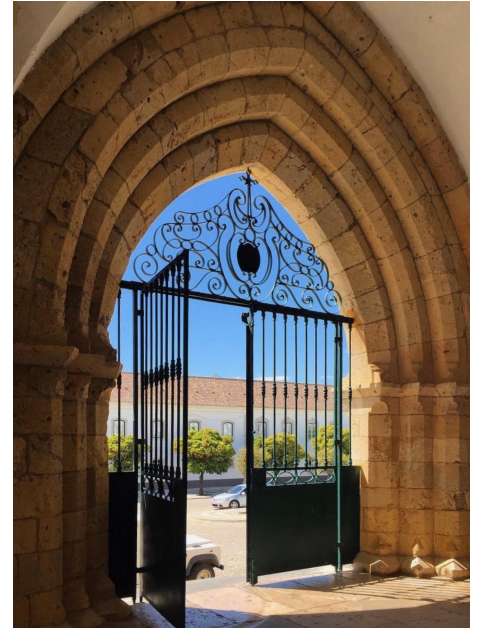
Beyond its interesting Templar history, Castro Marim is famed for its salt flats and its cultivation and export of "flor de sal". Entirely appropriate for the foundation/root point of the Silver Pillar



# Faro - root of the Central Pillar of harmony & bliss

The root point of the Central Pillar of harmony and bliss, and the heart point of the Algarve chakral lemniscate, is Faro - a short, 15 minute journey from our base in Olhao.

At the heart of Faro's walled old town is a medieval cathedral, with a tower we can climb to the top of, with spectacular views across the Ria Formosa. There is a cloistered rose garden at its base - a perfect spot in which to enjoy a few moments of sunshine and peace.



# Our base for the retreat: Casa Fuzetta, Olhao

Casa Fuzetta will be our base for the duration of our retreat.

It is a beautiful property, with a very special energy.

It has twelve stunning bedroom suites, each with its own en-suite bathroom, and bathroom amenities in the form of units of wellbeing by [LA-EVA](#).

The house has a rooftop pool, dedicated treatment rooms, a meditation sanctuary and beautiful communal spaces that create the perfect setting for us to help transform the energies we will work with into an ethereal fountain of light.

For more information/images, please see: [www.casafuzetta.com](http://www.casafuzetta.com) or follow on instagram @casafuzetta



# Our approach to pilgrimage

We will start with a day of “inner” work and follow this with three days of “pilgrimage”. For us, this means honouring the places we visit by greeting, appreciating and enjoying them, their people and each other.

The principles we follow are to make an effort to love who we are with, wherever we are and whatever we are doing; and to do the right thing in the right place at the right time with the right intention.

By doing so and working as a group within the “face of the bull of Europe”, we aim metaphorically to help Europe breathe its physical breath in harmony with the spiritual breath of its alta-major chakra, the British Isles/Europa.

Throughout our time together, Sarah, Gabriella and Heather will lead special events and sounding.



# More detailed itinerary

**Saturday 6th May** – Arrive at Casa Fuzetta mid afternoon/early evening; welcome meeting followed by champagne on the roof terrace and dinner.

**Sunday 7th May** – Yoga on the roof terrace (optional) followed by breakfast at the house. After a morning meeting and attunement, we will have lunch at Casa Fuzetta. There will be further teaching and preparation in the early afternoon, followed by a 'Dead Sea' experience nearby in which we will go and float and if you want a saline mud exfoliation experience. Some may use this time to explore Olhao, sunbathe and swim in the rooftop pool at Casa Fuzetta. We will have dinner at Casa Fuzetta.

**Monday 8th May** – Sarah will lead Paneurhythmy on the roof-terrace before breakfast, for those that wish. After breakfast at Casa Fuzetta, we will take cars to Castro Marim where we will visit the 12<sup>th</sup> century 'Templar' castle. We will then all go for lunch together at the Praia Verde restaurant, high up on sand cliffs with panoramic views of the Atlantic Ocean. After lunch we will visit a good friend's retreat in the hills to experience nature together. Dinner will be at Casa Fuzetta.

**Tuesday 9th May** – After dancing and breakfast, we will take a boat trip across the Ria Formosa out to the Ocean (hopefully see dolphins) and then on to Faro. After lunch together, we will visit the cathedral and later return to Casa Fuzetta for sharing and dinner.

# More detailed itinerary - continued

**Wednesday 10th May** – After dancing and breakfast, we will set off in cars to Sagres Point, the most south-westerly point in Europe (the foundation of the right-hand ‘golden’ pillar). This is where Prince Henry the Navigator worked with his navigation school in the early 15th century. Portugal’s great explorers, including Gil Eames, Bartholomew Dias, Vasco da Gama, Magellan and possibly Columbus spent time here. It is a very special and ancient site. We will visit the church and the huge ‘compass rose’ carved into the rock, believed to be one of the most esoteric symbols in Portugal, and walk out across the sacred promontory. We will have a late lunch at a beach restaurant near Sagres and spend time together on the beach. We will go to another beach restaurant for an early dinner and then drive to Cape St Vincent where we will attune and watch the sun go down whilst looking west towards the Americas, and after return to Casa Fuzetta, arriving probably about 10.30pm.

**Thursday 11th May** – After dancing and breakfast, we will take boat taxis to Deserta Island, spending the morning dancing and sounding on the beach and have lunch at Estamine restaurant. We will return to Casa Fuzetta for a meeting to share, reflect and thank , and celebrate our last night together with dinner and a ‘loving cup’ ritual.

**Friday 12th May** – After breakfast, the retreat/pilgrimage ends.

*[The organisers reserve the right to adjust or amend the programme if necessary.]*





# Travel suggestions, Costs & Contact details

## Travel Suggestions

Faro airport is the closest airport (20min to Casa Fuzetta by taxi). There are regular flights with various airlines including Easyjet, British Airways and Ryanair

## Cost

Double/ Twin Occupancy at Casa Fuzetta £1,300 per person

Single Occupancy £1,650 per person OR £950 per person + your hotel/ B & B costs (to be organised and paid for direct).

Guests preferring a room for single occupancy in a local hotel/ B & B are encouraged to spend all time with the group including all meals. There are a number of options in Olhao, including the Real Marina, a 4 star hotel 10 minutes walk from Casa Fuzetta – Contact: tel:00351289598010 or [reservas.alg@hoteisreal.com](mailto:reservas.alg@hoteisreal.com). The B & B next door to Casa Fuzetta is the 'Guestmar' – contact : tel: 00351915618134 or [geral@guestmar.pt](mailto:geral@guestmar.pt). Another alternative is the beautiful 4 bedroom Casa Ceu - contact details [hello@casaceu.pt](mailto:hello@casaceu.pt) May is a popular time of year in Olhao so early booking is recommended.

Cost **includes** all entrance fees, meals at Casa Fuzetta and in restaurants, car hire, boat trips, floatation experience, and all teaching.

Cost **excludes** flights and transport to and from Casa Fuzetta, all drinks away from Casa Fuzetta and for those staying at another property, any meals taken there and/or away from the group

## Contact details:

Email: [jtod@29br.co.uk](mailto:jtod@29br.co.uk) or [sarah@zoence.com](mailto:sarah@zoence.com) or [gabriellasongbird@gmail.com](mailto:gabriellasongbird@gmail.com) or [heather.resoundingearth@outlook.com](mailto:heather.resoundingearth@outlook.com)

# Further links and reading suggestions

Our recent **virtual pilgrimage of the Central Pillar** of Portugal can be found [HERE](#)

For more on sound weaving and forging singing bowls with Heather and Gabriella of **Resounding Earth**, please see [HERE](#)

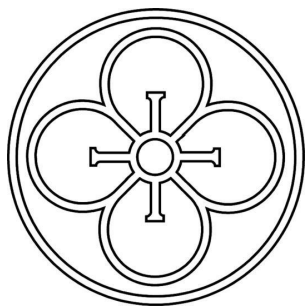
**ZOENCE ACADEMY** - founded by Peter & Sarah Dawkins - please see [About Zoence](#). They have written extensively both on Zoence, pilgrimage and the Wisdom of Shakespeare. For an introduction to pilgrimage, please see [Pilgrimage](#). I would also recommend [the Core Truths](#). For all other publications, please see [Books](#)

**PANEURHYTHMY** - The simplest description is that it is a prayer for the soul through dance and music. Each movement has a distinct meaning. It was devised by Beinsa Douno, a spiritual master in Bulgaria in the early part of the twentieth century. It is still practised there today. These Youtube links provide a wonderful introduction: [What is paneurhythmy?](#) and [Paneurhythmy in the Rila mountains](#)

**BOOKS** - For books on the history of Portugal, we have enjoyed: [First Templar Nation](#) by Freddy Silva, [First Global Village](#) by Martin Page and for something set within modern history [A Small Death in Lisbon](#) by Robert Wilson

# The Alchemy of Sound - Resounding Earth





CASA  
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