

FUEGOS ILHA GRANDE

Escape to Paradise – A 5-Day Wellness Retreat on Ilha Grande

Immerse yourself in a transformative wellness experience on the breathtaking island of Ilha Grande, Brazil. This five-day, four-night retreat is designed to harmonize relaxation, adventure, and chef-led culinary experiences inspired by ancestral traditions. Set against a backdrop of turquoise waters and lush Atlantic rainforest, each day offers a balanced rhythm of movement, nourishment, and connection.

Included:

- Daily breakfast buffet, light lunch, and dinner included
- Transfer from Rio de Janeiro International Airport (GIG) to Conceição de Jacareí, and return
- Boat transfer from Conceição de Jacareí to the retreat location, and return
- “Around the Island” private boat tour
- Guided daily hikes on marked trails through the Atlantic rainforest
- Daily breathwork and bodyweight fitness classes
- Complimentary access to kayaks and snorkeling gear
- Chef-led light lunches and dinners prepared throughout the retreat in collaboration with the retreat kitchen

*Note: Lunch during the “Around the Island” boat tour is not included, as guests will have the option to dine at local restaurants during island stops or bring snacks.

5-Day Wellness Retreat at Pousada Paraíso Azul

Location: Ilha Grande, Brazil

Accommodation: Pousada Paraíso Azul Retiro

Dates: Sun June 21st, 2026 – Thu June 25th, 2026

Included: Exclusive beach access, daily body weight fitness classes, chef-led meals, nature excursions, boat tours, and more. Join us for an unforgettable journey where nature and well-being come together.

Day 1: Arrival & Warm Welcome

Begin your retreat with a scenic transfer from Rio de Janeiro International Airport to Conceição de Jacareí, followed by a picturesque boat ride to Pousada Paraíso Azul. Settle into your private suite with ocean views and kick off your stay with a warm welcome dinner by the sea, embracing the vibrant flavors of the local cuisine.

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Day 2: Exploration & Rejuvenation

Awaken to a revitalizing body weight fitness class led by Karime Neder, surrounded by the beauty of nature. Enjoy a fresh breakfast buffet, then set off on a guided hike exploring secluded beaches like Araçá and Grumixama. The evening invites you to a cozy seaside dinner with fresh plant-based dishes, crafted by local chefs.

Day 3: Around the Island Adventure

Begin with a morning body weight fitness class, followed by a nourishing breakfast. Today’s adventure takes you on an “Around the Island” boat tour, uncovering Ilha Grande’s hidden gems, from Lopes Mendes to Aventureiro. Enjoy lunch at a local restaurant, sampling authentic plant-based and regional dishes. Relax over a peaceful evening back at the retreat, where a tranquil dinner awaits.

Day 4: Relaxation & Chef-Led Farewell Dinner

Start the day with an energizing body-weight fitness class and breakfast buffet. The afternoon is yours — unwind on the beach, by the pool, or book an optional massage. In the evening, gather for a chef-led farewell dinner, featuring a thoughtfully prepared, lighter menu designed for nourishment, balance, and shared connection, created in collaboration with the retreat kitchen in a relaxed seaside setting.

Meal clarity

- **Sunday:** Welcome dinner
- **Monday–Wednesday:** Light lunch + dinner prepared by the chef
- **Thursday:** Breakfast and departure

Day 5: Departure

Complete your retreat with a final breath work and fitness class, followed by a fresh breakfast buffet. Take in the last of the island’s peaceful surroundings before your boat transfer back to Conceição de Jacareí and onward to Rio de Janeiro International Airport.

This retreat program is designed to bring balance, exploration, and an authentic taste of Ilha Grande. Each day is crafted to harmonize with the rhythms of nature, ensuring a fulfilling and transformative experience in one of Brazil’s most enchanting locations.

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Suggested Items to Bring for Your Retreat Experience

- **Travel Essentials:** We recommend purchasing travel insurance for added peace of mind.
- **Sun Protection:** Sunscreen, sunglasses, and a hat to stay comfortable in the sun.
- **Beach and Water Gear:** Beachwear, swimwear, and aquatic shoes for island activities.
- **Comfortable Walking Shoes:** Ideal for nature trails and beach walks.
- **Light Jacket or Sweater:** For cooler evenings by the water.
- **Personal Items:** Water-resistant phone case or pouch, reusable water bottle, and any other personal care items you may need.
- **Optional:** Light insect repellent as a precaution.

VISA REQUIREMENT

Please book your flight to Rio de Janeiro International Airport (GIG – Galeão).

This is the airport guests must use for included transfers.

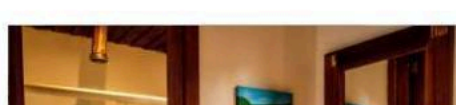
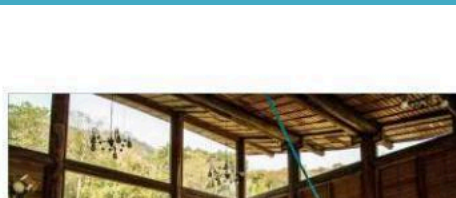
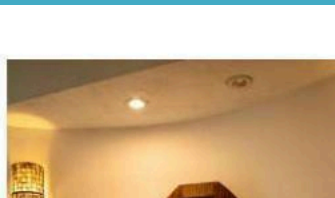
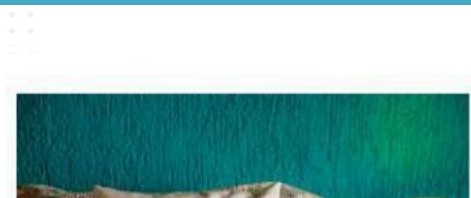
On January 10, 2024, the Government of Brazil (GOB) reinstated a visa requirement for all U.S. nationals visiting Brazil, with an option for an e-visa for qualified applicants.

For questions about the e-visa and application procedures, visit the Brazilian government-authorized website, <https://brazil.vfsevisa.com/>.

Cited from the U.S. Embassy & Consulates in Brazil: <https://br.usembassy.gov/message-for-u-s-citizens-new-visa-requirement-for-u-s-citizens/>

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