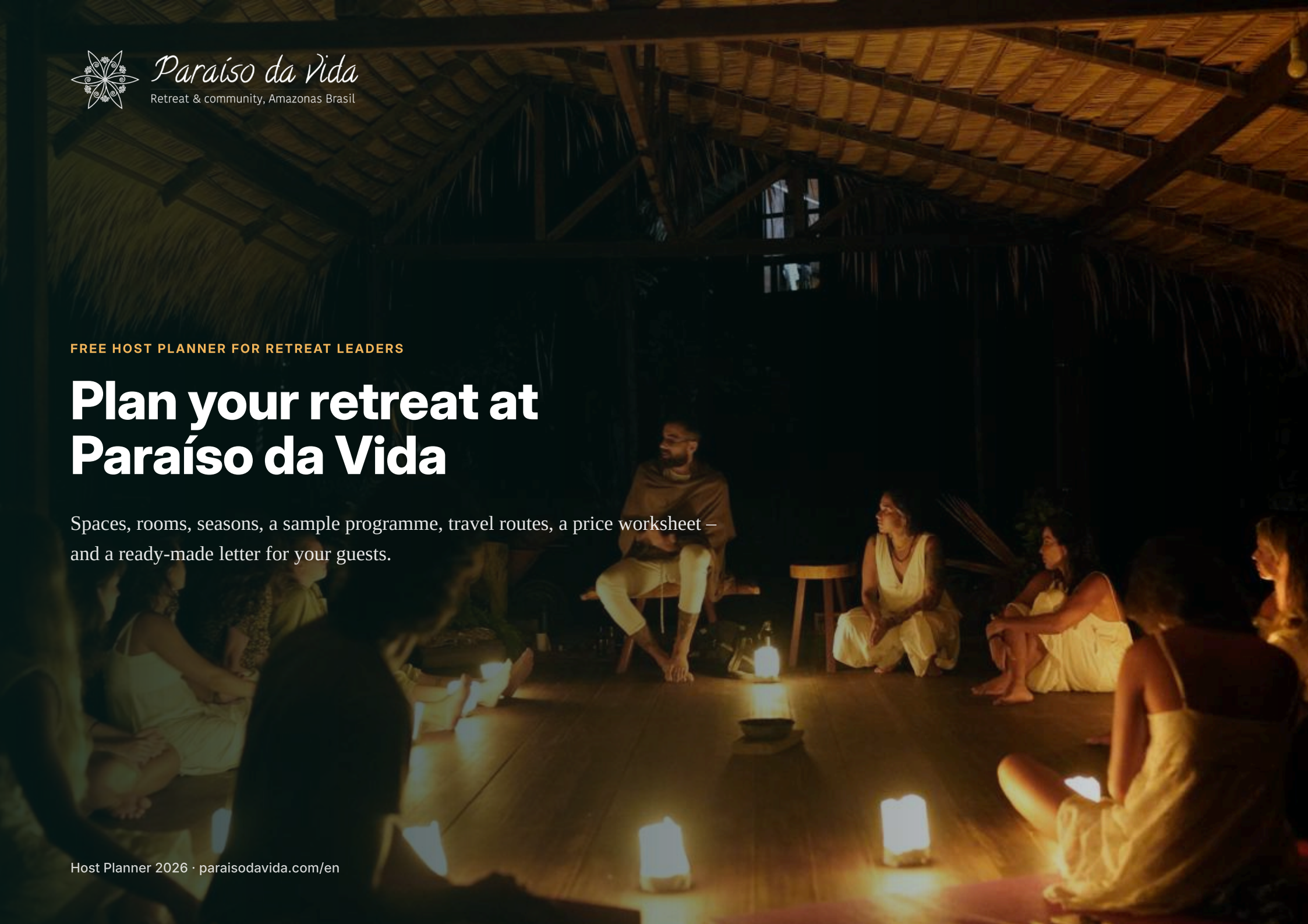
Paraíso da Vida
Retreat & community, Amazonas Brasil

FREE HOST PLANNER FOR RETREAT LEADERS

Plan your retreat at Paraíso da Vida

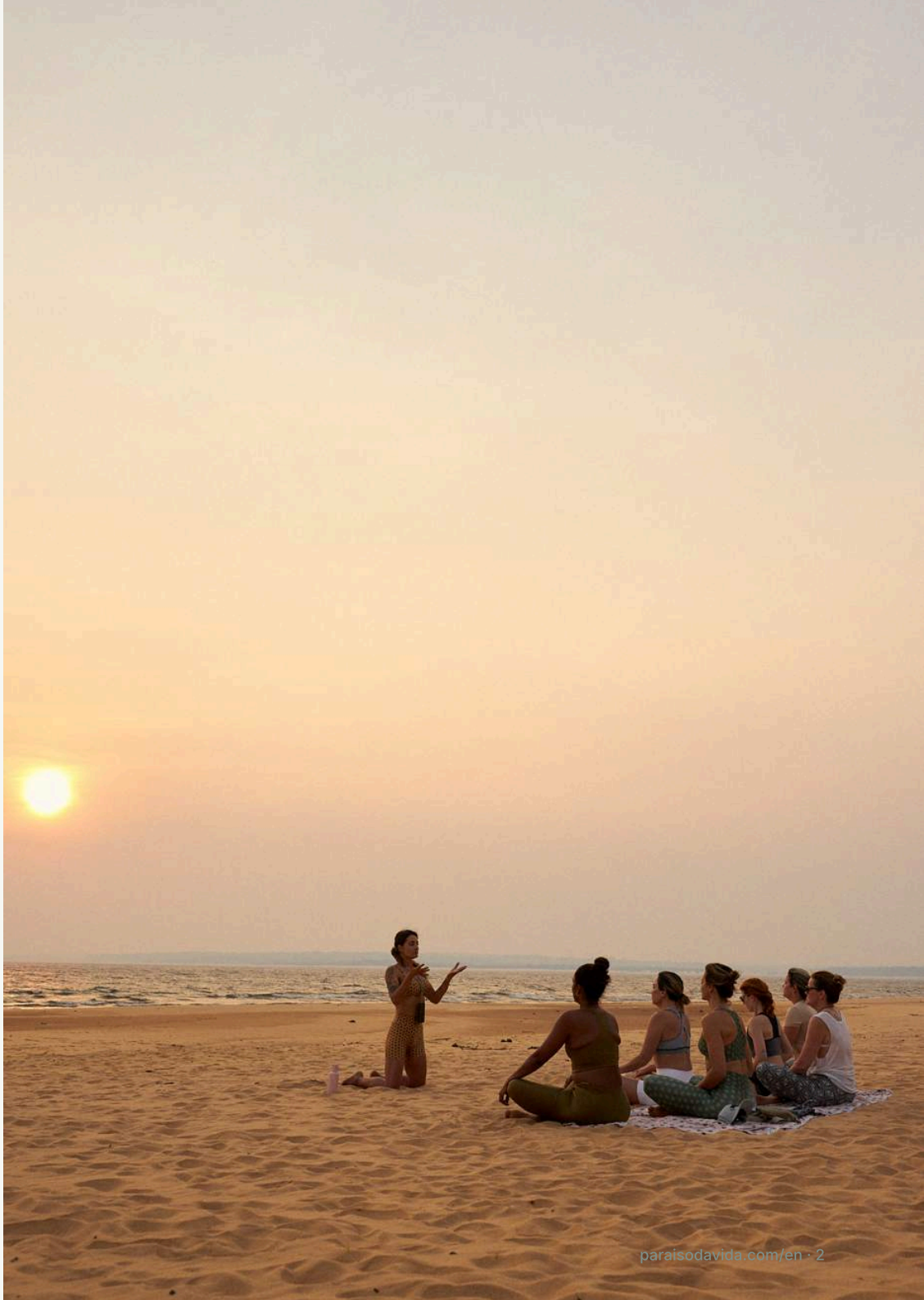
Spaces, rooms, seasons, a sample programme, travel routes, a price worksheet – and a ready-made letter for your guests.



FREE HOST PLANNER FOR RETREAT LEADERS

In this planner

1. Is this the right place for your retreat?
2. Your planning timeline
3. Spaces for your programme
4. Rooms and the rooming list
5. Seasons – and when to come
6. Sample programmes: 5 and 7 days
7. Activities, food and what is included
8. Price worksheet
9. Getting your guests here
10. What to tell your guests
11. Booking, step by step



1

Is this the right place for your retreat?

We would rather lose a booking than have you discover a surprise on arrival. So here is the honest picture.

A great fit for

- Yoga, meditation, breathwork, movement and dance
- Silence, nature immersion and inner work
- Creative, writing and leadership retreats
- Groups of 6–26 who want a whole place, not a hotel corridor
- Leaders who want the river, the beach and the forest as part of the programme

Think twice if you need

- A weekend retreat – getting here takes a full day each way
- Spa, gym, air-conditioning or a conference room with AV
- Road access, shops or nightlife nearby
- Hot showers – water comes from our spring at natural temperature (the climate does not ask for more)
- A guaranteed wide beach in the high-water months (see Seasons)

> The programme is yours. We do not impose a method or a style. If your practice needs special conditions – silence, timing, diet, ceremony – tell us before you book, so we can agree everything in advance.

2

Your planning timeline

1

9–12 months before

Pick three possible date windows. Ask us for availability and a price. A deposit holds your dates.

2

6–9 months before

Set your guest price with the worksheet in this planner. Open sales and publish the travel information.

3

3–6 months before

Guests book flights to Santarém. Collect dietary needs and arrival plans. Agree boat times with us.

4

6–8 weeks before

Send the guest letter (section 10). Guests visit a travel clinic. Send us the rooming list.

5

2 weeks before

Final numbers and arrival times. Remaining payment as set out in your agreement.

6

The day before

Everyone sleeps in Santarém or Alter do Chão. We meet the group at the boat in the morning.

> Most retreat leaders secure the venue 6–12 months before they open sales. The popular dry-season weeks go first.

3

Spaces for your programme

The shala

Open-air yoga hall of about 100 m² under a palm roof, plus about 150 m² lounge and a fire pit beside it. Room for the whole group in a circle.

The beach

1.8 km of private sand facing the sunrise. Sunrise practice, sunset circles, closing ceremonies and fire – the space most groups end up using most.

Maloca terraces

Covered terraces of over 30 m² on the big malocas for small-group sessions or one-to-one work.

The dining hall

Seating for 50–70 at long tables. For a retreat, shared meals are part of the work.

The spring lake

Lago Azul, 20–30 minutes on foot. Clear spring water, ideal for water ceremonies and swims.

Hammocks and forest

Shade, paths and hammocks between the trees – where people go when they need to not be in a session.

4

Rooms and the rooming list

Up to 26 guests in wooden malocas and cabins among the trees – 35 beds in total, plus hammock space. Every cabin has its own bathroom, spring water and solar power.

Big Maloca Exclusive	2 bedrooms upstairs, loft, kitchen, large bathroom, 30 m² terrace
Big Maloca Basic	large room upstairs (can be split in two), open ground floor for hammocks, terrace
Medium cabin	2 bedrooms, bathroom, kitchen
Small cabin	1 room for one person or a couple, bathroom, porch

Which cabins you get depends on your dates. With the quote we send the room plan for your group, so you can price single, shared and couple rooms.

Rooming list (send to us 6–8 weeks before)

GUEST	ROOM / CABIN	SHARES WITH	DIET / ALLERGIES	ARRIVAL

5

Seasons – and when to come

JULY – DECEMBER

Dry season

The river drops and the beach grows – up to about 150 m wide. Sunny, warm, the best beach weeks. September–November has the most stable weather. December–January is high season and books out first.

JANUARY – JUNE

High-water season

The river rises into the forest. The beach becomes much narrower, the flooded forest opens for boat trips, and the silence is deepest. Usually the most availability. Do not sell a wide beach for April.

The water is 26–30 °C all year. The difference between the seasons is the landscape, not the climate.

6

Sample programmes

5 days / 4 nights

DAY	MORNING	AFTERNOON	EVENING
1	Boat from Alter do Chão	Arrival, swim, settle in	Opening circle
2	Sunrise practice	Workshop, beach	Fire on the beach
3	Practice	Guided boat trip or the giant trees (extra)	Candle circle
4	Practice	Free time, Lago Azul	Closing dinner on the beach
5	Closing circle	Boat back	–

A day at Paraíso

06:30	Sunrise yoga or meditation
08:30	Breakfast
10:00	Workshop or beach time
13:00	Lunch
15:00	Guided boat trip, giant trees or the lake (extra)
18:00	Sunset session on the beach
19:30	Dinner, then fire or candle circle

7 days / 6 nights

DAY	MORNING	AFTERNOON	EVENING
1	Boat from Alter do Chão	Arrival, swim	Opening circle
2	Sunrise practice	Workshop	Fire on the beach
3	Practice	Lago Azul	Sharing circle
4	Silent morning	Rest, hammocks	Candle circle
5	Practice	Village visit or giant trees (extra)	Free evening
6	Practice	Integration, beach	Closing dinner on the beach
7	Closing circle	Boat back	–

Activities, food and what is included

Included in the guest price

- Accommodation in malocas and cabins
- Three meals a day – breakfast, lunch, dinner (your group brings its own cook; a cook from us is R$1,000 per day)
- Use of the shala, beach, fire places, dining hall and lake
- Local coordinator and caretakers on site
- Starlink Wi-Fi at set hours, solar power, spring water

Arranged at extra cost

- Boat transfers Alter do Chão – Paraíso (price per boat, shared by the group), or the river ferry from Santarém – about R$60 per person each way plus a little for luggage
- A boat on standby at Paraíso: about R$1,600 per day incl. fuel and pilot, room for about 10 – our most expensive extra; build it into your ticket price
- Guided boat trips into the flooded forest, the giant samaúma trees, river dolphins – by agreement
- Two canoes free to borrow for individuals – not enough for group trips
- Customary tip for the local team: about R$200 per guest
- Sunset at nearby beaches and points
- Massage and herbal baths
- Special menus and ceremonies on request

With the neighbouring communities

Visits to the river villages – making manioc flour, palm weaving, the turtle project – are led by local families and paid directly to them. Ask your guests to bring some cash in reais.

Food

Fresh river fish, fruit, manioc and rice and beans from the region, cooked by your own cook – or by a local cook from us (R$1,000 per day for the group). Vegetarian meals are easy; vegan, gluten-free and other needs work well when we know them in advance – send them with the rooming list. Drinks other than water, coffee and tea: ask us.

8

Price worksheet

From R$796 (about €140) per guest per night, with accommodation and three meals when your group brings its own cook – a baseline that can vary with dates and group size. A cook from us adds R$1,000 per day for the group. July–December can be higher. You only pay for guests who come; there is no venue fee up front.

Leaders

6–11 paying guests	**leader 50 % off**
12–23 paying guests	**one leader free**
24–26 paying guests	**two leaders free**

Examples – 5 nights at the baseline price

PAYING GUESTS	VENUE & FOOD	PER GUEST	LEADER
8	R$ 31,840	R$ 3,980	leader 50 % off
12	R$ 47,760	R$ 3,980	one leader free
16	R$ 63,680	R$ 3,980	one leader free
20	R$ 79,600	R$ 3,980	one leader free
26	R$ 103,480	R$ 3,980	two leaders free

Your worksheet

A	Number of paying guests	
B	Number of nights	
C	Price per guest per night (from our quote)	
D	Venue & food = A × B × C	
E	Boat transfers (from our quote)	
F	Your own travel, assistant, materials, marketing	
G	Total cost = D + E + F	
H	Your price per guest × A	
I	Your result = H – G	

> Tip: plan for break-even at about 60 % of your target group size. Online calculator: paraisodavida.com/en/host-a-retreat

Map data © OpenStreetMap contributors

Getting your guests here

1

From Europe

Usually via Lisbon to Belém, then on to Santarém (STM). Count two days and one night in Brazil.

2

From North America

Via São Paulo or Brasília, or Azul's weekly nonstop flight Fort Lauderdale – Belém.

3

Within Brazil

Direct flights to Santarém from Belém, Manaus and Brasília; connections from São Paulo and other cities.

4

Santarém – Alter do Chão

About 40 minutes by taxi or transfer.

5

Alter do Chão – Paraíso

1–1.5 hours by motorboat. We arrange the boat for the group and meet you at the pier.

6

Budget option

The public riverboat from Santarém – 3–4 hours, about R$60 per person each way plus a little for luggage, bring a hammock. Good for small groups. It stops in front of our beach.

> Ask every guest to arrive in Santarém or Alter do Chão the day before. If a flight is late, message us – the boat leaves when the group is there.

10

What to tell your guests

Copy this into your welcome letter and adjust it to your retreat.

Getting there

Fly to Santarém (STM) and arrive the day before. We travel together by boat from Alter do Chão.

Health

No vaccines are mandatory to enter Brazil. Yellow fever vaccine is recommended for Pará – see a travel clinic 6–8 weeks before. Bring travel insurance that covers medical evacuation.

Phone and internet

Mobile signal on the river is patchy. With a Vivo SIM card (sold in Santarém), compatible phones can send messages by satellite even without signal. Starlink Wi-Fi runs at set hours – and our retreat agreement on screens is: …

Pack

Light clothes, a long-sleeved layer for the evening, swimwear, sandals and closed shoes, hat, reef-safe sunscreen, repellent, a torch, a water bottle and biodegradable soap.

Money

Cards and PIX work in the towns. Bring some cash in reais for village visits and tips.

Comfort

Wooden cabins in the forest, own bathroom, spring-water showers at natural temperature, no TV, very few mosquitoes. Nights are quiet.

GOOGLE ★ 5.0

What guests and owners say

First names only · excerpts about the place · Brazilian reviews translated from Portuguese

★★★★★

“Yoga twice a day, plentiful local food, swimming in calm, warm, clear water and canoe trips through the creeks. Little monkeys right next to the bungalows. I would go back a thousand times!”

Edna · Guest, retreat group

★★★★★

“An incredible place that gives you a connection with nature, contact with the local riverside community and excellent local food – including vegetarian.”

Vitor · Retreat guest

★★★★★

“An indescribable trip, almost a turning point for me. Community-based tourism with the energy of the Amazon rainforest is something hard to put into words.”

Heloisa · Guest, Google review

★★★★★

“Coming here was like passing through a portal of transformation. Incredible experiences in nature and with the community – perfect integration. 10 out of 10!”

Andrea · Retreat group, Google review

★★★★★

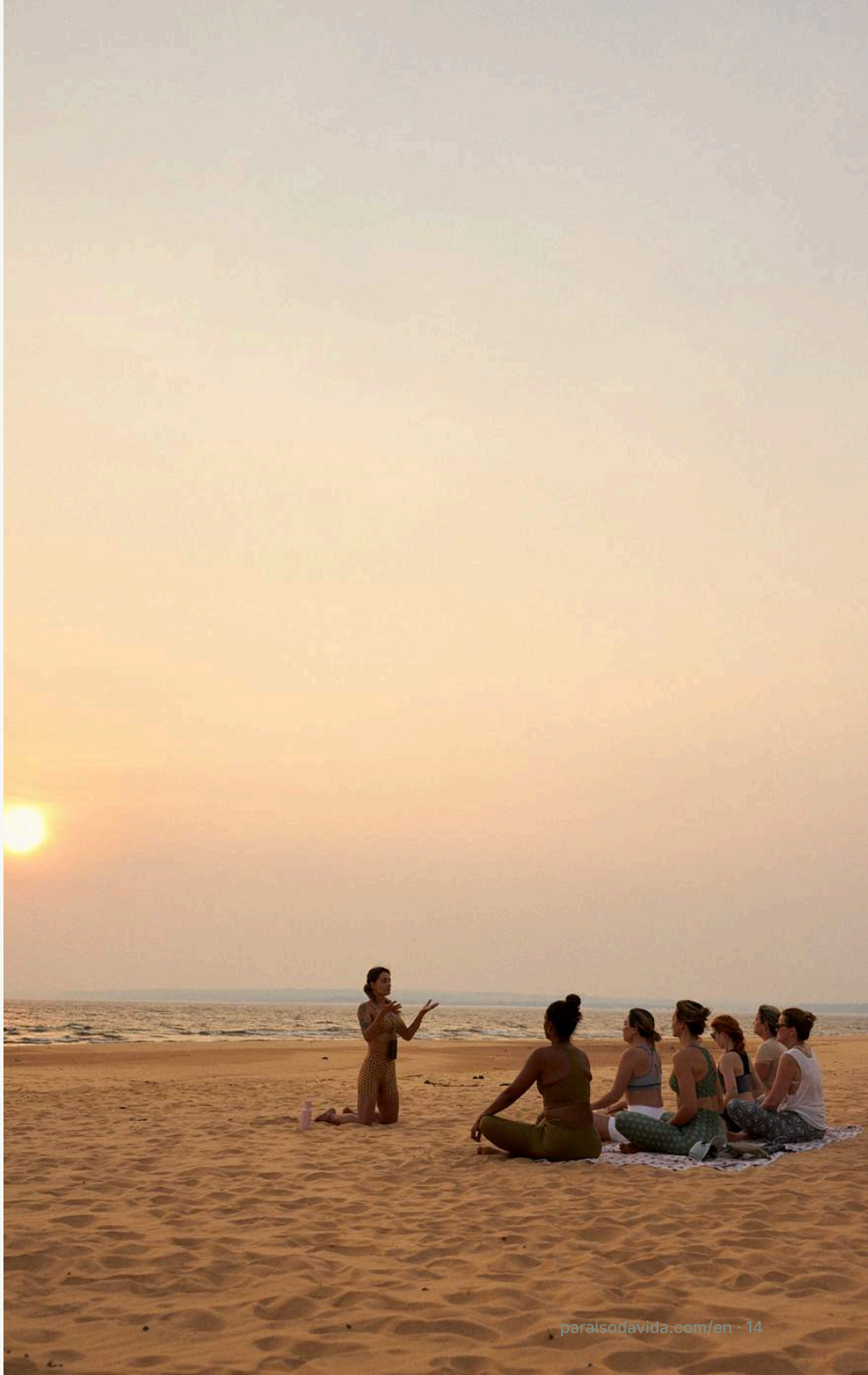
“A fantastic experience to reconnect with your essence and with nature.”

Luiza · Retreat guest

★★★★★

“An amazing place for walking, relaxing, meeting people and connecting. Trails, ecological tours and more – and the healthy food is a feast, made with great care.”

Rodrigo · Guest, Google review



11

Booking, step by step

1

Send three date windows

With group size, number of nights and the kind of retreat.

2

Get a price and a room plan

We check availability and reply as quickly as we can.

3

Hold the dates

A deposit secures your dates; the rest is paid before arrival. Payment and cancellation terms are written into your agreement before you pay anything.

4

Arrive and teach

We meet you in Alter do Chão and take care of rooms, food and boats.

For dates we confirm availability carefully before we promise anything. Larger groups can have the place to themselves – ask us.

Site map

Cabins 1–16 lie among the trees behind the beach. The entrance is in the middle of the beach, with the yoga hall, kitchens, showers and water towers close by.

PARAÍSO DA VIDA

Check your dates

Send us three date windows and your group size – you get a real number back, not a brochure.

Check dates & get a quote	**paraisodavida.com/en/host-a-retreat**
Email	**info@paraisodavida.com**
WhatsApp (write first)	**+47 456 00 654**
Venue guide (PDF)	**paraisodavida.com/en/host-a-retreat**
Know another leader? €200 per retreat	**paraisodavida.com/en/refer**

Prices are baseline prices and may vary with dates and group size. Information as of October 2026.