





Rose Alchemy

Casa Fuzetta, Olhao

7-13 May 2026



“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 third 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.

During this 6-day retreat we will also visit 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 a wider context of our work with the Europe 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.

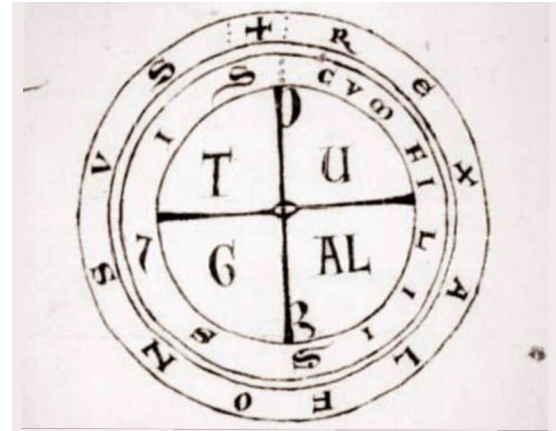


The Templars knew this...

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 *Portugral*, 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 at Sagres, Faro and Castro Marim. There are crucial energy centres between these pillars. We intend to visit energy centres between these great pillars to re-invigorate them for the betterment of the Algarve and all Portugal through Joy, Sound and Dance.

Silves in the West

Faro in the Centre

Cacela Velha in the East



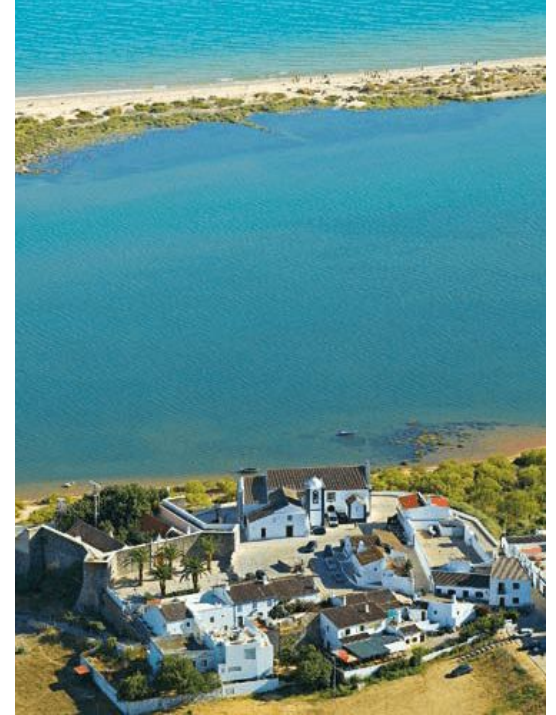
Algarve Energetic Centres:



Silves



Faro



Cacela Velha

Silves - Moorish Capital and Throat Centre of the Algarve

The throat chakra of the Algarve Landscape Temple is at Silves. This was a hugely important trading centre prior to its river to the Atlantic silting up. It was the Moorish capital. It was known at that time as '*The Baghdad of the West*'.

Almost all the Platonic indicators to the whereabouts of Atlantis fit with Silves. Whether it is or not, it has elements of Paradise and feels like a crucible or grail cup of treasure.



Cacela Velha - Sacral 'area' of the Algarve Temple

We have been searching for the sacral energetic centre within the Algarve for 6 years. Whilst Cacela Velha is a leading contender, as yet, we have not perceived an over-lighting angel that would determine its role.

Sacral centres are often focused on procreation, and artists, artisans, writers and other creators are often attracted to such places. Just so here.

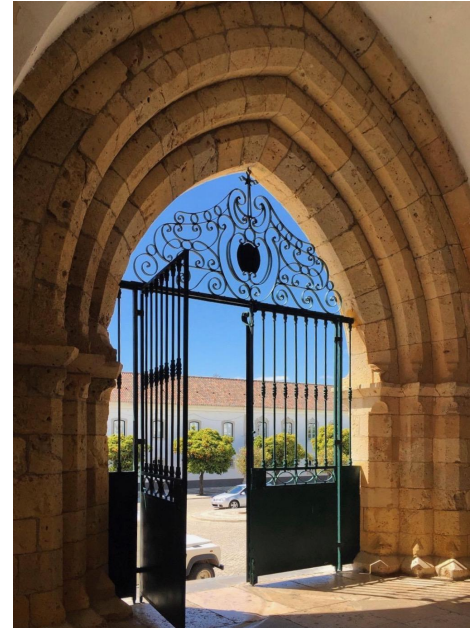
We will dance and sound on the beach and have lunch in a restaurant nearby. Maybe through our sounding and dancing and heart-attunement the angel will reveal itself. This will be a day of mystery.



Faro - root of the Central Pillar of harmony & bliss

The heart of the Algarve Landscape Temple is at Faro. It is at the centre of an energetic lemniscate - a short, 20 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 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 gold standard organic bathroom amenities from [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 or follow on instagram @casafuzetta



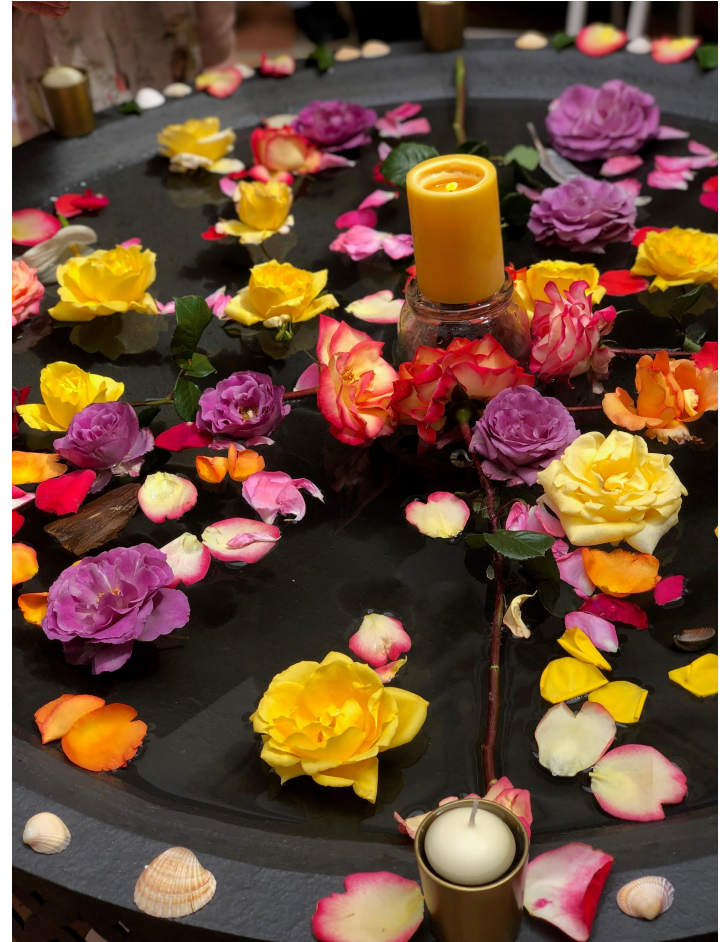
Our approach to pilgrimage

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 try to do the right thing in the right place at the right time with heart-led good intention, working through the sound of harmony and balance. By right, we mean something loving, inspired and helpful.

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, Heather, Gabriella and Sarah will weave sound, music, dancing and quiet attunement honouring the places and all nature.



More detailed itinerary

Thursday 7th May – Arrive at Casa Fuzetta mid afternoon/early evening; welcome meeting followed by champagne on the roof terrace and dinner.

Friday 8th May – Breakfast at the house followed by a morning meeting and attunement, we will have lunch at Casa Fuzetta. There will be further teaching and preparation in the early afternoon, and spend time together in Olhao. We will have dinner at Casa Fuzetta cooked by a specialist retreat chef

Saturday 9th May – Sarah will lead Paneurhythmy devotional movements on the roof-terrace before breakfast. After breakfast at the market (market day), we will take a boat trip out into the Ria Formosa and be dropped off at Deserte Island and have lunch at Estamine restaurant enjoying the panoramic views and the simple beauty of the island. After lunch we will take fast boats to Faro and walk up to through the ancient walls to the cathedral. We will return to Casa Fuzetta in good time to enjoy the pool and early evening sun before a light supper at Casa Fuzetta.

Sunday 10th May – Sarah will lead Paneurhythmy devotional movements on the roof-terrace before breakfast. We will have a light breakfast at Casa Fuzetta followed by dancing in the house. After a late morning brunch, we will take cars to the 'Valley of Paradise' near Silves and sound in nature. We will then explore the town and its surroundings which will include visiting the Moorish castle. Dinner will be at Casa Fuzetta.

More detailed itinerary - continued

Monday 11th May – Sarah will lead Paneurhythmy devotional movement on the roof-terrace before breakfast. After breakfast at Casa Fuzetta, we will take cars to Cacela Velha and visit the church. After, we will sound and dance on the beach and eat lunch in a waterfront restaurant. In the afternoon we will enjoy a sound weaving with Heather and Gabriella at Casa Fuzetta. Dinner will be at a local restaurant in Olhao (Tapas e Lendas).

Tuesday 12th May – After Paneurhythmy exercises and breakfast, we will visit St Michael's Mountain. From midday we will have our own time to enjoy the house and the town and enjoy the local restaurants and cafes. We will meet at Casa Fuzetta late afternoon for a light tea and to share, reflect, thank, and celebrate our last night together with dinner and a 'loving cup' ritual.

Wednesday 13th May – After breakfast, the retreat/pilgrimage ends. Another group arrives in the afternoon. We must vacate bedrooms by 10.30am.

[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 £1,650 per person

Single Occupancy at Casa Fuzetta £1,950 per person

Cost **includes** all entrance fees, breakfasts, lunches and dinners at Casa Fuzetta and in restaurants (save Saturday breakfast at the market and lunch on Tuesday in Olhao), car hire, boat taxis, boat trips, 'floatation' visit, and all teaching.

Cost **excludes** flights and transport to and from Casa Fuzetta to airports

Contact details:

Email: jtod@29br.co.uk or sarah@zoence.com or gabriellasongbird@gmail.com or heather.resoundingearth@outlook.com

Further links and reading suggestions

Directions to and information on Casa Fuzetta casafuzetta.com/guest-prearrival-info (password: CFGUEST)

RESOUNDING EARTH - For more on sound weaving and forging singing bowls with Heather and Gabriella of Resounding Earth, please see their website [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](#)

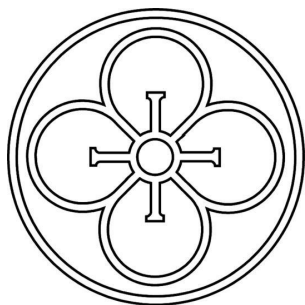
PANEURHYTHMY - The simplest description is that it is a prayer for the soul through dance and music. Each movement has a distinct meaning. It was devised by Beinsa Douno, a spiritual master in Bulgaria in the early part of the twentieth century. It is still practised there today. These Youtube links 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

For an accessible introduction to Wisdom Schools, Orphic and Dionysian myths and the teachings of Plato and Hermes Trismegistus, all set in the time of the Medici, Tara loved the [Botticelli trilogy](#) by Linda Proud.

Weaving Sound - Resounding the Earth





CASA
FUZETTA

