



HOW TO ARRIVE AT THE SACRED PATHWAYS RETREAT LOCATION — ALDEIA RIZOMA

Travelling to a new continent can be exciting and challenging, especially when navigating unfamiliar places and cultures. To make this journey seamless, we've crafted this guide with care to support you every step of the way. We aim to ease any travel-related worries so you can fully embrace the transformative experience that awaits you. Below, you'll find two main travel options to arrive at the retreat, whether flying into **São Paulo** or **Rio de Janeiro**.

OPTION 1: FLY TO SÃO PAULO GUARULHOS (GRU)

This is the most direct route for participants coming from abroad.

1. Flight to São Paulo Guarulhos International Airport (GRU)

São Paulo Guarulhos International Airport (GRU) is a major international hub, making it a convenient entry point for travelers worldwide. Upon landing at GRU on the arrival date, April 19, 2026, our team will take care of all further transfers to the retreat in Paraty.

2. Group pick-ups:

Once you land at GRU, our team will arrange complimentary group pick-ups based on the arrival times of all participants. You'll be transported directly to the Retreat Center Aldeia Rizoma, which is approximately a 3,5-hour drive, depending on traffic. We'll confirm pick-up details around 2 months before the retreat, so please share your arrival times with us as soon as possible.

OPTION 2: FLY TO RIO DE JANEIRO (GIG)

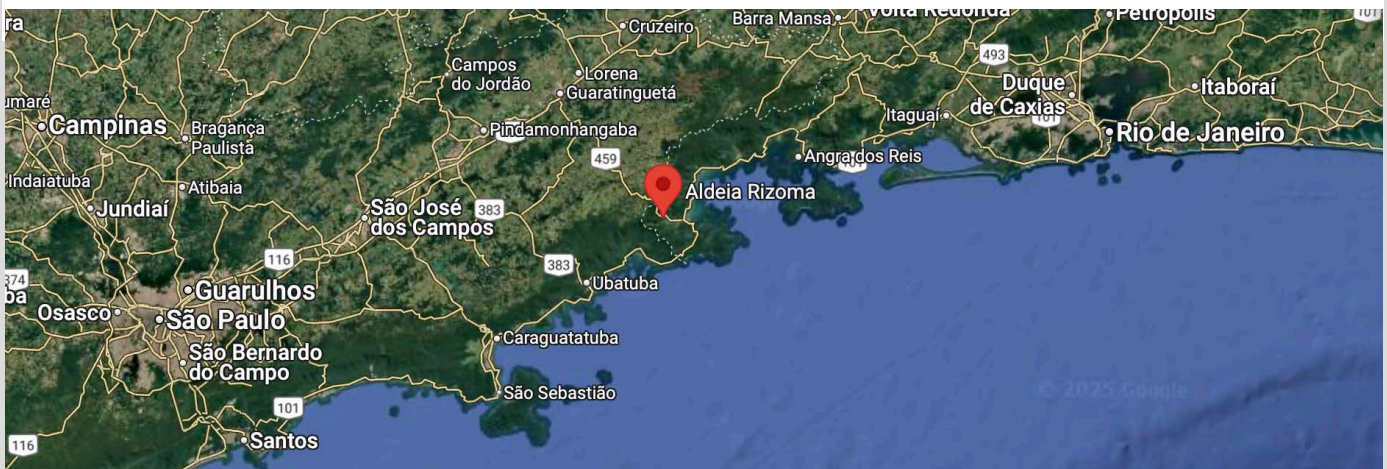
For participants who find it easier to fly into Rio de Janeiro.

1. Flight and Arrival to Rio de Janeiro Galeão International Airport (GIG):

Upon landing at GIG on the arrival date, April 19, 2026, there's no need to worry about additional arrangements for getting to the retreat center. Our team has everything covered for you! We'll arrange group pick-ups and car transfer to Paraty to the retreat lodge. The transfer is included in the retreat package, so you can simply relax and allow us to guide you on the final stretch of your journey.

2. Group pick-ups

Once you land at GIG, our team will arrange complimentary group pick-ups based on the arrival times of all participants. You'll be transported from the airport to Aldeia Rizoma Retreat Center, which is approximately a 4,5-hour drive, depending on traffic. We'll confirm pick-up details around 2 months before the retreat, so please share your arrival times with us as soon as possible.





IMPORTANT TIPS FOR A SMOOTH JOURNEY

Traveling together

In order to make your journey smoother and more comfortable, we are happy to help connect you with other participants traveling from similar areas. By gathering in pairs or small groups, you'll have the option to travel alongside others attending the retreat, creating a sense of shared experience and added security. Many participants find that traveling with others not only enhances their journey but also supports their decision to join, especially for those coming from overseas.

Booking Flights

We recommend using Skyscanner to search for flights, especially if you're looking to combine international and domestic routes into one itinerary. Selecting the "multi-city" option in the search field can help you add domestic flight options easily, simplifying your travel planning.

Arrival Timing

We recommend that participants arrive at São Paulo (GRU) or Rio de Janeiro (GIG) on April 19th. Based on your flight times, we'll coordinate complimentary group pick-ups and confirm specific transfer details closer to the date. Aldeia Retreat Center is open from 12 p.m. A free transfer from the airport will be arranged for this day.

No workshop activities are scheduled on the 19th, other than a 1.5-hour Opening Circle in the evening around 8 p.m. Lunch will be served at 2 p.m., and dinner at 7 p.m., allowing everyone to settle in comfortably before we begin.

Earlier Arrival

For participants wishing to arrive before the retreat start date, please reach out to us directly. We're happy to help coordinate transport arrangements to the retreat location if needed.

Return transfer to the airport

The 26th of April 2026 marks our final day at Aldeia Rizoma Retreat Center. Participants are invited to check out after breakfast, with departure from the retreat center scheduled by noon. A complimentary airport transfer (car/minibus transfer) will be available for everyone leaving that day.

For those wishing to extend their journey, we warmly invite you to join the optional [3-day Spirit of Brazil Experience](#), an immersive continuation that celebrates the spirit and beauty of Brazil. The group for this extended experience will depart right after breakfast.

We hope this document helps simplify your journey to Paraty. Should you have any questions or need further assistance with travel planning, please don't hesitate to reach out. We are here to make your arrival as seamless as possible.

Warmly,
The Retreat Team



Daria Szychta
Travel manager

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8:00 am - 4:00 pm (BST, UTC+1)
3:00 am - 11:00 am (EDT, UTC-4)