

Lucid Dreaming Retreat



Come to beautiful Portugal for a 4-Day Lucid Dreaming Retreat!

From 6pm on Tuesday, 19 May, 2026, until 3pm on Saturday, 23 May
(but do stay for the end-of-retreat party that night), on the fabulous
Algarve coast. www.DeepLucidDreaming.com

Join **Dr. Clare Johnson**, author of eight dream books including *The Art of Lucid Dreaming* & *Elixir of Sleep*, for four days of lucid dream exploration.

We'll explore the healing, creative, wild and spiritual aspects of lucidity. Treat yourself to a lucid holiday in gorgeous nature and awaken on all levels of being.



This Lucid Dreaming Retreat is based in Carvoeiro, a beach village on the stunning Algarve coast in Portugal. Carvoeiro is about 45 minutes' drive from Faro airport.

The morning retreat workshops will be held at Vila Amizade, "Friendship Villa", a modest 6-bedroom villa with a small pool. We will also have access to a yoga platform and a dreamlike stone circle where we can meditate or do Lucid Journeying on yoga mats. Afternoon workshops may be held on the beach.

The retreat villa is a 5-minute drive (or a 25-min walk) from Carvoeiro beach and the town centre (1.5 km). In the villa itself there are limited rooms available on a first come, first served basis, or you can book a room in Carvoeiro. See *Accommodations* section for options for all budgets.

The plan is to spend as much time as possible outside in nature, enjoying Portugal and exploring the rugged coastline. Let's see what the weather is like (it's often glorious at that time of year) and how we all feel.



There will be free time built into the schedule for boat trips around the [dreamlike grottoes at Benagil beach](#), relaxing by the ocean, or going on lucid shopping sprees. Carvoeiro has some lovely restaurants for evening lucidity discussions.

Pricing

Tuition with Dr Clare Johnson in the form of FOUR days of lucid dream workshops, beach meditations and more is €749 euros. *We added an extra day!*

There's a **Super Lucid Early Bird Offer** of €649 if you book before October 19.

There is also an **Early Bird Price of €699** euros if you book your place before January 19.

If you sign up with a friend, you'll receive the **Friend Price of €649** euros each for tuition.

The tuition price **excludes** food, beverages, excursions, travel and accommodation. Each attendee is responsible for organising and paying for these independently. This means you can tailor your retreat to fit your budget.

Accommodation is pretty reasonable off-season in Portugal. You can usually get a beautiful hotel room with breakfast for under \$100, or more modest accommodation for about \$50 a night. See a list of options on the next page.

Deposit and Payment Options

To secure your place on the Lucid Dreaming Retreat via **credit card**, please pay the **€149 non-refundable deposit**. If you prefer you may **pay the entire tuition fees including the deposit here**.

If you prefer not to use a credit card, you may pay via **PayPal** to Dr. Clare Johnson with this email address:

deepluciddreaming@gmail.com
Please be sure that the recipient receives the **full amount, in Euros**, or the transaction will be cancelled.

Cancellation Policy

If Dr Clare Johnson **cancels** the Lucid Dreaming Retreat or cannot be present for any reason, you will of course be **refunded tuition fees and deposit** in full. If you cancel any time after booking, your €149 deposit will not be refunded. If you cancel **after March 15, 2026**, there is no refund on tuition fees unless you find a new attendee to take your place. You will lose your deposit, *but the rest of your tuition fees will not be lost* – you can choose to put the remainder towards a future retreat or workshop 😊

The **final balance** for the retreat must be paid by **Feb 19, 2026**.



Health & Travel Insurance

Please be sure you have adequate **health and travel insurance**: this is your sole responsibility. Do check the cancellation policy of your airline and hotel.



Travel

Faro in southern Portugal is the nearest airport. You could also fly to Lisbon and then take a coach down to the Algarve for about €20, or hire a car. From Faro Airport, a taxi to Carvoeiro costs around €65. Bus fare is about €7. If you look up public transport possibilities, enter Lagoa as your destination: it's bigger than Carvoeiro so more buses stop there. From Lagoa a taxi to Carvoeiro is about €10.

Address and Meet-Up Place

Vila Amizade, Rua Alegre 7,
Carvoeiro 8400-553.

GPS coordinates:

37 °06'38.9"N 8 °28'04.2"W

Accommodations

There are six simple bedrooms in our modest retreat villa. These fill up fast. Each room is €60 per night for a single person (or €75 for two people sharing a room). The bedrooms share four bathrooms between them. There is a 4-night minimum: Tues, Wed, Thurs, Fri. The 5th night (Sat 23) is free. [Book here](#).

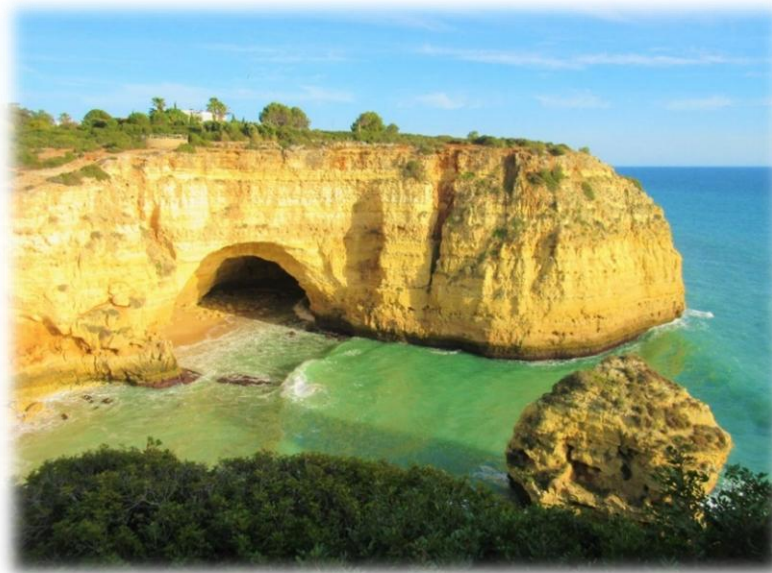
Otherwise, there are plenty of lovely options around Carvoeiro. From Carvoeiro beach, you can walk up to our retreat villa in 25 mins, or get a taxi (6 mins) for about 5 euros. Here are some AirBnB places, apartments, and hotel rooms. See Booking.com and please research for yourself.

- Colina Village Carvoeiro, apartments with pool
- Hotel Carvoeiro Plaza, beachfront in the village
- O Quintal Guesthouse, 200 m from beach
- Villa Welwitshia, 8-min walk from beach. Pool
- Carvoeiro Gardens, apartments
- O Castelo Guesthouse, above beach in Carvoeiro
- Monte Dourado, 5-min walk from beach
- Pestana Palm Gardens, on clifftops with sea views

What will we do during the Lucid Dreaming Retreat?

On Tuesday evening we'll enjoy a lucidity meditation, then go for dinner together. On Wednesday, Thursday, and Friday we'll meet for dream sharing each morning and there will be two dedicated lucid dreaming workshops each day. On Saturday, we have workshops until around 3pm and that night we will hold an end-of-retreat lucid dream party in the villa, so please stay on for this fun evening together if you can! Donation per person is €20 for food, drinks, and the hire of our own private DJ.

Lucidity workshops will be interspersed with meditations, nature walks, free time to swim/surf/nap/journal/relax/shop, and we may also do a group excursion such as a cliff walk to the grottoes or a boat trip.



20-million-year-old limestone cliffs around Carvoeiro

I've created a preliminary schedule. A detailed schedule will follow nearer the time, but even that will be flexible so that we can make the most of each day. Some activities, such as outdoor meditations and beach yoga nidras, depend on the weather. Lucidity is all about flexibility!

The titles of the lucid dreaming workshops will follow as we approach the retreat date. These focus on the creative, healing, wild and spiritual aspects of lucidity. Several will include "lucid journeying" – guided visualisations to help you float on the cusp of sleep and lucidly observe hypnagogic imagery or connect with guides and power animals.

Flexible Schedule



Tuesday, 19 May, 2026

The Lucid Dreaming Retreat group meets at 6pm (exact location to come). After introductions, we'll go for an ocean lucidity meditation on the beach, followed by dinner all together.

Wednesday, 20 May

9.15 am, we gather at Vila Amizade. Dream Circle starts at 9.30am (one hour)

10.30 Refreshments break

10.45 Lucid dreaming workshop #1 (two hours)

12.45-16.30 Free time for lunch and exploring. You could go on a cliff walk to the grottoes or take a boat trip. We will likely go on a trip all together on one of the days.

Each day we will decide where to meet for the afternoon session, depending on the weather. We might meet on the beach or at the villa.

16.30 Lucid dreaming workshop #2 (two hours, with ocean lucidity ritual)

Dinner on your own (or with others in the group)

Thursday, 21 May

9.15 am, we gather at Vila Amizade. Dream Circle starts at 9.30am (one hour)

10.30 Refreshments break

10.45 Lucid dreaming workshop #3 (two hours)

Free time for lunch and exploring 12.45-16.30

16.30 Lucid dreaming workshop #4 (two hours), includes guided yoga nidra practice on beach (weather dependent) or at the villa.

Dinner on your own (or with others in the group)



This was an early lucidity retreat on the clifftops, different villa but also in Carvoeiro.

Friday, 22 May

9.15 am, we gather at Vila Amizade. Dream Circle starts at 9.30am (one hour)

10.30 Refreshments break

10.45 Lucid dreaming workshop #5 (two hours)

Free time for lunch and exploring 12.45-16.30

16.30 Lucid dreaming workshop #6 (two hours), includes guided yoga nidra practice on beach (weather dependent) or at the villa.

Dinner on your own (or with others in the group)

Saturday, 23 May

9.30 am, we gather at Vila Amizade. Dream Circle starts at 9.30am (one hour)

10.30 Refreshments break

10.45 Lucid dreaming workshop #7 (two hours)

12.45-13.30 Short lunch break

13.30 - 14.30pm (or 15.00) Workshop #8 (60-90 minutes)

Free time until the party 😊

7.30 pm End of retreat lucid dream party, with private DJ, buffet, and dancing. Donation €20 each for DJ, food & drinks.



*The sunsets on the clifftops are magnificently dreamlike...
as are the lucid dream retreat participants.*



Things To Bring

- ✚ Dream journal – start filling it now 😊
- ✚ Hardback notepad & pens for workshop notes/Lucid Writing
- ✚ A towel for lying down meditations on the beach. (The villa has yoga mats we can use on the yoga platform or indoors)
- ✚ **Inflatable cushion** so we can sit/meditate/dream anywhere we like on the cliffs and beaches – this is super-useful. There are inexpensive ones [online](#). They are waterproof in case of dew, and comfy even on stony cliffs. Or you can use your towel instead.
- ✚ A sarong or other thin material to drape over your face/body if we lie down on the beach to do yoga nidra meditations. Protects from sun, sand, flies.
- ✚ Walking shoes with a closed toe, for cliff walks
- ✚ Swimsuit, sun cream
- ✚ Knapsack for trips
- ✚ Jumper for evenings, jacket
- ✚ Dreams, nightmares, and lucid experiences you'd like to explore.
- ✚ Please let me know if you have any **mobility issues**. There are steep steps down to one of the beaches, and cliff walks are a little adventurous, with narrow paths through bushes and boulders.



Creative lucid dream inspiration sweeps in with the waves...



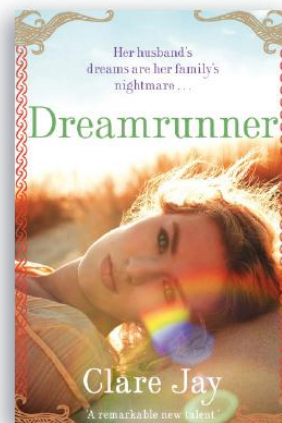
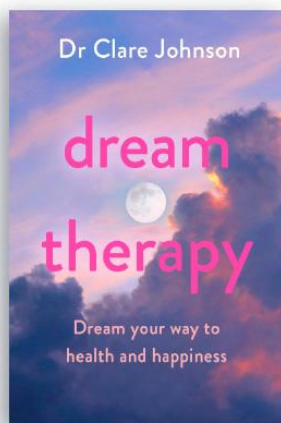
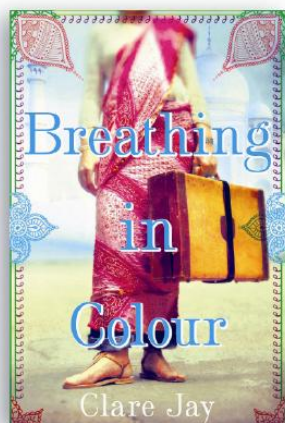
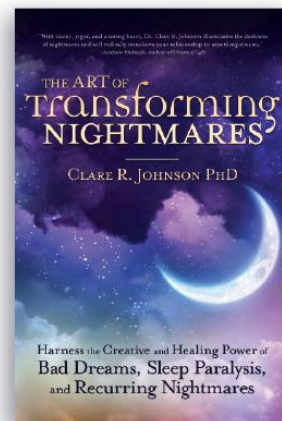
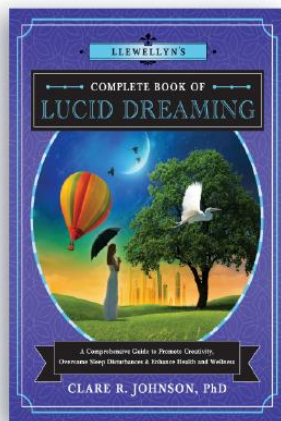
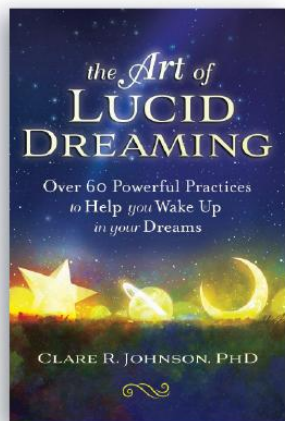
Our 2026 retreat villa: Vila Amizade in Carvoeiro. Yes – we'll have our very own pool!



I very much look forward to seeing you in Portugal ☺

Lucid wishes,

Clare



*Clare R. Johnson, PhD, was the first person in the world to do a PhD on lucid dreaming as a creative tool, and is past President of the International Association for the Study of Dreams (IASD). Her newest book is Elixir of Sleep. She is the author of the acclaimed lucid dreaming guide, Llewellyn's Complete Book of Lucid Dreaming: A Comprehensive Guide to Promote Creativity, Overcome Sleep Disturbances & Enhance Health and wellness. Dr. Clare creates **video & audio courses** on dream yoga, all aspects of lucidity, and yoga nidra. She recently taught a lucid dreaming course to over 5000 participants.*

Clare is also a yoga instructor, meditation teacher and creative writing tutor. She hosts the Sleep & Deep Lucid Dreaming podcast.

www.DeepLucidDreaming.com