

# ReCode

*Embrace Your Authentic Transformation*

October 4-10, 2025  
Ribatejo Province, Portugal

*@wholelivingnutritionist @genomickitchen*



# At A Glance

<a href="#"><u>What is Recode?</u></a>	<a href="#"><u>3</u></a>
<a href="#"><u>Your Personalized Journey Begins Now</u></a>	<a href="#"><u>4</u></a>
<a href="#"><u>Bringing Your Genetic Insights to Life: From DNA to Daily Practice</u></a>	<a href="#"><u>5</u></a>
<a href="#"><u>Movement, Reflection, and Connection</u></a>	<a href="#"><u>7</u></a>
<a href="#"><u>Who is ReCode for?</u></a>	<a href="#"><u>8</u></a>
<a href="#"><u>What Else is Included?</u></a>	<a href="#"><u>9</u></a>
<a href="#"><u>Embrace a Lasting Transformation</u></a>	<a href="#"><u>10</u></a>
<a href="#"><u>Who We Are</u></a>	<a href="#"><u>12</u></a>
<a href="#"><u>Retreat Center</u></a>	<a href="#"><u>14</u></a>
<a href="#"><u>Pricing and Payment Details</u></a>	<a href="#"><u>15</u></a>
<a href="#"><u>Frequently Asked Questions</u></a>	<a href="#"><u>16</u></a>
<a href="#"><u>Ready to ReCode?</u></a>	<a href="#"><u>22</u></a>

## Quick Links

[Registration](#)

[Terms and Conditions](#)

[Contact](#)

[The Genomic Kitchen](#)

[Whole Living Nutritionist](#)



ReCode offers an extraordinary journey of deep self-discovery at a cellular level.

This exclusive all-women transformative 6-day retreat is nestled in the breathtaking Southern Ribatejo Province of Portugal, just 40 minutes from the vibrant capital city Lisbon.

Reimagine the impact you can have on your health-span as you shift through your transition years using a unique blend of science-backed insights and holistic practices.

## *Retreat Sanctuary*



# Your Personalized Journey Begins Now

At ReCode, we believe true transformation starts with deep self-understanding. That's why **your journey begins well before you arrive in Portugal**, with a process as unique as you are. Prior to the retreat, you'll embark on a revealing exploration of your personal blueprint:



## Discover Your Unique DNA

Receive a comprehensive analysis of your genetic makeup, interpreted by renowned genomics expert, Amanda Archibald. This revealing look offers invaluable insights into your body's natural tendencies, from nutrient processing to stress response and exercise adaptation.



## Craft Your Personalized Thrive Plan

Engage in individualized consultations with Registered Dietitian Nutritionists, Shannon Le Mintier and Amanda Archibald, experts in their field, to develop a tailored action plan that aligns your DNA-revealed strengths and challenges with your personal intentions and aspirations.



## Expert Guidance

Benefit from a total of 4 hour 1:1 consultations:

- 2 hours pre-retreat: 1 hour each with Amanda and Shannon
- 2 hours post-retreat: 1 hour each with Amanda and Shannon



## *Farm-to-Table Meals*

# Bringing Your Genetic Insights to Life: From DNA to Daily Practice

At ReCode, we gently unfold the story written in your genes, transforming scientific insights into practical, everyday wisdom. Building upon your pre-retreat DNA analysis, we'll embark on an insightful journey through your unique genetic landscape.

Combining nurturing experiences with compassionate guidance, you'll discover how to embrace your DNA blueprint as a pathway to holistic well-being. Together, we'll weave your genetic insights into the fabric of your daily life, creating a personalized tapestry of health and vitality.



## **Nutrition and Health Balance**

Uncover your genetic health script to optimize nutrient absorption, metabolism, and overall health span.



## **Movement and Physical Activity**

Learn how your DNA influences exercise response and recovery for injury.



## **Emotional Balance and Stress Management**

Explore genetic factors affecting your stress response and emotional resilience and learn how to develop personalized coping strategies.



## **Mental Clarity and Resilience**

Understand how your genes enhance memory, focus, learning potential and resilience.

## *Movement Sessions*



## Movement, Reflection, and Connection

ReCode offers daily experiences that nurture balance, growth, and self-discovery, all informed by your unique genetic profile:

- An invitation to simply be, creating space and inner peace
- Moments of stillness and meditation, allowing your authentic voice to emerge
- Invigorating and inspiring movement and mindfulness sessions, including all level yoga, yin and gentle yoga, designed to energize body and spirit in alignment with your genetic predispositions
- Dedicated time for personal reflection, interwoven with opportunities to forge meaningful connections with other women

## Who is ReCode for?

ReCode is designed for women in their transformative years seeking to:

- **Embrace life's transitions with confidence and grace**
- **Reignite passion and purpose in their next chapter of life and living**
- **Optimize health and well-being through DNA-informed, personalized strategies**
- **Connect with other women and credentialed wellness experts in a supportive environment**

ReCode empowers women to redefine this dynamic stage of life on their own terms. Whether you're entering a new decade, shifting careers, empty nester or simply ready for positive change, this retreat provides the tools, insights, and community to help you thrive.







# What Else Is Included?

## Retreat Sanctuary

Six days in an architecturally stunning retreat sanctuary in Portugal's picturesque Ribatejo Province

## Farm-to-Table Meals

Three daily cell-nourishing robust plant-based meals to nourish and delight (vegan options available)

## Movement Sessions

Twice daily yoga, breath work, mindful moments, and meditation in nature

## Lisbon Experience

Visit to Time Out Market with sunset sail cruise

## Ceramics Workshop

Intentional creative expression ceramic workshop

## Guided Hike

Soul-restoring hike with local cuisine and cultural immersion off-site experience

## Bodywork Treatments

Optional therapies for rejuvenation and balance\*

## Serenity & Reflection

Free time to relax by the pool and exclusive use of peaceful retreat spaces to inspire reflection and renewal

\* additional on and off-site optional experiential activities to choose from (not included in all-inclusive retreat fees)

# Embrace a Lasting Transformation

This retreat is more than a temporary escape, it's your gateway to a profound, lasting transformation. We've crafted an immersive experience that catalyzes enduring change, empowering you to embrace transformative years with renewed vigor and purpose. **When you emerge from ReCore, you'll carry with you:**



## A Personalized Vitality Blueprint

A clear, actionable plan tailored to help you thrive in this vibrant season of life. This blueprint integrates strategies for physical wellness, emotional resilience, and personal growth, ensuring you're equipped to navigate life's transitions with confidence and grace.



## Sustainable Wellness Practices

Techniques and habits that infuse vitality into your daily routine, helping you maintain the energy and enthusiasm ignited during your retreat experience.



## Tools for Authentic Living

Strategies to harness your authenticity and align your life with your deepest values and aspirations.



## A Supportive Network

Connections with women who will continue to inspire and motivate you long after the retreat ends.



## Focused Post-Retreat Support

Your ReCode journey extends beyond the retreat with two valuable one-hour sessions with Amanda and Shannon. These targeted consultations are designed to help you refine and implement your Vitality Blueprint in your real-world setting.



*ReCode: Embrace Your Authentic Transformation  
October 2025 · Portugal*

## *Soul-Restoring Hike*



## *Lisbon Experience*

# Who We Are

Together, **Amanda Archibald** and **Shannon Le Mintier**, create a unique synergy, offering ReCode participants a comprehensive, personalized approach to health, wellness, and self-discovery. Their combined expertise ensures that each woman's journey is grounded in cutting-edge science, nourishing nutrition, and mindful practices, which translate into sustainable, joyful transformation.



**Amanda Archibald**  
RDN, Founder of The  
Genomic Kitchen

THE GENOMIC  
KITCHEN

- Pioneering leader in nutrigenomics and nutrigenetics with over 25 years of experience as a Registered Dietitian Nutritionist
- Utilizes genomics, applied nutrition, and culinary biochemistry to guide individuals through health transitions and complex health challenges
- Educator, mentor, and coach to health experts learning the field of genomics
- Global thought leader and speaker with work spanning the U.S., Europe, Australasia, and South Africa
- Author and education expert in genomic nutrition, nutrigenetics, nutrigenomics, and culinary genomics
- Spearheaded the world's first nutrigenomically-inspired hospital menu for Sodexo at Sharp Healthcare, California
- Genetic test developer and DNA-informed product innovation expert, working on the cutting edge of DNA-informed innovation for the 21st century

## Connect with Amanda

amanda@genomickitchen.com  
www.genomickitchen.com  
@genomickitchen

**Shannon Le Mintier**  
RDN, IFNCP, YACEP  
RYT 500

wholeliving



- Registered Dietitian Nutritionist with over two decades of well-being experience in private practice
- Focus as an Integrative Functional Certified Nutrition Specialist (IFNCP) using an east meets west coaching lens
- 500hr + YACEP Registered Yoga Teacher certified through Yoga Alliance. Devoted practitioner for over twenty years offering private and group classes and facilitating retreats locally and internationally
- Functional movement specialist using tools to help people move better, live better
- Blends scientific insights with whole-food and living approach, Incorporates ancient and current mindful lifestyle, movement, meditation and breath work practices, Guides individuals in connecting with their bodies, mind and spirit to create sustainable lifestyle shifts
- Working with clients and corporations throughout the US and Europe

## Connect with Shannon

curious@wholelivingnutritionist.com  
www.wholelivingnutritionist.com  
@wholelivingnutritionist

# Retreat Center



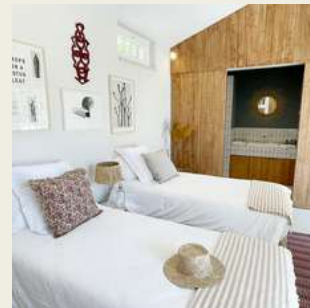
## The Place

Located only 30 minutes away from Lisbon airport, the retreat center is a unique sanctuary for your body and mind. The living/dining room is more than just a gathering place. It's a place where hearts open, palates are filled and spirits are lifted. The vegetable garden provides fresh ingredients to the kitchen throughout the year, giving the food an extra special taste of love and sunshine.

## The Rooms\*

Located in the old stables, the rooms are a mix of simplicity and creativity. Each room is unique, with its own decor and soul. Most of the bedrooms open to a green terrace with a lounge area.

**\*Shared or Single Rooms available**



## The Experiences

The retreat center offers versatile spaces, including a yoga loft with an art studio upstairs, an arena inspired by the elements, and tranquil shaded areas overlooking the Ribatejo plains for yoga, meditation, or quiet reflection.

## Pricing and Payment Details

Embark on a transformative journey of self-discovery, health optimization, and personal growth in Portugal's breathtaking Ribatejo Province—an investment in your well-being and a step toward embracing your authentic transformation.

Accommodation	Early Bird Pricing (by Feb 22, 2025)	Full Price (after Feb 22, 2025)
Shared	\$3,495	\$3,995
Single	\$4,298	\$4,795



*Early bird pricing available until February 22, 2025!*

+ an additional complimentary DNA report focusing on cognitive health, stress management, and emotional well-being if you pay in full.

# Frequently Asked Questions

## What is ReCode and who is it for?

ReCode is a transformative wellness retreat that integrates epigenetics, cultural exploration, and personal development. It is designed for anyone seeking to optimize their health and well-being through a deeper understanding of their genetic makeup and its influence on lifestyle choices. Whether you're a wellness practitioner or someone looking to connect your path at this age and stage of life, make meaningful connections to self and others, ReCode is definitely for you.

## What can I expect from the retreat?

- Personalized genetic insights and wellness strategies delivered pre and post retreat in addition to during the retreat
- Daily yoga and movement sessions
- Immersive daily sessions designed to unlock the secrets of your genetic code and craft your personalized blueprint for optimal well-being
- Cultural experiences and local exploration
- Delicious daily chef-curated meals featuring locally grown foods and cultural flare
- A supportive community of women
- Time for relaxation and self-reflection





## What does a typical day look like during ReCode?

At ReCode, we believe in empowering you to shape your own transformative experience. Our flexible daily schedule is designed to offer a perfect blend of structure and freedom, allowing you to tailor each day to your personal needs and preferences. Here's a glimpse into a typical day:

- **7:30 AM:** Morning movement
- **9:30 AM:** Breakfast
- **11:00 AM:** Workshops and activities
- **1:30 PM:** Lunch
- **2:30 PM:** Afternoon sessions, down time, treatments or local off-site experiences
- **5:30 PM:** Evening movement
- **7:30 PM:** Dinner and fire pit



## Who can attend the retreat?

The retreat is designed for women in transitional periods of life interested in optimizing their health and well-being through genetic insights and holistic practices.

## Are spouses/partners included?

We LOVE to travel and have amazing experiences with our husbands too. However, our focus for this retreat revolves around midlife, transitional years. Therefore, this one is dedicated to women only. We believe in creating healthy, supportive communities for flourishing and trust an exclusive women's only retreat will offer this environment.

## Can I bring a friend?

Absolutely! Friends supporting each other is especially encouraged! At every age and stage, in particular this one of midlife, traveling and sharing a retreat experience together can really enhance your journey, creating shared and deeper connections. Please make sure to note on your application who you will be traveling with and want to share a room.

## Who will I room with in a shared room?

If you are requesting to share a room and are not traveling with a roommate, we take great care in curating your room arrangements, pairing you with a kindred spirit to enhance your retreat experience. Our thoughtful room assignments are designed to: Nurture new friendships. Create a harmonious living environment. Amplify the sense of sisterhood!

## Is the retreat suitable for beginners in yoga?

Yes, all levels are welcome. We will provide modifications and options to ensure everyone can participate. All classes and activities are optional as well.

## What should I bring to the retreat?

We recommend bringing:

- Comfortable, layered clothing for movement and yoga
- Appropriate attire for outdoor activities
- A journal for reflection and notes
- Any personal items or medications you may need
- An open mind and curiosity for learning, growth and connection
- Your DNA Report which you will have access to prior to the retreat

## How do I get to the retreat location?

Detailed travel information and transportation options will be provided. The retreat is located in the Ribatejo Province of Portugal, with various options for reaching the venue from major airports. As a part of the retreat package, we will schedule a group pick up at the Lisbon Humberto Delgado Airport on Saturday Oct. 4 at approximately 3pm. Your retreat package also includes drop off to Lisbon airport on Friday October 10th at approximately 2 PM.





*Ceramics Workshop*

## What is included in the retreat package?

The retreat package includes:

- Accommodation for 6 nights
- Daily vegetarian meals
- All scheduled workshops and classes
- Morning and evening movement sessions
- Onsite ceramics workshop
- All offsite cultural experiences and tours
- Access to retreat facilities (pool, fire pit, meditation gardens and trails, hammock swings)
- Transportation to and from Lisbon airport

## What are the optional activities available?

Optional activities may include:

- Local tours to cork groves or olive oil mill
- Immersive cooking class with local cultural flair
- Additional hikes or biking excursions
- Additional body treatments or personal consultations (not included in retreat package)



## Tell me more about the DNA Test and Analysis

Recode uses your unique DNA (how you are built) as the foundation for learning. We have purposely chosen a DNA test that is scientifically valid and one that we actively use in clinic. Detailed instructions for DNA sample collection will be provided upon registration, with your test kit delivered directly to your home (or specified location). Pickup of your DNA sample available from the same location. The process of collecting your DNA sample is simple, fast and non-invasive, typically a blood spot or saliva sample. You collect your sample within the comfort of your own home. No need to go to a lab.

## Can I bring my own genetic test?

Your ReCode experience is specifically built around the scientifically valid and clinically actionable DNA test from DNA Life, released in Fall 2023. This test forms the foundation of our programming and your personalized consultations. If you have recently taken a DNA Life test, please contact us to determine if it's suitable for this retreat. We've chosen this specific test because it's available worldwide, aligning with our global audience. While Amanda is capable of interpreting various genomic tests, during this retreat, we will focus exclusively on the DNA Life test results. This ensures a consistent and tailored experience for all participants.

We appreciate your understanding that other genetic test results cannot be incorporated into the retreat's programming or addressed during the sessions. This allows us to provide a focused and equitable experience for everyone.

## What is the 1:1 Consultation Experience?

The ReCode 1:1 Consultation Experience is tailored to your unique genetic profile:

1. **Pre-Retreat:** Two 1-hour sessions (one with Amanda, Genomics Expert, and one with Shannon, Integrative Nutritionist) to review your DNA test results and create a preliminary DNA-informed Vitality Plan.
2. **Post-Retreat:** Two follow-up 1-hour sessions to refine your DNA-informed Vitality Plan and develop a sustainable, personalized wellness plan based on your retreat insights.

These consultations are offered via a secure online room or in-person if location permits. Pre and Post Retreat Consultations ensure you receive expert guidance throughout your journey, translating genetic knowledge into practical lifestyle changes.

## What is the cancellation policy?

Please refer to our [Terms and Conditions](#) for the most up-to-date cancellation policy. Never hurts to restate here, we recommend purchasing travel insurance to protect your investment.

*Serenity & Reflection*



# Are you ready to ReCode your life?

Join us on this extraordinary retreat to discover your genetic potential, gain tools for lasting wellness and thrive.

**Secure your spot with a non-refundable \$750 deposit** or pay in full at booking to receive a complimentary DNA report focusing on cognitive health, stress management, and emotional well-being—an exclusive bonus to enhance your retreat experience!

[Secure my spot!](#)

## Questions?

Have questions or need assistance? We're here to guide you on your journey to transformation—reach out to us anytime!

### [Contact](#)

[curious@wholelivingnutritionist.com](mailto:curious@wholelivingnutritionist.com)

[amanda@genomickitchen.com](mailto:amanda@genomickitchen.com)

