

Applications open on
Wednesday July 3,
2026



recreio:
artist
residency
retreat

Apply Here
→ link

Rua Tenente José Henriques, 10, 2530-319 Toxofal de Cima, Lourinhã, Portugal

recreio:

to re-create, recess, and re-boot our energy in a wonderful and inspiring space located in Lourinhã, on Portugal's Silver Coast. Recreio is an artist residency program that focuses on down tempo, creating, thinking and building community. It provides a distinctive framework for personal and professional development, with experimentation and exploration informing our shared living and working practices. We aim to create room to explore new ways of learning, researching, making, and being together.



An artist residency offers a guest artist the opportunity to work in a new environment, often free from the restrictions and pressures of everyday life. No two artist residency programs are the same; each carries its own atmosphere and energy. **Recreio**, our experimental pilot program nested in **Quinta Mourada** will cultivate a distinct background and spirit, a space where time is not measured by productivity or the completion of a self-imposed or durational project.

Recreio offers an abundance of meditative corners for periods of solitude, space and quiet, both indoors and outdoors, **allowing artists to soak in the introspective yet sensory-rich atmosphere that fosters deep reflection and artistic flow**. We offer the resources in a grounding and safe space enveloped by nature and slow living, coupled with interdisciplinary practices and activities where creative beings can address new states of flow towards their practice.



We offer 2 options with the same intention:

A side

For artists who seek a nurturing space to move at their own pace, find their own rhythm to create, or simply to wander.

B side

For creators ready to reconnect with their inquisitive selves, Quinta Mourada offers a space where art and living merge. Our residency program meets you at any stage of your practice, prioritizing wellness, play, and uninhibited creative growth.

Building on the core foundations of Side A, this immersive experience infuses organic creativity into every daily ritual:

- Nourish: Daily artisanal brunches showcasing a rotating, house-baked palette of sourdough breads and pastries.
- Ground: Experiential movement, yoga, and deep breathwork sessions to cultivate mental clarity.
- Explore: Local excursions and collaborative playshops designed to let inspiration rise naturally.

Return to your practice with a refreshed perspective, supported by a landscape that treats every day as a blank canvas.

A photograph of a white house with a red-tiled roof and a swimming pool, bathed in warm golden light. The house has blue accents and a hammock is strung up in the yard. A cat is sitting on the grass in the foreground.

Our Mission:

Our mission is to offer a wellness-centered artist residency where artists are encouraged to: (1) "rewind, pause, and play" - Reconnect with their playful and adventurous spirit, curiosity, emotional openness, authentic expression and fearless imagination. (2) find their own rhythm for solitary reflection and collaborative inspiration.



Our philosophy is grounded on the following ideologies:

Ecosophy

integrating ethics, aesthetics, and ecology in our relationship with the environment. By recognizing Earth and nature as our home and not as possessions, we honor their sacredness and acknowledge the need to protect and care for our surroundings.

Recreation and theory of play

or recalibrating with recreation. We offer flexible spaces for creativity and play that naturally lower cortisol levels and trigger a 'flow state' that sharpens the focus and strengthens the art practice.

Universal coexistence

we seek to generate positive impact by serving our space as a platform where diverse initiatives can coexist.

Where?

Quinta Mourada is an intimate retreat space/working farm, with 2 indoor cats (allergy alert), rooted in the slow living/old-fashioned lifestyle in Toxofal de Cima, a small village in Lourinhã, in Portugal's Silver Coast.

At Quinta Mourada, the experience transcends a typical guesthouse stay; guests are not merely encouraged to feel at home—they are home. The entire estate is designed to foster a sense of belonging and effortless comfort, much like visiting a cherished relative's farm. This philosophy is supported by a plethora of amenities and shared spaces, all available for guests to use as if they were permanent residents.



Meet the quinta at
quintanourada.com



Guests enjoy unrestricted access to the communal kitchens and dining areas, the tranquil living room with a skylight and fireplace, and the sprawling gardens and orchards. The property's swimming pool and various outdoor seating areas serve as extensions of the living space, encouraging relaxation and interaction. We pride ourselves on the fact that every convenience, from high-speed internet to laundry facilities, is provided without the formal, often transactional, feel of a hotel.





Our intention is to create an environment where creativity, rest, and connection can flourish naturally, making Quinta Mourada a true, lived-in creative sanctuary. Here we foster new dynamics of solidarity and sustainable economies to support the cultural ecosystem of our land and community. Our space has been a source of inspiration, rest, wondering and creating since August 2023.

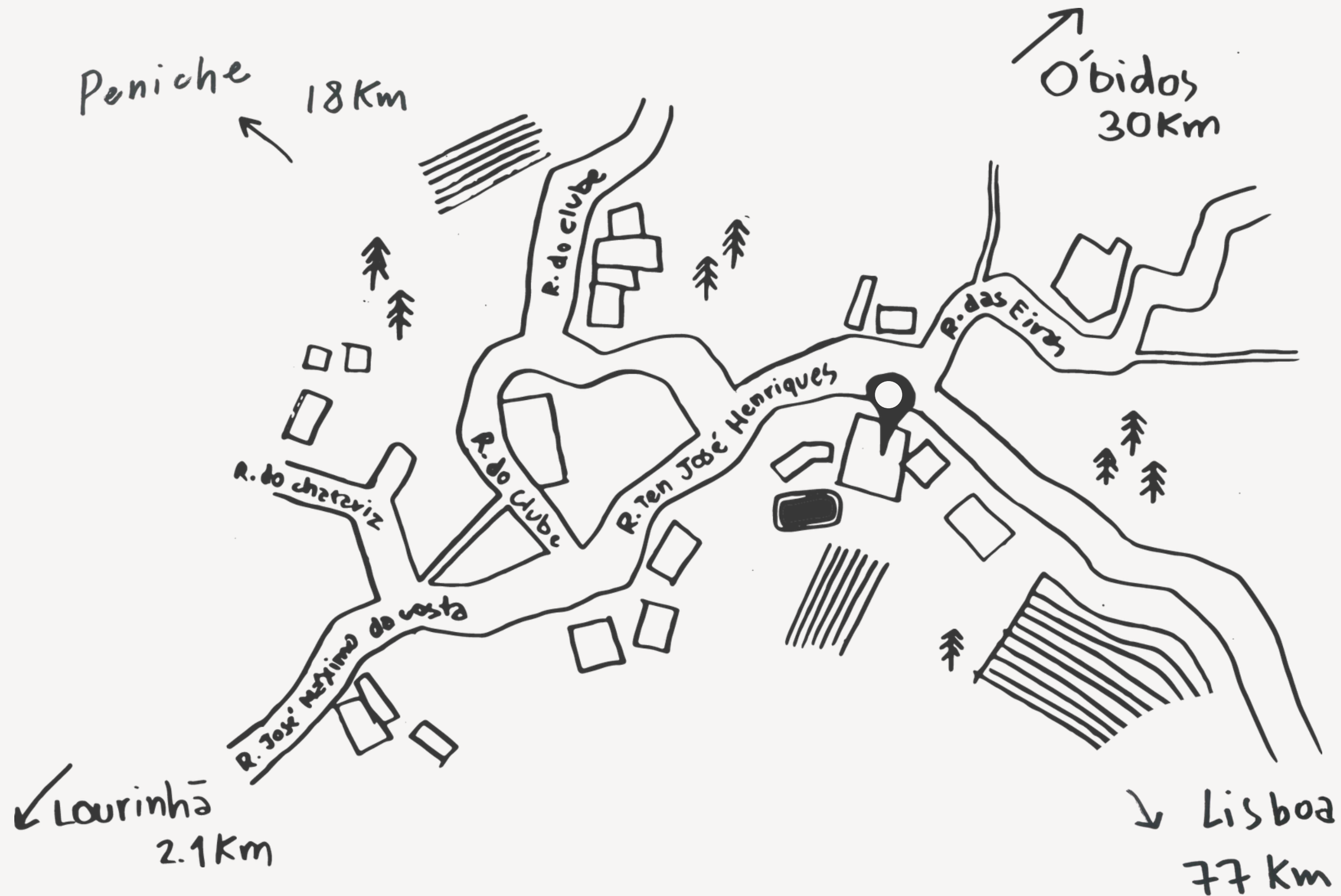


Lourinhã

is a region distinguished by two main claims to fame. Firstly, it is internationally recognized as the "Dinosaur Capital," boasting one of the top 20 richest fossil sites globally, which led to the discovery of unique species such as the Lourinhanosaurus and Dinheirosaurus. Secondly, it holds a rare distinction as the only region in Portugal and one of only three in Europe (alongside France's Cognac and Armagnac) with a Demarcated Region (DOC) specifically for the production of high-quality wine brandy.

The region offers a diverse landscape for guests. Its 12 kilometers of coastline, featuring striking cliffs and beaches, caters to both relaxation and adventure. Inland, rolling hills, agricultural fields, and traditional windmills characterize the scenery, making it ideal for those seeking peace and outdoor activities.

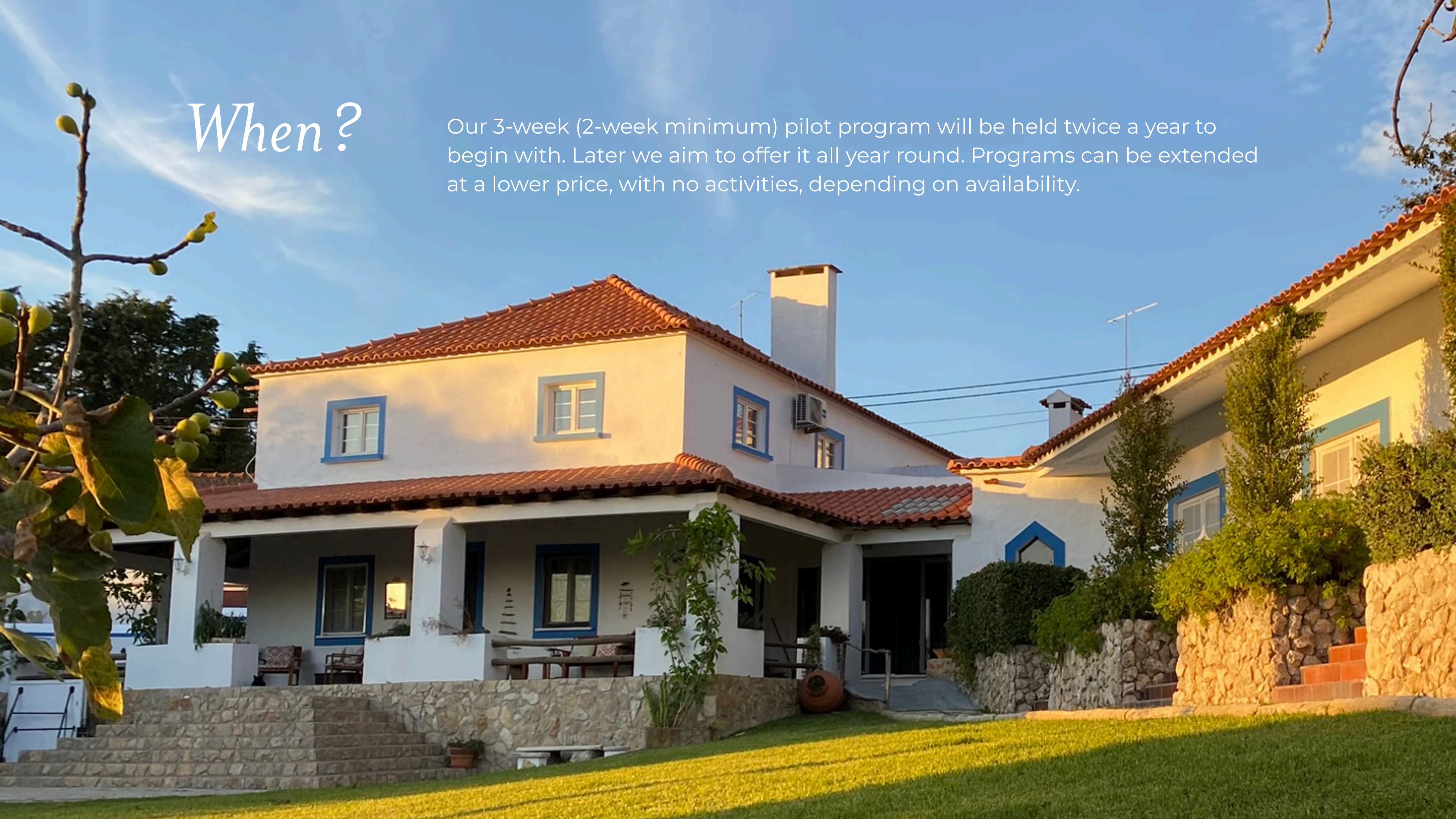




Quinta Mourada is well-situated for exploring the area. It provides easy access to nature walks and trails directly outside its gates and is a short drive from key destinations.

When?

Our 3-week (2-week minimum) pilot program will be held twice a year to begin with. Later we aim to offer it all year round. Programs can be extended at a lower price, with no activities, depending on availability.



First Cohort:

**Click here
to apply*

*Fall 2026
Side A*

October 12-November 2

Chief Artist in Residence: Amalia

*Fall 2026
Side B*

November 9-November 30

Chief Artists in Residence:
Amalia, Emily and Amelia

Reception of artist documentation: **August 1, 2026**

Decision Notification: **August 15, 2026**



Second Cohort:

** Click here
to apply*

*Spring 2027
Side A*

March 22 –April 12

Chief Artist in Residence: Amalia

*Spring 2027
Side B*

April 26 - May 17

Chief Artist in Residence:
Amalia, Emily and Amelia

Reception of artist documentation: **Nov 2, 2026**

Decision Notification: **Dec 2, 2026**





How Much?

The self-catering Recreio Artist Residency Retreat program includes:

- Accommodations & All of the Quinta's amenities
- One in-house holistic, relaxing or deep tissue massage
- A fun communal welcome supper and a festive finale with the option of showcasing your milestones.



An Artist Residency program for artists seeking a self-led experience in a peaceful setting that naturally encourages recharging and. It includes 1 mentorship session at the beginning of the program and one 3-hour workshop per week. Artists are welcome to choose, at extra cost, homemade brunches and participate in any of the optional social and mindful activities (including day trips, guided sightseeings, yoga and movement classes, breathwork, etc.) according to their wishes.



*All other expenses outside the inclusive program (such as travel, food, supplies and optional activities) are the artists' responsibilities. A complete program of activities will be offered upon arrival. Artists are encouraged to sign up.

Private room	Shared room, per person
2-week minimum: €770 per week	2-week minimum: €560 per week
3rd week: €700	3rd week: €420
Additional weeks, outside program: €790	Additional weeks, outside program: €465

If finances are a barrier, please contact me directly. I offer a limited number of structured concessions or payment plans by conversation. I do not want money to be the only reason why you could not join us.



*All other expenses outside the inclusive program (such as travel, food, supplies and optional activities) are the artists' responsibilities. A complete program of activities will be offered upon arrival. Artists are encouraged to sign up.

The Retreat version of the Artist Residency program for those who are ready to rediscover that fearless, curious version of themselves, honing in on wellness, playing and “moving on” with their art at whatever stage they are in.

It includes everything in Side A **plus** daily homemade brunches, 1 guided tour in Lisbon, experiential movement classes (yoga, breathwork, etc), playshops , and much more.



Private room	Shared room, per person
2-week minimum: €1,620 per week	2-week minimum: €1,240 per week
3rd week: €1,380	3rd week: €1,050
Additional weeks, outside program: €790	Additional weeks, outside program: €465

If finances are a barrier, please contact me directly. I offer a limited number of structured concessions or payment plans by conversation. I do not want money to be the only reason why you could not join us.

Reservations, Deposits & Payments

- The fee for the Residency is payable as follows:
 - Deposit: €500 upon acceptance (non-refundable);
 - 50% of Total Amount: 60 days prior to arrival;
 - Balance due: 45 days prior to arrival.
- Accepted forms of payments are bank transfer, MBWay or cash.
- *If finances are a barrier, please contact Bianca directly. We offer a limited number of structured concessions or payment plans by conversation. We do not want money to be the only reason why you could not join us.*

Cancellation Policy

- More than 60 days before arrival: deposit forfeited, remainder refunded;
- 30–59 days before: 50% refund of total stay;
- Less than 30 days: no refund.

We reserve the right to cancel, suspend or vary the operation of our agreement with you if events occur which are outside of our reasonable control. If Quinta Mourada must cancel (e.g., force majeure), all payments are refunded in full as soon as possible. We shall not be liable for any additional loss or damage resulting from such cancellation or changes. Date changes may be permitted, subject to availability and an administration fee.

FAC

Which disciplines does our residency cater to?:

Visual arts, music, photography, writing, dance, theatre, performing arts, film making, sculpture, ceramics.

In which language(s) will we communicate in the program?

Most of us are at least bilingual, fluent in English, Spanish, French, Italian, German, and Portuguese. While the main language for all workshops and classes will be English to ensure consistency, we are happy to arrange private or semi-private mentorships or workshops in your native language upon request.

What kind of experience can I expect?

Quinta Mourada is the perfect spot to bring down your daily life revolutions. Low tempo, mellow time...Wander in the meadows, work on the vegetable gardens, pet our goats, feed the chickens, geese and ducks, compose, create work, play au plein air, walk to nearby towns and beaches, meditate by the pool, around the vineyard or by the forest, go for a hike, do sauna, yoga, get massages, etc. The artist in residency program offers artists a combination of home comfort, solitude, community all in one. You decide what kind of experience you want to have at any moment of the day. You may participate in workshops, mentorship, guided tours, travel to local museums, sites of interest and so forth or slow down and reconnect with your own flow. You can develop work or simply play. You can engage with others or spend time on your own. It is entirely up to you.

Are artists expected to work on a specific project during their residency stay?:

No, but if you want, we can prepare specific activities for you to engage with such as exhibitions, workshops, art conversations, mentorships, etc.

What are some optional activities happening during the program?

Community time (i.e, no cost): film nights, gardening, trips to town/farmers market, walks and hikes, open studios...
Gift to Yourself (i.e, additional cost): Workshops, exhibition planning, art critiques, art related discussions.

How can I plan my arrival to Quinta Mourada?

We are located an hour away from Lisbon's international Humberto Delgado Airport, you can come by Uber, hire a car, or arrange transportation with us. There is also a bus from Lisbon Sete Rios directly to the centre of Lourinha.

FAC

Can I bring a car?

Yes, there is ample secure parking spaces inside the property with direct access to the guests suites.

What if I don't have a car?

You may arrange an Uber, coordinate transportation with us, or join one of our suggested site visits. These may include exploring the medieval town of Óbidos, discovering the charm of Ericeira, or spending time along the coastline.

What should I bring?

For clothes and shoes: As Quinta Mourada is a working farm, in the countryside, please be sure to bring comfy clothes and shoes that can get dirty. You might also want to bring anything that makes you feel good when you go out into town, workout clothes, and really a little bit of everything as the temperatures can vary quite a bit between early morning, daytime and nighttime. As far as anything else, we try to stock up on most needed items so please check with us if you have any questions.

Is Quinta Mourada accessible for persons with disabilities?

We have one suite that is accessible and some ramps for inside the house. There is a ramp to the main grassy area in front of the suites facing the pool and another that leads to the garden/vineyard area. However, some areas such as the dining area, lounge, grillhouse are not accessible

What's the weather like in Lourinhã?

Normally, the rainy season runs from about October/November to April, June-September is best for sunny outdoor/beach activities. We have all noticed that “normal” is just a setting in the washing machine. The “Oeste” (West) region is known for a Mediterranean climate that frequently feels like "many seasons in one day," especially in spring and autumn. Because it is situated on the Atlantic coast, the weather is heavily influenced by the ocean, leading to quick changes between sunny, cloudy, windy, rainy conditions, sometimes all in the same day.

Can I smoke?

Yes, only in our outside areas, minding nature, of course and, provided the smoke doesn't come inside the property and does not bother any other guests.

FAC

Can my spouse/family come with me to the residency?

Yes, depending on availability (a single mattress can be placed on the floor of each double bed suite). Inquire with Bianca. Please note there will be specific programs that will cater to families with small children.

Can I share my room with a fellow artist?

Yes, as long as the artist also applies and is accepted to the program. See above (“How much?” section) for private and shared room rates.

Can I invite guests to stay with me during the residency?

Yes, guests are welcome to visit, but their stay is subject to availability. As a resident, you are asked to ensure that your guests understand that the program's focus and communal atmosphere must be respected. Please inquire with Bianca to check availability and coordinate the visit.

Can I bring my pet?

Yes, there is a fee of €12 per pet per night. Max 2 pets per room. Same conditions apply as in no. 15 above.

Do I need to buy my own food?

There are two full kitchens where you are welcome to bring your food, store it and cook. You can cook here, order food or eat out. We have plenty of olive oil, seasonings, condiments and fresh culinary aromatics so please inquire before going shopping.

What are the Terms and Conditions?

Please refer to our link XX on our website (insert link)

What is there to do in the surrounding areas?

https://docs.google.com/document/d/1hwmXdaHyEo_GTgnXiyj7vpXRRpHuI_T13IElclYTnQE/edit?usp=sharing.

*Who
we are*

*Amalia
Caputo*

Amalia Caputo (She/her) is a Venezuelan American visual artist, art historian and mother of 2, currently a third-year PhD candidate at Universitat Oberta de Catalunya. Her work focuses on womanhood, nature, visual archives, and memory, exploring women's roles, permeable landscapes, archives, and human-nature relations. Primary medium: photography, large-format installations, and video.

Recent solo exhibitions: Every Being is an Island (Deering Estate, Miami, 2021); Senescere (MACZ, Venezuela, 2019); Transferences 2.0 (Art and Culture Center, Hollywood, FL, 2019). Selected group shows: Global Spotlight (MoCA Arlington, 2026); Entangled in the Mangroves (Baker Museum, Naples, 2025); Being Human (Moda Curations, NY, 2024). Residencies: Bakehouse Art Complex (2019–2024), Deering Estate (2020–21), Oolite Arts (2017), among others in Miami.

Awards: Corral & Cathers Grant (2025), MIA Grant (2023–24), Ellies (2020), Foundation for Contemporary Art (2020). Curator, art writer, and publication coordinator at institutions like MAC Caracas, CIFO Miami, and La Plataforma Barcelona. Founded Outer Space Art (2023) in Miami for underrepresented artists. Lives/works between Miami and Lourinhã, Portugal.

amaliacaputo.com

Instagram: [@amaliacaputostudio](https://www.instagram.com/amaliacaputostudio).



*Who
we are*

Amelia
Travis

Amelia Travis (she/her) is an integral psychologist, counseling astrologer, and educator helping women unwind from internalized patriarchal culture toward heart-centered leadership and authentic self-expression.

Since 2013, she has trained thousands in yoga, wellness, and creative arts to deepen their soul work. Founder of Stoked Yogi, she certified over 1,000 yoga professionals for safe surf-and-yoga experiences. A TEDx speaker and truth-teller, her writing appears in Yoga Journal, Huffington Post, and The Inertia. Host of Women Awake movement, she leads podcasts and events on circular feminine leadership via creative, contemplative, and community practices.

Her core work creates "deep experiences"—transformative rites of passage for soul progress and true self-embodiment—rooted in 20 years of spiritual study, Integral Yoga, transpersonal psychology, and eco-feminism. Certified spiritual counselor with a master's in East-West Psychology from California Institute of Integral Studies, specializing in psilocybin and rose-supported rites.

Descendant of early North American settler colonialists (England, Scotland, Ireland), she is white, cisgender, able-bodied U.S. citizen reckoning with ancestral debts from racism, colonialism, imperialism, patriarchy, and capitalism. With curiosity, warmth, and non-judgment, she guides journeys integrating ego, soul, relationships, community, and Earth—her greatest joy.

<https://www.ameliatravis.com/>



*Who
we are*

**Emily
Lowes**

Emily Lowes (she/her) is a writer and vocalist from Newcastle upon Tyne whose work lives at the intersection of music, story, movement, and art. Drawn to creativity in its many forms, she writes songs, paints with oils and acrylics, crafts short fiction, and follows curiosity wherever it leads. After stepping into the world of live audiences and being perceived by others, Emily began exploring themes of visibility, judgment, imposter syndrome, and parts work - explorations that have ultimately liberated her creativity. She is currently preparing her debut EP while awaiting the release of a collaborative project this summer. Whether through melody, colour, or words, Emily is fascinated by the ways we relate to our inner and outer worlds.

Starting in her late teens, Emily has wandered 'solo' across Australia and Europe, collecting stories, perspectives, and moments of wonder along the way. In 2019, she trained as a yoga teacher in India, deepening her interest in presence, connection, and discipline. She also writes on Substack, exploring philosophy, relationships, womanhood, and the beautifully messy experience of being human. Across all her creative practices, Emily's intention is the same: to create spaces where people feel inspired to embrace authenticity deeply - with themselves, with one another, and to embrace the wonderful yet wild world around them.

One of the first guests to book Quinta Mourada in 2023, Emily has experienced first hand the magic of the Quinta and has returned each year since to retreat, write, practice, and connect to the abundant creative energy the space holds.



Apply Here
→ link



recreio:
artist
residency
retreat

www.quintamourada.com