Prehab.Lab

PREHAB.LAB PRESENTS:

Redefining Performance Retreat

Uncover the conscious and unconscious strategies used every day for meaningful performance. Recognise and learn habits from those around you. Take what works home with you into daily life.

Ericeira, Portugal · 28 Jan – 01 Feb 2027

4 nights

‘Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.’

— MARGARET MEAD



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The invitation

You are already an elite performer.

Laurie Neall wanted to understand what ‘performance’ really meant. Podiums and medals came to mind first, then the roles we play to fit in. Then he noticed that some people just rock a thing: in a crisis, in a hard conversation, at the kitchen table with a child who needs to feel safe.

We are all elite performers, often without knowing it. In community we are performing all the time, and each of us carries tools that work. Most of us have never named them.

The retreat is 4 nights outside your usual routine and circumstances to find out what yours are. We will uncover the conscious and unconscious strategies we already use, name them, learn from each other’s, and take home what fits.

Questions we will sit with

- Where do I already perform well, and how?
- What do I do without thinking that others find hard?
- How do I show up when it matters most?
- What do I want to carry from there into the rest of my life?

No answers handed down. Just good questions, good company and time.

Who it is for

Curious, relaxed, open-minded people who want to understand how they work and help others do the same. You do not need a problem to solve.

- In a good place and wondering what is next
- Between chapters, building something new
- Happy to share as well as listen
- No sporting background needed

Beneath it all is a simple belief: we are deeply connected, and when we share what works, we all grow.

Where you will stay

Together at Quinta dos Raposeiros in Ericeira, set in forest with two saltwater pools and a private trail to the Atlantic beach. See the rooms and grounds before you decide: www.quintaraposeiros.com

Led by Laurie Neall together with Guest Facilitator David Keohan.

Laurie Neall invited David Keohan for his outstanding sporting achievement and passion for connection through lived culture. A gifted storyteller and coach, David can guide the group through a unique entry point into how we bring infectious passion to the world.



About David Keohan

Guest Facilitator · AKA @Indiana_Stones and author of The Wind beneath the Stone

David Keohan is an ordinary working man on an extraordinary adventure.

An avid musician with a degree in Fine Art painting and a world championship title in kettlebell sport, David has used creativity and single-minded focus to reanimate a lost culture of strength in Ireland: stone lifting, following old folklore stories and mythologies.

His work has drawn national and international attention, with articles in GQ and Mr Porter, TV appearances, films and documentaries. His goal is to make Irish stone lifting a household name and help people reconnect to their ancient customs and folklore.

And... Yes we will be lifting heavy stones together if we can find the ones that are asking to be lifted!



About Laurie Neall

Founder, Prehab.Lab · MISRM

Laurie Neall has spent his life connecting people under pressure: from a one-of-a-kind childhood to leading emergency medical and security support teams for government agencies and armed forces, through to working 1-2-1 with clients in pain, performing at all levels.

His passion to support people move closer to their fullest expression is grounded in his belief that we are all deeply connected and that we all deserve to thrive.

Laurie supports people through hands-on manual therapy, movement and postural education in his clinics in Ericeira and London. He teaches movement internationally.

How the days work

Sunrise | **Move** | **Workshop** | **Rest** | **Walk/Talk** | **Fire** | **Sleep**

Guest Facilitator sessions may be a movement-based session, a conversation or a completely different dynamic together.

Move

AM

The body knows in a different way to the head. expert-guided training: strength, balance, dance, endurance or play.

PM

group movement in nature: hikes, swims, runs and walks, talking as feels good.

Community

Nobody ‘gets there’ alone. We share ideas, ‘chew the cud’ on what we are being introduced to, and help each other work out how to show up better.

Food

Keto focused, vegan inclusive. Fresh, delicious, locally sourced food, cooked together and enjoyed in nature.

Unplugged

Minimal screen time. Screens stay in bedrooms, so we can be present with curious minds. Dawn wake-up available as desired.

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Leave with practices you can continue, beginning the day you get home.

You Inform how you Perform

How do you show up? Where you already perform well, what you do, how you do it, and what you want to carry into the situations that matter to you.

Your toolkit built by you, for you

Movement, nutrition, recovery and growth strategies. Keep the keepers: the tighter the focus, the deeper the concentration.

Design your Rhythm

Identify your ideal rhythm based on natural cycles for food, rest, action and recovery.

New connections

Spend four days with up to 20 people as committed to thriving as you are. Share where you are heading, and help each other get there.

Children welcome This is a retreat from our usual container, not from our lives. If you wish to bring your child they are welcome. Childcare is available through our partner service and is charged separately.

THE DETAILS

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Up to 20 people

CHOOSE YOUR ROOM

PRIVATE

£1,595

Your own room for the four nights

DOUBLE

£1,395pp

A room shared with one other person

SHARED

£1,195pp

Our best-value option for three people sharing

Included

Full access to Quinta dos Raposeiros (quintaraposeiros.com): 2 saltwater pools, forest, skate bowls, kitchens, loungers, forest paths, private trail to Atlantic beach, parking, wifi

- 4 nights accommodation
- All meals
- All facilitator-led tuition
- All movement sessions and workshops
- **Flights not included**

Curious? Let's talk. hello.prehablab@gmail.com | Instagram @prehab.lab