



QUINTA DA COMPORTA

WELLNESS BOUTIQUE RESORT

The purpose of knowledge is to develop infinite faith in self

Yogi Bhajan

EMPOWER & REJUVENATE RETREAT

by Jessica Janusz

November 14th – 18th 2019

March 19th – 23rd 2020

May 23rd – 30th 2020

October 3rd – 10th 2020

This retreat is designed to give you the time to focus on you. It's an immersive experience combining yoga, meditation, & self-discovery in a positive environment. Mornings will begin with meditation and inspiring vinyasa-based yoga sessions led by Jessica. After a family-style bliss brunch, you can choose from local adventures, exploring the nearby surroundings or complete restoration at your own pace.

Let go of distractions. Release any outside pressures. And choose to do what feels good for you. Days will end with calming, restorative yoga practices, followed by a fresh, local-inspired dinner.

All meals are vegetarian, with the option of local fish, as well as gluten, dairy, & refined-sugar free.

Live more from the heart and less out of fear - disconnect from the daily routine - re-discover what's really important to you - wipe away any of the baggage you're holding onto - and find grounding through purposeful movement.



by Jessica Janusz

Growing up in a small suburb of Chicago, Jessica Janusz searched for deeper meaning, expression, and connection from an early age. She went on to find her way through immersive travel, where she searched to find a balance through physical, mental, and spiritual healing.

Her purpose then started to shine through when she discovered how thoughts impacted the body in her own life. From this personal experience she created her style of teaching: linking empowering movement with positive thinking to help guide

others from darkness to light, where they can uncover the strength they didn't know existed. Jessica's classes are playful, strong, and heartfelt. She encourages students to come face-to-face with challenges, bring awareness to habits, and move forward with courage. She is an internationally certified yoga teacher, having trained with YogaWorks and she is also the founder of Anushia, a platform dedicated to guiding others past self-doubt and into confidence.

4 Nights Retreat

- Daily morning meditation & vinyasa yoga and evening restorative yoga & yoga nidra
- Accommodation at Quinta da Comporta Wellness Resort
- Daily organic light breakfast, brunch, and dinner (water & teas included)
- Full access to the onsite Oryza Spa with indoor & outdoor heated pool
- Meditation walks in nature of surrounding rice fields, sand dunes, and beach
- 60-minute detox massage
- Self-care rituals, empowering & healing practices, and more

7 Nights Retreat

- Daily morning meditation & inspiring vinyasa yoga and evening restorative yoga & yoga nidra
- Accommodation at Quinta da Comporta Wellness Resort
- Daily organic light breakfast, brunch, and dinner (water & teas included)
- Full access to the onsite Oryza Spa with indoor & outdoor heated pool
- Meditation walks in nature of surrounding rice fields, sand dunes, and beach
- Chakra balancing workshop
- 60-minute detox massage
- Sunset excursion
- Self-care rituals, empowering & healing practices, and more

Dates & Pricing

November 14th – 18th 2019 (4 nights)

Single 1.565 €

Double (per person) 1.235 €

March 19th -23rd 2020 (4 nights)

Single 1.641 €

Double (per person) 1.225 €

May 23rd to 30th 2020 (7 nights)

Single 3.070 €

Double (per person) 2.125 €

October 3rd -10th 2020 (7 nights)

Single 3.070 €

Double (per person) 2.125 €

TERMS AND CONDITIONS RETREATS

Check-In Time after 3pm and Check-out Time before 12 pm

PAYMENT POLICY

1st Deposit: 50% to be done to guarantee the confirmation of the bookings | Retreat
2nd Deposit: the remaining 50% will be charged 30 days prior the booking | Retreat

CANCELATION POLICY OR NO-SHOW

Less than 30 days prior the booking | Retreat, 100% of the deposit is non-refundable

RESERVATIONS

Please contact reservations@quintadacomporta.com and mention the booking code ANUSHYA