



**Holistic Fall retreat by Constance ,Claire and William**

**October 5 th/9th 2020**  
**Possibility to arrive the Sunday 4<sup>th</sup> in the afternoon**



QUINTA DA  
COMPORTA

**vibrant yoga & fitness week at Quinta da Comporta**

You would have the pleasure of alternating your practices every day with 3 different teachers / therapists: Claire Andréwitch, naturopath, yoga teacher and author of the book "Reveal your Glow", will give you yoga and meditation lessons as well as workshops on nutrition and holistic beauty. **Constance de Schompré**, blogger, founder of the Mumday Mornings brand, high-level sportswoman, passionate about well-being, healthy food and in training for her new sports concept imported from the US which will be launched in September, will give you a sneak preview from THE NEW ME! With Claire they have concocted balanced and delicious menus for your retirement. **William GALIN**, the renowned coach that all bets are on, who is also a professional dancer and choreographer, will take you into his world of fitness with lots of good energy and fun! His duet with Constance "shape\_on\_u" is a hit!

**5 days just to feel better, to detox your body and learn a new way of life with positive vibes and healthy lifestyle**



We are preparing a beautiful holistic adventure for you in a sumptuous haven of peace in Portugal in Comporta, supervised by 3 participants who will be there to take care of you and help you achieve concrete goals as part of a sports and well-being retreat.

The idea: To prepare for winter, to reconnect with yourself, to do your body good, to also teach you how to eat better and give you all the best advice for adopting a healthy lifestyle, we offer you a very complete program for body and mind, with a mix of yoga, meditation, fitness and muscle strengthening, a cardio program, with moments of sharing, rest, sporting challenges with carefully

### Retreat includes

- Triple, Double or Single Accommodation at Quinta da Comporta Hotel
- Light Breakfast (nuts, seeds and Detox Green juice)
- Short personal 15 minutes evaluation to start the retreat for a more personalized supervision during your retreat
- Transfer from Lisbon to La Quinta da Comporta at One time the Sunday and one time Monday Mornings and Friday to get to the airport.
- Light Breakfast (nuts, seeds and Detox Green juice)
- Two Delicious Plant-based meals (Brunch and Dinner), sourcing organic and local ingredients per day
- Between 2 or 3 classes/workshops per day (Yoga, Fitness, Cardio Training, The New Me, Nutrition and skin care workshops)
- Gorgeous Outdoor & Indoor swimming pool
- Beautiful Nature and Mindful Walks alongside the sea and in the Rice Fields and electric biking !

### What is not included

- Flight (Transfer to Lisbon when it's different from what is proposed)
- Optional Rental Car to move from the Hotel
- Additional Snacks
- Massages

### Dates and Pricing

**OPTION 1 :**  
**4 nights** from Monday 5 to Friday 9

#### **Rates are per person**

Single deluxe Room : 2100  
Double Room (For 2 persons) : 1800  
Triple Room (For 3 persons) = 1600

**OPTION 2 :**  
**5 nights** from Sunday 4 to Friday 9 or from Monday 5th to Saturday

Single Room : 2500  
Double Room (For 2 persons) : 2000  
Triple Room (For 3 persons) = 1800



### **Options de vol depuis Paris**

**Dimanche 4 Octobre** : 12h40 Paris – 14h15 Lisbon (Easyjet)

**Lundi 5 Octobre**: 07h20 Paris- 08h55 Lisbon (transavia)

Une navette vous attendra à l'aéroport pour ces deux propositions, et vous conduira jusqu'à l'hôtel Quinta da Comporta (1h15 de trajet)

#### **RETOUR**

**Vendredi 9 Octobre** : 16h50 Lisbon- 20h15 Paris (Airportugal)

**Samedi 10 Octobre** : 08h25 Lisbon – 11h55 Paris ( Transavia)

#### 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

#### CANCELTION POLICY OR NO-SHOW

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