

A COLOURFUL YOGA RETREAT

for body, mind & soul

We invite you to join yoga teacher Caroline and personal colour stylist Carmen for a transformative 4-day, 3-night retreat at Quinta da Comporta, a 5-star Wellness Boutique Resort just under Lisbon, Portugal.

Replenish your mind, body, and soul through the powerful combination of transformative yoga and colour intelligence that Caroline and Carmen bring together.

Slow down, calm your mind, and reconnect with yourself and nature, in the idyllic surroundings of Comporta's nature reserve, nestled amidst rice fields. Enjoy nature walks on the beach, time for relaxation and delightful local produce from the bio garden.



Caroline Sliedrecht will guide you through 2 daily classes of yoga and meditation, in a beautiful yoga shala surrounded by the magical rice fields. Daily fun of guided studies of your body and mind, in order to feel connected and grounded. Learn pranayama breathing techniques from Caroline, that will help you control your breath in challenging postures and challenging times in your life.



Carmen Stevens guides you in discovering colours that make you shine, appear more awake, and lift your mood. This new found 'colour intelligence' extends to the selection of clothes, accessories, and makeup. Enhancing your style and boosting confidence, resulting in a vibrant and revitalized appearance.

This is your chance to recharge from the hustle & bustle of everyday life.

To relax, energize, reconnect and nurture yourself in the beauty of Portugal's rice fields & stunning coast.

INCLUDED

- Double or Single accommodation at Quinta da Comporta
- Yoga classes with Caroline
- Personal colour analysis & natural makeup with Carmen
- Healthy & Organic breakfast, lunches and dinner
- Access to the hotel facilities (including the yoga shala, outdoor & indoor pool, gym, sauna, hammam)
- Oryza Lab gift bags
- 10% Discount on Oryza Spa treatments

NOT INCLUDED

- Flight and transfer to Lisbon
- Transfers from and to the airport
- Optional rental car to move from the hotel
- Additional snacks and other alcoholic beverages
- Additional activities

DATES & PRICING

4th - 7th April 2024

Single: 2 250€

Double: 1 850€ per person

TERMS AND CONDITIONS RETREATS

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

PAYMENT POLICY

TO CONFIRM YOUR RESERVATION, WE REQUEST A DEPOSIT OF 50% OF THE TOTAL AMOUNT OF THE RESERVATION. THE REMAINING AMOUNT SHALL BE PAID 30 DAYS PRIOR TO ARRIVAL.

CANCELLATION POLICY

50% DEPOSIT NON-REFUNDABLE. FREE CANCELLATION UP TO 30 DAYS PRIOR TO ARRIVAL. AFTER THIS PERIOD NO MODIFICATIONS NOR CANCELATIONS WILL BE ALLOWED. IN CASE OF NO-SHOW, 100% OF THE RESERVATION WILL BE CHARGED.