

APRIL 2023

# BLISS YOGA RETREAT

BY *Fiona Imeneo*

An enchanted break to reconnect with yourself and the beauty of nature.

Far from our everyday lives, we will cleanse the body of winter toxins and make space for the light of the coming season (balancing practices). We will welcome the transition to the warmer months together, by rejuvenating the body from the inside out.

A former nurse, I have taught Vinyasa as well as pre and post-natal yoga in Aix en Provence since 2015.

I am the creator of the "Dilga method" - a perinatal yoga teacher training course.

I do not believe that a yoga practice ends on the mat, but rather that it infuses all aspects of one's life.

I teach both the physical body and the subtle, energetic body in connection with the energy of nature and the seasons (I am trained in Ayurveda as well).

My practice and my teaching are deep and multiple. My goal is to transmit, with authenticity, my experience of Yoga and to accompany my students in the discovery of this transformative practice.



## INCLUSIONS

- Double or Single Accommodation at Quinta da Comporta Hotel
- Yoga Classes with Fiona Imeneo
- Healthy & Organic Meals
- 10% discount on Oryza Lab Spa Treatments
- Gorgeous Outdoor & Indoor heated swimming pool
- Beautiful Nature and Mindful Walks alongside the sea and in the Rice Fields

## EXCLUSIONS

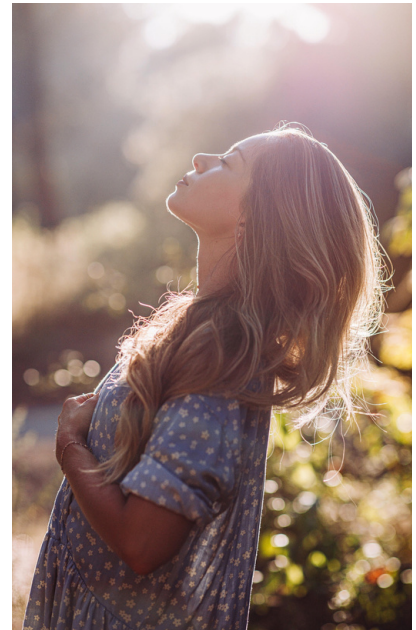
- Flights to Lisbon
- Transfer to and from airport
- Optional Rental Car to move from hotel
- Additional Snacks and Other Alcoholic Beverages

## DATES & PRICING

April 2023

19th - 22nd

- Single Room: 1 546€ € per person
- Double Room: 2 288€ (1144€) 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 YOUR 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.

[www.quintadacomporta.com](http://www.quintadacomporta.com)