



ESCAPE & UNWIND RETREAT

Do you need time to get away? Time for yourself? Time to get to know like-minded women?

Then come Take the Time with us, we will make you move your body, discover Comporta and its beauty and give you time to relax.

From fitness classes on land and in the water to relaxing evening yoga classes this retreat will be all about balance.

Join Cyril and Victoire for the 2nd retreat at Quinta da Comporta.



INCLUDED

4 days/ 3 nights at Quinta da Comporta Hotel
Healthy and organic meals
3 Cardio & fitness classes with Cyril
1 Aqua gym class with Cyril
3 Vinyasa flow yoga classes with Suzanne
Surf and/or paddle course
Immersive & mindful walk in the ricefields
15% off all spa treatments @ Orya Spa
and lots of surprises

NOT INCLUDED

Flights to Lisbon
Transfer to and from the airport
Optional rental car to move from the hotel
Additional snacks and other alcoholic
beverages

DATES & PRICING

APRIL 30th - MAY 3rd 2023

- Single: 1 850 €

- Double (per person): 1 450€

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