



ASHTANGA VINYASA YOGA REATREAT

By Pauline Laumond & Le Tigre Yoga

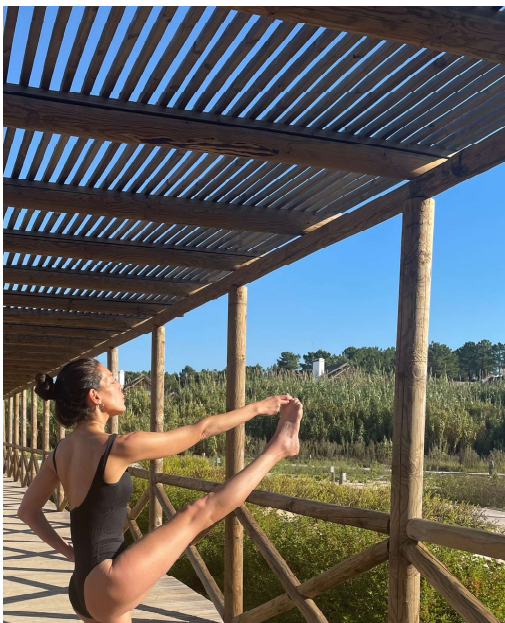
MARCH
23-28
2023

QUINTA DA
COMPORTA
WELLNESS BOUTIQUE RESORT

Discover an eco-chic setting between luxury and authenticity, a 5-star resort in the middle of rice fields and an idyllic nature reserve, three kilometers from Comporta beach. In the middle of March, find warmth and energy with Pauline and her dynamic and "rooting" practice. With a breathtakingly beautiful infinity pool, luxurious accommodations, spacious exteriors with lush vegetation and the exclusive ORYZA SPA offering a number of unique rice-basic treatments and holistic rituals.

Quinta da Comporta is a true Haven for yogis!

AGENDA



The package includes:

- 5 nights y with breakfast & half board dinner
- Daily Yoga and meditation program

Pricing:

Single Room 1 835€
Double Room: 1 423€ per person



THURSDAY:

15H00 Check-in (recommended arrival time)
17H30 Restorative practice and deep relaxation
Welcome meeting
20H00 Dinner

FRIDAY:

8H30 Pranayama meditation and LED class
11.30 Brunch
17H00 Workshop: Awareness and Core integrity.
19H30 Dinner

SATURDAY:

8H30 Pranayama meditation and Practice
10H30 Walk in full awareness
11H30 Brunch
17H00 Workshop: Hips and pelvic area
19H30 Dinner

SUNDAY:

8H30 Pranayama meditation and Practice
10H30 Option for activities : SURF or Horse riding
11.30 Brunch
17H00 Workshop: Explore backbends
19H30 Dinner

MONDAY:

9H30 Pranayama meditation and Practice
12H00 Brunch
17H00 Workshop: Inversions and spatial awareness

TUESDAY:

8H00 Pranayama meditation and Practice
12H00 Goobyes and check out

Terms and Contions Retreats

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

Cancelation Policy or No-Show

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

Reservations

Please contact events@quintadacomporta.com and mention the booking code BACKTOTHEROOTS.

Payment Policy:

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