

MARCH 2023

"SPRING RESET" YOGA RETREAT

BY CAROLYN COWAN & COCO RAINBOW

This retreat will combine the best kundalini, vinyasa and breathing techniques to help you to reset your body and mind after a long winter; you will come back home fully regenerated, renewed and energised to kick off the spring season. Carolyn and Coco will guide you during these four days of total bliss, a holiday for the body and the soul!



DATES & PRICING

19th - 22nd of March 2023

- Single: 1 571 €

- Double (per person): 1 225€

INCLUDED

- Double or Single Accommodation at Quinta da Comporta Hotel
- 3 Kundalini yoga sessions by Carolyn Cowan
- 3 Vinyasa inspired classes by Coco Rainbow
- Healthy & Organic Meals
- 10% discount on Oriza Lab Spa Treatments
- Gorgeous Outdoor & Indoor heated swimming pool
- Beautiful Nature and Mindful Walks alongside the sea and in the Rice Fields



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 Drinks

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

