

MAY 2023

# A SLOW LIVING RETREAT

BY ASHLEY LAUREN

Join Ashley Lauren for “A Slow Living Retreat” at Quinta Da Comporta. This retreat will be a profound container for your own self exploration. A beautiful blend of wellness programming, adventure, relaxation, connection, & reflection. Ashley is a yoga teacher & energy healing practitioner based in Charleston, South Carolina. She is a 300-hour RYT & Reiki Master. Ashley also holds certifications in vinyasa, hatha, yin, & restorative yoga. She shares her passion for yoga & holistic healing through her teaching, work with private clients, & curating luxury wellness experiences for all to enjoy!

## INCLUSIONS

- 6 nights, 7 days of luxury eco-sustainable accommodations at Quinta Da Comporta (An award-winning boutique hotel)
- 3 Healthy & Vibrant meals per day
- Daily Yoga, Meditation, and Breath Work Sessions with Ashley
- Group Wine Tasting
- Seaside Horseback riding
- Gorgeous outdoor/indoor heated swimming pools
- Electric bicycles to explore the local town (from the resort, upon availability)
- Access to ORYZA Gym
- 15% off all ORYZA Spa Bookings

## EXCLUSIONS

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

## DATES & PRICING

May 2023

19th -25th 2023

- Single Room: 5 795€ per person
- Double Room: 3 895€ 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)