

DECEMBER 2022

CULTIVER SA JOIE INTÉRIEURE

BY COCO RAINBOW, CHARLES PÉPIN & EMILIE DE BUEIL



INCLUDED

- 4 yoga and meditation classes guided by the teacher Coco Rainbow
- 1 lecture on "Cultivating Joy" by philosopher Charles Pépin
- 1 practical workshop led by a psychologist Emilie de Bueil
- 4 days/3 nights in a deluxe room at Quinta Da Comporta, Portugal
- Healthy & Organic Meals
- 20% discount on Oryza Lab Spa Treatments

The retreat takes place in French

NOT INCLUDED

- Flights
- Transfers from and to the airport
- Optional Rental Car to move from the hotel
- Additional Snacks and Beverages outside of the retreat meals

DATES & PRICING

DECEMBER

8th to 11th 2022

- Single: 1 630 €
- Double (per person): 1 255€

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 MUST 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