


APRIL 2024

# SPRING REBIRTH YOGA RETREAT

BY VALÉRIE COPIN

Former flight attendant and marathon runner, Valy is a French Vinyasa Yoga instructor who loves challenges and will help you to reconnect to yourself with energizing Yoga practice, perfect to start the spring season!



 @valy.yoga

## INCLUDED

- 4 nights in double or single accommodation at Quinta da Comporta
- Healthy & Organic Meals (breakfast, lunch & dinner)
- 10% discount on Spa Treatments
- Oryza Lab gift bags
- Access to the hotel facilities (including the yoga shala, outdoor & indoor pool, gym, sauna, hammam)

## 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

## DATES & PRICING

14th April - 18th April 2024

Single Room: 2 494€

Double Room: 3 780€ (1 890€ per person)

## TERMS AND CONDITIONS RETREATS

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

### 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 cancellations will be allowed.  
In case of no-show, 100% of the reservation will be charged.

[www.quintadacomporta.com](http://www.quintadacomporta.com)