

MAY 2024

# A SLOW LIVING RETREAT

*By Ashley Lauren*


Join Ashley Lauren Wellness for a boutique holistic wellness retreat & dreamy escape to Portugal!

"A Slow Living Retreat" is devoted to restorative wellbeing, nervous system soothing, & self care for the soul.

Comporta is known for its elegance, beauty & rural landscape. A divine place in which to reclaim the sacred pulse of life. Quinta da comporta is a chic 5 star boutique hotel nestled in the pine trees & rice fields of Comporta, offering an authentic reflection of the region.

On retreat you will experience Ashley's signature medicinal movement practice. She artfully infuses a synthesis of yoga, somatic healing, & vibrational medicine in her offerings. Join us for this once in a lifetime retreat to reclaim the rhythm of your life.



 @ashleylauren.wellness

## INCLUDED

- Luxury accommodations for 5 nights
- 3 nourishing farm to table meals per day
- Daily yoga & somatic healing practice with Ashley
- Connection in ceremony & community
- 10% off spa services at Orzya Holistic Spa on site
- Complimentary access to the luxurious sauna & steam room
- Two stunning pools on site overlooking the beautiful comporta naturescape
- Client wellness gift bags
- Private horseback riding excursion on a secluded beach
- A fun group afternoon in town to explore the local shops & cultural essence

## 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

MAY 2024

17th - 22nd

- Single: 4 995€

- Double (per person): 3 935€

This retreat experience will remain intimate with only 12 spaces available. The offering has a 20 person waitlist already! Reserve your space today.

## 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)