

APRIL 2024

# YOGA ESCAPE AT THE QUINTA

BY *Geraldine Richter*

I'm a yoga teacher in Paris. I teach in three studios - Bandha Yoga, Rasa Yoga and Yuj Yoga - and give both private and corporate yoga classes. I'm 52 years old, mom of 3 boys - 28, 22 and 20 - and used to be a marathoner (competition) and triathlete. Yoga came later as my life was taking a different path in 2016. First vinyasa, than ashtanga and Mysore practice. Ashtanga became my daily practice since 2019.

During the retreat, I will propose Mysore practice (self practice in the early morning) for advanced and beginners, ashtanga yoga classes, vinyasa classes, yin yoga classes and workshops.

This retreat is for all levels except absolute beginners.



## INCLUDED

- Double or Single Accommodation at Quinta da Comporta Hotel
- Yoga Classes with Geraldine Richter
- Healthy & Organic Lunches & Dinner
- 10% discount on Oryza Spa Treatments
- Gorgeous Outdoor & Indoor heated swimming pool
- Beautiful Nature and Mindful Walks alongside the sea and in the Rice Fields

## NOT INCLUDED

- Flights to Lisbon
- Transfer to and from airport
- Optional Rental Car to move from hotel
- Additional snacks and other alcoholic beverages

## DATES & PRICING

April 2024

7th - 10th

- Single Room: 1 674€

- Double Room: 2 541€ (1 270,5€)

## 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)