



QUINTA DA COMPORTA

WELLNESS BOUTIQUE RESORT

*The purpose of knowledge is to
develop infinite faith in self*

Yogi Bhajan

KUNDALINI YOGA RETREAT
with Andrea & AndreDanke (Sat Ravi)

BACK TO THE ROOTS

October 17th – 24st 2021

In times of rising stress, working load and information overload, family and work life are presented with new challenges and pressure. Many people feel as though their life might become increasingly heteronomous and they cannot meet various demands of their environment. Burn-out and nervous breakdowns have risen tremendously in our society. Some people have lost or struggle to maintain the relationship with themselves.

Kundalini Yoga is a very efficient and quick way of finding your way back to yourself. Use this one-week kundalini yoga retreat to get back to your roots and to learn, practice and manifest highly transformative and life enhancing relaxation and anti-stress kundalini yoga sets and meditations.

Kundalini Yoga is for Everyone!



with Andrea & Andre Danke (Sat Ravi)

Back to the Roots - through kundalini yoga, breathing exercises and meditations:

- Purify body, mind and soul
- Live your own truth
- Create a new self-concept
- Strengthen your nervous system
- Increase the ability to deal with stress
- Release physical and mental blocks
- Transform old habits into new and positive behavior patterns
- Live your potential
- Enhance your life with happiness and joy

Monday
Release Stress and Unnecessary Tension
Tuesday
Strengthen Your Nervous System
Wednesday
Discover the Power of Your Heart
Thursday
Begin the Path to Higher Consciousness
Friday
Experience the You in You
Saturday
A renewed Self-Concept

The package includes

- 7 nights from Sunday to Sunday with breakfast & half board dinner (drinks not included)
- Daily Yoga and meditation program

Pricing

Deluxe Room Single 2.300€
Deluxe Room Double 1.670€ (per person)

TERMS AND CONDITIONS RETREATS

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

PAYMENT POLICY

1st Deposit: 50% to be done to guarantee the confirmation of the bookings | Retreat
2nd Deposit: the remaining 50% will be charged 30 days prior the booking | Retreat

CANCELTION POLICY OR NO-SHOW

Less than 30 days prior the booking | Retreat, 100% of the deposit is non-refundable

RESERVATIONS

Please contact reservations@quintadacomporta.com and mention the booking code KUNDALINI

www.quintadacomporta.com