

MARCH 2024

'FIND THE ART OF FLOW' SPRING PILATES & YOGA RETREAT

Join Yvonne Rocca and Camille Kynoch in exploring the essence of MINDFUL MOVEMENT through the transformative disciplines of PILATES and YOGA over this 4 day retreat at Quinta Da Comporta, a 5-star Wellness Boutique Resort in Portugal.

Slow down, calm the mind and reconnect to yourself and nature in the idyllic surroundings of Comporta's nature reserve, set in the middle of rice fields and 3km from the Atlantic Ocean.

We will guide you through 2 daily classes as well as optional activities from breathwork/meditation by the beautiful infinity pool, outdoor HIT fitness training on the beach and a workshop to improve your backbends and inversions. Learn to move and flow with new awareness on how to integrate breath with the biomechanics of your body to improve all daily aspects of movement in your life.

Head back home feeling energised and renewed with plenty of time for long nature walks on the beach and luxurious treatments at the ORYZA SPA. Experience a culinary journey at Quinta's restaurant where we will discover the amazing local produce from the in-house bio garden & explore the local wines of the Alentejo region with 3 daily meals included.

"Change happens through movement, and movement heals." - Joseph Pilates

INCLUDED

- 3 night retreat package: Accommodation at Quinta Da Comporta (Deluxe Room)
- Healthy organic Breakfast, Lunch and Dinner
- Daily Pilates & Yoga Practice
- Guided Functional Interval Training
- Additional workshops on arm balancing and inversions
- Breathwork on beach and cold water swimming
- Guided Nature walk along the beach
- Access to the hotel facilities (including the yoga shala, outdoor & indoor pool, gym, sauna, hammam)
- 10% Discount on Oryza Spa Treatments



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
- Additional activities

DATES & PRICING

14th - 17th of March 2024

- Single: 1 770€

- Double: 2 340€ (1 170€ per person)

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

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ABOUT US!

Originally from Australia, Yvonne is Certified in Classical & Contemporary (STOTT) PILATES with over 15 years of international experience teaching pilates, outdoor bootcamps, Dynamic Barre/ Pilates and functional PT strength training in London's top hotels and studios.

Yvonne is now based in Gibraltar with her family, teaching Classical Pilates in her private studio and running wellness retreats in Spain and Portugal. Kenyan American British hybrid Camille Kynoch has been practicing yoga for over two decades, trained in Sivananda yoga in India and Power yoga in London. She teaches in yoga studios and privately in London and on retreats worldwide. She will guide you through power vinyasa flow, restorative/ yin to wind down, breathwork (pranayama) and meditation, plus optional short workshops on arm balances and inversions.

SAMPLE SCHEDULE OF ACTIVITIES

(EXACT TIME/ORDER MAY CHANGE)

THURSDAY | MARCH 14TH

3pm - 4pm | Arrival and settling in

5:45pm - 7pm | Pilates and Yoga intro fusion class

FRIDAY | MARCH 15TH

8:15am - 9:15am | Vinyasa Flow Yoga class)

11:15am | Optional (30min guided HIT Fitness training on the beach)

Lunch and optional activities

6pm - 7pm | Classical Pilates - "Find your Scoop and Roll"

SATURDAY | MARCH 16TH

8:15am - 9:15am | Bend & Twist - active your obliques (Dynamic Pilates Class)

11:15am - 12pm | Optional Yoga workshop (work on your backbend and inversions)

Lunch and optional afternoon activity (Padel Boarding/ Cycling)

5:45pm - 7pm | Restorative Yoga and 15min Meditation class

SUNDAY | MARCH 17TH

8am - 9:30am | Dynamic Pilates and Yoga fusion class - "Stand to Sit, Balances and More"