



13th - 16th June 2023
FLOW AND GLOW WELLNESS RETREAT

Come and meet us for 4 days dedicated to your well-being amongst the rice fields.

From June 13th to June 16th, Oryza Lab, Aurelia del Sol and Julie Granger will take you through a dynamic and revitalizing multi-disciplinary program ! On the program discover unique methods developed by our guest teachers: Face soul yoga, Brooklyn Flow®, Ballerina Body® Training , Brooklyn Barre®, meditation and breathing, evening flow. These various workshops will help you take care of your face, your body, your mind and get your glow back.

During this retreat, you'll be able to stay at Quinta da Comporta and enjoy delicious healthy meals, benefit from a 15% discount on Oryza Lab Spa treatments and relish mindful walks through Comporta's surrounding nature. You will also benefit from a professional nutritionist's advice, Marta Caras Linda, to conquer healthy eating habits. Marta is known to be a Natural Chef and created the Programme REVOLUTION — Natural Chef.

Pursue the benefits of the retreat at home with a gifted selection of Oryza Lab best sellers.

A unique occasion to take care of yourself and meet inspiring women in a haven of peace.

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INCLUSIONS

- Double or Single Accommodation at Quinta da Comporta Hotel
- Face soul yoga, Brooklyn Flow®, Ballerina Body® Training , Brooklyn Barre®, meditation and breathing, evening flow.
- Healthy & Organic Meals
- Workshop with Marta Caras Lindas
- 15% discount on Oryza Lab Spa Treatments
- Selection of Oryza Lab products
- Gorgeous Outdoor & Indoor heated swimming pool
- Beautiful Nature and Mindful Walks alongside the sea and in the Rice Fields

EXCLUSIONS

- Flights to Lisbon
- Transfer to and from airport
- Optional Rental Car to move from hotel
- Additional Snacks and Other Beverages

DATES & PRICING

JUNE 2023

- Single Room: 2 140€
- Double Room: 2 960€
- 1 480€per person



ORYZA
COMPORTA 

TERMS AND CONDITIONS RETREATS

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

1. **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 AURÉLIA DELSOL

I am Aurélia Delsol, founder of the Face Soul Yoga method.

I am 35 years old and my life is a series of learnings. Holder of a double master's degree in Marketing and Communication, I started my career in events in 2013. At the same time, I created the blog "Je Suis Bonne" (to learn how to be good to yourself) and co-founded Chez Simone, the apartment that has 'good intentions for its guests'.

Constantly looking to discover new cultures, I decided to live in Sydney and then in Byron Bay, Australia.

The desire to learn different ways to take care of oneself, to transmit and to live, pushed me to immerse myself in the world of yoga. It was then that I discovered what would become my passion and my specialization: facial yoga.

I have always listened to my intuition and my heart which have guided me towards new projects, new adventures. I have known successes but also had to face failures, periods of questioning, more or less painful moments (hello rollercoaster of life) which allowed me not to lose myself and to stay aligned with my values, my center, my uniqueness.

What is Face Soul Yoga?

"Face Soul Yoga is a facial yoga method for anyone who wants to take care of their face in a 100% natural and regular way. It incorporates facial yoga exercises, breathing, acupressure and self-massage. In a world where cultures of perfection and competition are omnipresent, Face Soul Yoga places time for oneself and overall well-being at the center of our daily lives".

Founded in 2019 by Aurélia Delsol, Face Soul Yoga evolves in 2022 and becomes a brand in its own right accessible via an application dedicated available on iOS and Android.

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ABOUT JULIE GRANGER

A former professional ballerina, Julie trained with Boston Ballet and Joffrey Ballet. In 2010, she retired from her ballet career, and moved to NYC where she got a BBA in Entrepreneurship while operating the ballet school she founded at age 22.

In 2014, she got her Pure Yoga RYT-200, ISSA Personal training, and Equinox Barre Certifications, all the while modelling for the renown agency Wilhelmina .

One of Equinox's most sought-after Instructors, Julie would give over 30 group classes to over 750 clients a week in both NYC and The Hamptons.

In 2020, she founded The Studio, the first American-style boutique fitness studio right in the center of Paris, and launched her On Demand platform, The Studio +

She has taught over 8000 classes worldwide and has been featured in Vogue, Vanity Fair, Marie Claire, Conde Nast Traveler, and more.

Julie is proud to have clients in over 35 countries in the world, including the International Top Model Karlie Kloss.

She has worked with brands Repetto, Eres, Guerlain, Cheval Blanc, Four Seasons, and Nike.

Brooklyn Flow®

This class combines power yoga that New Yorkers love, with core work, cardio and dance. You're in for a very dynamic flow, on an upbeat electro playlist: a high-power vinyasa class, which will make you see yoga in a whole new light!

Brooklyn Barre®

Created in NYC, a conditioning class that combines the benefits of Ballet, Pilates, and Cardio, all on a fun and super-dynamic music. You'll discover muscles that you didn't know existed: this class works all parts of the body, making it a complete and balanced exercise.

Ballerina Body® Training

Sculpt a lean, long body with this cardio-conditioning workout, a mix of ballet-inspired and HIIT moves. This exclusive method will surely make you sweat, and help you get that body you always wanted.

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ABOUT MARTA CARAS LINDAS

In 2008, Marta Caras Lindas founded Peppermint Wave, a consultancy and catering company, where she launched a series of products with diversified distribution, namely, using new technologies.

It was only in 2012 that she started cooking, when her mom's restaurant closed, and she became interested in studying and handling healthy products, a legacy he would like to pass on to her children.

In 2017/18, she attended the Natural Chef course at the College of Naturopathic Medicine in London.

In 2019, he created the REVOLUTION Natural Chef brand, with the aim of promoting healthy eating habits, providing health and well-being.

REVOLUTION - Food Reprogramming by Marta Caras Lindas proposes to revolutionize each person's diet as a form of human evolution.

The objective of this concept is to make this change in food through sustainable cuisine, with respect for the product, not only its origin but also its function, without ever neglecting the gourmet side, that is, the texture, the flavor and the entire gastronomic experience.

The company was quickly recognized for the quality in the detail of its programs, through personalized Detox and Nutrition services, guided by the principles of sustainability, recycling, nutrition and well-being.

