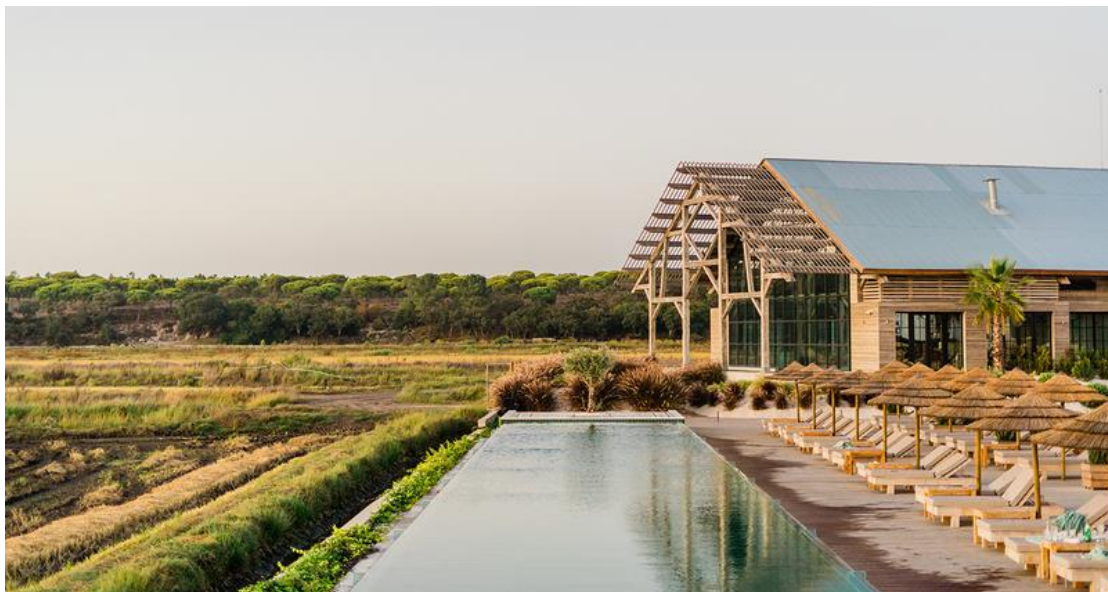




ASHTANGA VINYASA YOGA REATREAT

By Pauline Laumond @ Quinta da Comporta

10 – 15 November 2021



RETREAT DETAILS

Discover an eco-chic setting between luxury and authenticity, a 5-star resort in the middle of rice fields and an idyllic nature reserve, three kilometers from Comporta beach. In the middle of November, find warmth and energy with Pauline and her dynamic and "rooting" practice.

With a breathtakingly beautiful infinity pool, luxurious accommodations, spacious exteriors with lush vegetation and the exclusive ORYZA SPA offering a number of unique rice-basic treatments and holistic rituals. Quinta da Comporta is a true Haven for yogis!

Quinta da Comporta – Wellness Boutique Resort
www.quintadacomporta.com | +351 932 039 799

Prices include:

Activities+ meals and accommodation

1615€ /person (single room)

1440€/person (double room)

Subject to a minimum of 8 registered participants.

Bookings: Mariana Salvação Barreto - Reservations Manager

Tlm : 00351 932 039 802 – reservations.manager@quintadacomporta.com

AGENDA

WEDNESDAY 11/10:

15H00 Check-in (recommended arrival time)

17H00 Restorative practice and deep relaxation
Welcome meeting

20H00 Dinner

THURSDAY 11/11:

08H30 Pranayama meditation and LED class

12H00 Brunch

17H00 Workshop: ANCHORING through bandhas, Awareness and Core integrity
How to find lightness in jumps (transitions) and relaxation in effort.

20H00 Dinner

FRIDAY 11/12:

08H30 Pranayama meditation and LED class

10H30 Walk in full awareness

12H00 Brunch

17H00 Workshop: Explore and become familiar with backbends

SATURDAY 13/11:

08H30 Pranayama meditation and LED class

10H30 Option for activities: SURF or Horse riding

12H00 Brunch

17H00 Workshop: Inversions and spatial awareness

SUNDAY 14/11:

09H30 Pranayama meditation and LED class

12H00 Brunch

17H00 Workshop: Hips and pelvic area, our « sacred basket »

MONDAY 15/11

08H00 Pranayama meditation and LED class

12H00 Goodbyes and check out