

OCTOBER 2022

REST. RESET. RETREAT.

BY JESSICA JANUSZ

Take a full reset for your mind, body, & soul. A pause from your busy life to realign to your highest self. A space where you get to focus on you and your purpose. That's what this retreat is all about. Imagine calm silent mornings, meditation, mindfulness practices, energizing yoga flows, inspiring conversations, and most importantly - prioritizing yourself.

You'll be guided through transformative meditation and yoga classes leaving you feeling lighter in your body, inspired in your heart, and connected to your soul. Get ready for a full self-care experience with Jessica by your side.

INCLUDED

- Double or Single Accommodation at Quinta da Comporta Hotel
- Healthy & Organic Meals
- Yoga & Meditation Classes with Jessica
- Mindfulness Tools
- 15% discount on Oryza Lab Spa Treatments
- Gorgeous Outdoor & Indoor heated swimming pool
- Beautiful Nature and Mindful Walks alongside the sea and in the Rice Fields

NOT INCLUDED

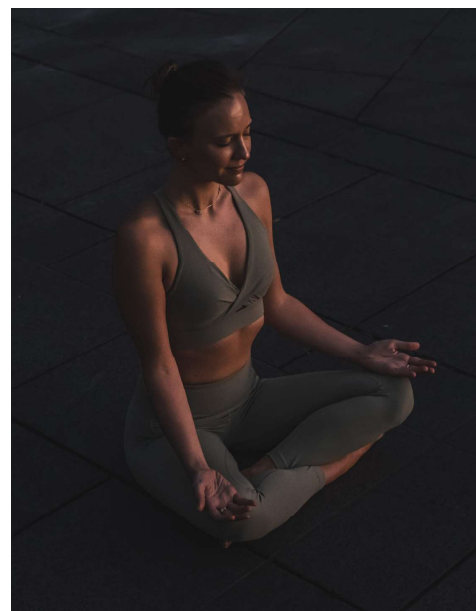
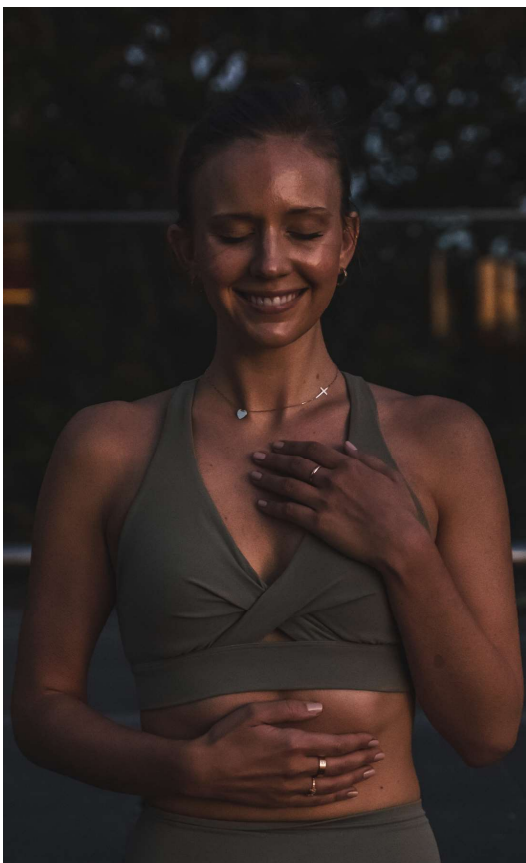
- Flight and Transfer to Lisbon
- Transfers from and to the airport
- Optional Rental Car to move from the Hotel
- Additional Snacks and Other Alcoholic Drinks

DATES & PRICING

OCTOBER

9th -12th 2022

- Single: 1 658 €
- Double (per person): 1 205€



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 CANCELLATIONS WILL BE ALLOWED. IN CASE OF NO-SHOW, 100% OF THE RESERVATION WILL BE CHARGED.

www.quintadacomporta.com