

DECEMBER 2022

‘BODY & MIND FLEXIBILITY’ FELDENKRAIS® RETREAT

BY JENNIFER BLANCO

Explore flexibility at Quinta da Comporta with Jennifer Blanco in the middle of an idyllic natural reserve three kilometers from Comporta beach. Enjoy luxurious accommodation, delicious healthy meals, access to the exterior and interior swimming pool, Oryza Spa, Hammam and Sauna, and a 15% discount on Spa treatments. In your free time, you'll have a chance to take walks through Comporta's surrounding nature, go to the beach, and schedule private Functional Integration sessions with Jennifer Blanco.

Certified Feldenkrais Practitioner, Jennifer Blanco has been teaching Feldenkrais -Awareness Through Movement® and Functional Integration®- since 2015 in Barcelona, Los Angeles and online. She speaks English, Spanish and German fluently.

"Health is the ability to realize our avowed and unavowed dreams." —Moshé Feldenkrais

This 4 day retreat addresses flexibility, the ability to adapt and change, from the perspective of the Feldenkrais method. Is it possible to gain flexibility easily and effortlessly? Can there be a flexible body without a flexible mind?

The Feldenkrais method understands flexibility and movement capacity as the consequence of an improvement in the organization and coordination of movement, and the elimination of muscular tension that inhibits or hinders elongation. This is a profound re-organization that affects not only movement but all planes of experience -thinking, feeling, sensing- thus the way we relate to the world, to our environment.

This retreat is inspired by a series of lessons created by Moshe Feldenkrais -founder of the method- that are brilliant and full of complexity and explore human movement from the masterly perspective of one of the first Europeans to become a black belt in judo, Doctor of Science, who devoted big part of his life to the research of human development.

This approach to flexibility and freedom of movement using neuromuscular reeducation was pioneering in its time and today still represents a paradigm shift for many, since neuroplasticity -the brain's ability to recover, restructure and adapt to new situations- is still a very recent and novel concept.

The retreat invites participants to explore from their own experience some of these ideas and principles, and to discover and learn through curiosity, subtlety and listening.

"The aim of the Feldenkrais Method is a person that is organized to move with minimum effort and maximum efficiency, not through muscular strength, but through increased consciousness of how movement works." —Moshé Feldenkrais



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DATES & PRICING

DECEMBER 2022

12th -15th

- Single Room: 1 610€ per person
- Double Room: 1 280€ per person

INCLUDED

- Accommodation at Quinta da Comporta (Deluxe Room, 3 Nights)
- Daily Feldenkrais Practice
- Breakfast, Brunch and Dinner at the Restaurant Mar d'Arrozal
- Access to the Oryza Spa, Exterior and Interior Swimming Pool, Hammam and Sauna
- 15% Discount on Oryza Lab Spa Treatments

NOT INCLUDED

- Flight to and from Lisbon
- Transfers from and to the Airport
- Optional Rental Car to Move from the Hotel
- Additional Snacks and/or Drinks
- Private Functional Integration® Sessions with Jennifer Blanco (90 euros/Session)

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