



QUINTA DA
COMPORTA
with 500 rooms & 1000 acres

21st - 24th
APRIL 2022

RECONNECTING WITH JOY AND HAPPINESS



with
Andre & Andrea Danke

“The secret of happiness is in your power to sacrifice and uplift others. Happiness is in giving, not in taking. God will give to you. Trust in the fact! Happiness is our birthright. There is no argument about it. Give your mind a chance.”
Yogi Bhajan.

In a world where many people believe that happiness comes from satisfying their own desires, the yogic lifestyle teaches something very different.

We are happiest when we can uplift another person, or uplift a difficult situation, even if it costs us something.

Kundalini Yoga offers many deep and profound meditations to develop human sensitivity and human vastness. In opening the higher centers, we begin to experience our lives as part of an endless giving cycle - the doorway to joy and happiness.

Use this retreat to learn and practice highly life enhancing relaxation and anti-stress yoga sets and meditations. Claim your birthright to be happy, holy and healthy.

INCLUDED

- 3 nights from Thursday to Sunday with breakfast & half board dinner (drinks not included)
- Daily Yoga and meditation program

Pricing:

- Deluxe Room Single : 1 700€
- Deluxe Room Double: 1 288€ (per person)



Thursday

Commitment

4:30 - 6:30pm: Yoga & Meditation & Gong

Friday

Character, Dignity, Divinity

8-10am: Yoga & Meditation

4:30 - 6:30pm: Yoga & Meditation & Gong

Saturday

Grace & Power to Sacrifice

8-10am: Yoga & Meditation

4:30 - 6:30pm: Yoga & Meditation & Gong

Sunday

Happiness

8- 10 am: Yoga & Meditation

1-1:30pm: Closing Meditation

TERMS AND CONDITIONS RETREATS

CHECK IN TIME AFTER 3PM AND CHECK OUT TIME BEFORE 12PM

PAYMENT POLICY:

1ST DEPOSIT: 50% TO GUARANTEE THE CONFIRMATION OF THE BOOKINGS
2ND DEPOSIT: THE REMAINING 50% WILL BE CHARGED 30 DAYS PRIOR THE BOOKING

CANCELLATION POLICY OR NO-SHOW

LESS THAN 30 DAYS PRIOR THE BOOKING | RETREAT, 100% OF THE DEPOSIT IS NON-REFUNDABLE

RESERVATIONS

PLEASE CONTACT EVENTS@QUINTADACOMPORTA.COM AND MENTION THE BOOKING CODE RECONNECTING WITH JOY AND HAPPINESS.