

MARCH 2023

‘FINDING THE ART OF FLOW ‘ PILATES & YOGA WELLNESS RETREAT

Join Yvonne Rocca and Camille Kynoch in exploring the essence of MINDFUL MOVEMENT through the transformative disciplines of PILATES and YOGA over this 4 day retreat at Quinta Da Comporta, a Wellness Boutique Resort in Portugal.

Learn to connect with breath, so that you can fine tune your movement patterns and align the body with mind and spirit!

Take the opportunity to slow down, calm the mind and reconnect to yourself and nature in the idyllic surroundings of Comporta. Set in a nature reserve, amongst rice fields and 3km from the Atlantic Ocean, we will guide you through the principles of Classical Pilates, Vinyasa/Power Yoga, Functional Interval Fitness and meditation/breathing techniques.

Improve your core control, posture and flexibility with new awareness on how to integrate breath with the biomechanics of your body to improve all daily aspects of movement and wellness in your life.

Three seasonal organic meals will be served to keep you nourished, featuring local produce from the on-site organic garden. Join us on our last evening for an event of wine tasting , where we have the chance to connect with eachother and explore the amazing local wines of the Alentejo region.

“Change happens through movement, and movement heals” Joseph Pialtes

INCLUDED

- 3 night retreat package: Accommodation at Quinta Da Comporta (Deluxe Room)
- Healthy organic Breakfast, Lunch and Dinner
- Daily Pilates & Yoga Practice
- Guided Functional Interval Training
- Additional workshops on arm balancing and inversions
- Breathwork on beach and cold water swimming
- Guided Nature walk along the beach
- Access to Oryza `Spa Outdoor and Indoor Swimming pool, Hammam and Sauna
- 10% Discount on Oryza `lab Spa Treatments



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
- WINE TASTING EVENT, Horseriding, SUP, Surfing.

DATES & PRICING

9th - 12th of March 2023

- Single: 1 571 €

- Double (per person): 1 225€

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

www.quintadacomporta.com

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ABOUT US!

Originally from Australia, Yvonne is Certified in Classical & Contemporary (STOTT) PILATES with over 15 years of international experience teaching pilates, outdoor bootcamps, Dynamic Barre/ Pilates and functional PT strength training in London's top hotels and studios. Yvonne is now based in Gibraltar with her family, teaching Classical Pilates in her private studio and running wellness retreats in Spain and Portugal. Kenyan American British hybrid Camille Kynoch has been practicing yoga for over two decades, trained in Sivananda yoga in India and Power yoga in London. She teaches in yoga studios and privately in London and on retreats worldwide. She will guide you through power vinyasa flow, restorative/ yin to wind down, breathwork (pranayama) and meditation, plus optional short workshops on arm balances and inversions.

SAMPLE SCHEDULE OF ACTIVITIES (EXACT TIME/ORDER MAY CHANGE)

THURSDAY 9TH MARCH:

3-4 pm arrival and settling in

5-7pm Pilates (Find your foundation in the Joseph Pilates original matwork) and Yoga fusion class

FRIDAY 10TH MARCH

8am-9.30am - Vinyasa flow yoga ending in restorative practice and introduction to meditation

11am - Morning Guided Interval Functional Training - Glute Power Sculpt

Lunch and optional activities

4:30pm Yoga workshop

5.30-7pm - Pilates - Pelvic Stability & Control Workshop

SATURDAY 11TH MARCH

8-9.30am Pilates (Classical Pilates with Cardio Intervals)

9:30am Yoga workshop

11am Optional Beach walk - breathing, cold water immersion

Lunch and optional activities

5-6.30pm - Yoga and Meditation

7.30pm Wine tasting Event- Explore the Local wines of Alentejo

SUNDAY 12TH MARCH

8-10am -Dynamic Pilates and Yoga fusion class

Discussion and reflection

12 pm- departure