

OCTOBER 2023

RETREAT

By Laure Gomez Montoya and Kyra Dupont Troubetzkoy

Laure Gomez Montoya is a hypnotherapist coaching on support of hypnosis, Chinese medicine and positive psychology. Founder of Med By Me. Former journalist and founder of two publishing houses. Production of documentaries. President of an association for female prisoner. Journalist and writer.

Kyra Dupont Troubetzkoy is a designer of Writing Therapy workshops: "Writing Therapy: self-reflect and self-respect"; "Healing your wounds"; "Opening your senses". Author of six novels, investigations, short stories, poetry. Journalist for press, radio and television for 25 years.



INCLUDED

- Double or Single Accommodation at Quinta da Comporta Hotel
- Meals based on local, seasonal and vegetarian food
- 10% discount on Oryza Lab Spa Treatments
- Bicycles at your disposal
- All workshops and conferences, yoga and meditation sessions
- A pre-departure Zoom session to target your expectations of the desired change and set up a moodboard with your objective(s).
- A follow-up WhatsApp group
- Access to the Med By Me App

NOT INCLUDED

- Flight and Transfer to Lisbon
- Transfers from and to the airport
- Car rental
- Additional Snacks and Other Alcoholic Drinks
- Any other activities outside of the retreat

RETREAT LANGUAGE:

French

DATES & PRICING

OCTOBER

6th - 9th 2023

- Single room: 1 791€
- Double Room: 2 688€ (1 344€)



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

www.quintadacomporta.com

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Whether you want to lose weight, start working out, change jobs, set up a new project, or simply get rid of your "bad habits", change is not easy. A transformation inevitably leads to fears, resistance, blockages and limiting beliefs.

Together, we can develop new resources, learn new methods, adopt good habits, gain confidence in ourselves and in life.

So, together let's kick off!

Long-time friends and both passionate about people, we have perfected a unique retreat based on a program specially designed to initiate change.

Become aware of our bad habits and find ecologically better solutions for our body and mind.

Implement new habits through new rituals and routines.

Chase limiting beliefs to achieve our deepest goals by building on our strengths and assets.

Develop a positive psychology in our daily life to promote self-confidence.

MIND

Writing therapy

Self-hypnosis

Visualization chart or moodboard

Olfacto (kit) - work on emotions

Group discussion: sleep disorders, stress management, emotional balance

Nature Mandala / finding your mantra

Meeting the other and oneself in kindness, relaxation and humor

BODY

Yoga and meditation in the morning

Conscious walking (Vittoz method)

Heart coherence method

Reconnecting with nature (mandala with natural elements)

Cycling in the rice fields

Benefits of the cold water

Micro-nap technique

Balanced diet