



# QUINTA DA COMPORTA

RECHARGE YOGA RETREAT

YOGA RETREAT WITH COCO

by Constance

November 15<sup>th</sup> to 18<sup>th</sup> 2021

Former French Model, Constance let go of a Law career to become a yoga instructor in 2011, while living in Uruguay. She is now based in Portugal where she teaches Hatha and Vinyasa Flow.

Her very own style is a mix between Eastern Tradition taught by Indian Master Yogiraj Tonmoy Shome and a groovy Western Yoga that she got from her 4 years living in London, trained by the American teacher Julie Montagu. Her Practice is inspired by the brightness and colors of the rainbow!

Yoga changed her life profoundly when she was 20 years old, making her want to be a yoga teacher and pursue her own yogi path. Join her for a short yoga retreat and let her guide you with passion and tranquility throughout a dynamic yoga practice.



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## Retreat includes

- Double or Single Accommodation at Quinta da Comporta Hotel
- Light Breakfast (nuts, seeds, and Detox Green juice)
- Two Delicious Plant-based meals (Brunch and Dinner), sourcing organic and local ingredients per day
- Six Holistic movement classes: Vinyasa Yoga Flow, Restorative Yoga class and Chakra balancing workshop on
- 1 hour Detox Massage at the Spa
- Gorgeous Outdoor & Indoor heated swimming pool
- Beautiful Nature and Mindful Walks alongside the sea and in the Rice Fields

## What's 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
- Extra Massages
- Horse Riding

## Dates and Pricing

November, 15<sup>th</sup> – 18<sup>th</sup> 2021 (3 nights)

Single: 1405 €

Double (per person): 1073

## TERMS AND CONDITIONS RETREATS

Check-In Time after 3pm and Check-out Time before 12 pm

## PAYMENT POLICY

Total payment at time of booking | Non-refundable

## CANCELATION POLICY OR NO-SHOW

Retreat, 100% of the deposit is non-refundable