

MARCH 2023

YOGA RETREAT

BY Geraldine Richter

I'm a yoga teacher in Paris. I teach in three studios - Bandha Yoga, Rasa Yoga and Yuj Yoga - and give both private and corporate yoga classes.

I'm 51 years old, mom of 3 boys - 27, 21 and 19 - and used to be a marathoner (competition) and triathlete. Yoga came later as my life was taking a different path in 2016.

First vinyasa, than ashtanga and Mysore practice. Ashtanga became my daily practice since 2019.

During the retreat, I will propose Mysore practice (self practice in the early morning) for advanced and beginners, ashtanga yoga classes, vinyasa classes, yin yoga classes and workshops.

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This retreat is for all levels except absolute beginners.



INCLUSIONS

- Double or Single Accommodation at Quinta da Comporta Hotel
- Yoga Classes with Geraldine Richter
- Healthy & Organic Meals
- 10% discount on Oryza Lab Spa Treatments
- Gorgeous Outdoor & Indoor heated swimming pool
- Beautiful Nature and Mindful Walks alongside the sea and in the Rice Fields

EXCLUSIONS

- Flights to Lisbon
- Transfer to and from airport
- Optional Rental Car to move from hotel
- Additional Snacks and Other Alcoholic Beverages

DATES & PRICING

March 2023

12th - 15th

- Single Room: 1 171€ € per person
- Double Room: 1 549€ (774,5€) per person



TERMS AND CONDITIONS RETREATS

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

PAYMENT POLICY

1. 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.

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