



QUINTA DA COMPORTA

AWAKEN FEMININE ENERGY
by Charlotte Yogini

September 27th to October 01st 2021

Charlotte Yogini

Graduate from the Institut Supérieur de Gestion in Finance and an elite athlete in triathlon and modern pentathlon, Charlotte Ménard discovered yoga in 2001 in Canada. In January 2016, she decided to leave the world of finance and to do a yoga teacher training in Hatha and Ashtanga in India. These two pillars disciplines of her teaching, beyond the physical benefits they confer, open the doors to a new way of life, which she passionately shares with her students. Originally from Burgundy, she grew up surrounded by health practitioners and in contact with nature. She is passionate about the healing properties of plants, as well as natural beauty like facial yoga & facelift massage. In her quest for harmony between body and mind, Charlotte explores constantly new wellbeing methods and old traditions like raw food nutrition, fasting, raw food, feminine nutrition & health, vital energy, Tao & Indian philosophy.





Retreat includes

- Double or Single Accommodation at Quinta da Comporta Hotel
- 8 yoga sessions
- 4 guided meditation & pranayama sessions
- 3 Women's Health, Rituals & Natural beauty Workshops
- 2 Healthy & plant-based meals a day
- 1 hour of massage
- Detox water

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

Dates and Pricing

- September 27th – 01st October 2021 (4 nights)
- 1815 € in Single room
- 1565 € in Double room (per person)

TERMS AND CONDITIONS RETREATS

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

PAYMENT POLICY

1st Deposit: 50% to be done to guarantee the confirmation of the bookings | Retreat
2nd Deposit: the remaining 50% will be charged 1 month prior to arrival | Retreat

CANCELATION POLICY OR NO-SHOW

Retreat, 100% of the deposit is non-refundable