

MARCH 2026

“RESET YOUR NERVOUS SYSTEM RETREAT”

BY TINA KONOPATZKI

Reset your nervous system in beautiful Comporta, surrounded by long Atlantic beaches and untouched, wild nature. Guided by Tina Konopatzki, a German yoga teacher living in Lisbon since February 2025, this retreat is rooted in more than 13 years of teaching experience. Tina weaves Hatha Yoga with dynamic elements of Vinyasa and the calming depth of Yin Yoga.

Mornings offer energizing, uplifting practices; evenings invite you into softer, slower sessions to unwind. This retreat is open to all levels.

INCLUDED

- 4 Nights in double or single accommodation at Quinta da Comporta Hotel
- Healthy & Organic Breakfast , lunch and dinner
- 1 Oryza Lab Spa Treatment
- Access to Oryza Spa Outdoor & Indoor heated swimming pool and Sauna

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

EARLY BIRD PRICING UNTIL
27TH DECEMBER

MARCH 2026

4th - 8th

Single room: € 2449

Double room: € 3462 (€ 1731 per person)



TERMS & CONDITIONS | RETREATS

**minimum 8 participants*

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

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 cancellations will be allowed. In case of no-show, 100% of the reservation will be charged.

www.quintadacomporta.com

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Find a space to slow down, soften, and return to yourself. A moment where your soul can breathe again.

This retreat invites you to turn inward, to feel what's real, to rest without rushing, and to reconnect with the quiet strength that has always been there.

Let nature hold you. Let the practices support you. Let stillness meet you where you are.

Simply be. Allow yourself to reset.

You will return to your life calmer, more connected, and deeply grounded from within.



PROGRAM OVERVIEW

(the schedule may be subject to change)

Day 1 – Arrival & Grounding

Arrival, check-in, time to settle

Evening: Welcome Circle and gentle Yin Yoga for grounding and inner calm

Day 2 – Breath & Presence

Morning: Heart opening Hatha practice with a focus on breath and body awareness

Evening: Restorative Yoga for deep relaxation

Day 3 – Release & Softening

Morning: Soft flow for fascia, hips, and lower back

Evening: Yin Yoga to release physical and emotional tension

Day 4 – Strength & Centering

Morning: Slow, strengthening practice for stability and inner center

Evening: Yin Yoga with meditation or breathwork for emotional balance

Day 5 – Integration & Return

Morning: Closing practice: calm, connected, clear
Closing circle and integration

Departure

Retreat Highlights

Gentle tools that soothe and regulate the nervous system.

Yin Yoga combined with the principles of Traditional Chinese Medicine, releasing, grounding and deeply nourishing.

A carefully crafted handout including a step-by-step routine for daily practice, journaling prompts and simple meditation and breathing tools to support you long after the retreat.

A thoughtfully curated goodie bag with small essentials.