08 - 12 MARCH 2027 (MONDAY TO FRIDAY)

IN YOUR OWN RHYTHM AT QUINTA DA COMPORTA

Move with awareness. Rest with ease. Find your own rhythm.

BY TINA KONOPATZKI







RETREAT DESCRIPTION

We spend much of our lives moving from one task to the next. Planning, organising, caring and getting things done. Over time, it can become difficult to hear our own rhythm beneath the pace of everyday life.

IN YOUR OWN RHYTHM offers five days of yoga, rest and unhurried time in the natural surroundings of Comporta.

Each morning begins with an energising Hatha or gentle Vinyasa practice. In the evenings, Yin and Restorative Yoga, meditation and breathwork invite the body to soften and settle. Moments of stillness and simple awareness practices create space to notice what you need, without pressure to change or achieve anything.

This retreat is not about doing more or becoming someone new. It is an opportunity to move with awareness, rest with ease and experience what it feels like to follow your own pace again.

All yoga levels are welcome.

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ABOUT TINA

Tina Konopatzki is a German yoga teacher based in Lisbon, with more than 14 years of teaching experience.

Her approach combines Hatha and Vinyasa Yoga with the quiet depth of Yin and Restorative Yoga. Meditation, breathwork, nervous system regulation and body awareness are naturally woven into her sessions.

Tina teaches with warmth, clarity and a deep respect for each person's individual needs. Her classes are accessible, grounded and free from pressure. She creates space for both strength and softness, encouraging participants to move with awareness, listen more closely and practise at their own pace.

For Tina, yoga is not about performance. It is a way to become more present in your body and in your life.

RETREAT CONCEPT

IN YOUR OWN RHYTHM is built around the natural balance between movement and rest, activity and stillness, strength and softness.

The morning practices bring energy into the body through Hatha Yoga and gentle Vinyasa Flow. They develop mobility, stability and strength while allowing each participant to move at her own pace.

The evening sessions gradually become slower and quieter. Yin and Restorative Yoga, breathwork, meditation and deep relaxation support the transition from activity into rest. Elements of nervous system regulation and body awareness are integrated gently and practically.

Across the five days, the rhythm of the practices creates space to feel, observe and respond more consciously. There is no goal to reach and nothing to prove. Some moments will feel active and uplifting. Others will be quiet and spacious.

BOTH BELONG

The intention is simple: to experience yoga beyond performance and rediscover a pace that feels natural, present and truly your own.

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SINGLE ROOM	DOUBLE ROOM
1.940€	*2.740€* *1.370€ per person*

INCLUDED

- 4 Nights in Double or Single Accomodation
- Daily breakfast
- Welcome gift
- Healthy and organic dinners
- All yoga, breathwork and meditation practices
- All yoga equipment,
- One tailor-made 50-minute aromatherapy massage
- Access to the Yoga Shala, indoor and outdoor pools, gym, sauna and hammam
- 10% discount on additional massages, body treatments and facial treatments

NOT INCLUDED

- Transfers
- Car Rental
- Lunches
- Extras

SAVE YOUR PLACE

For reservations, please contact:
events@quintadacomporta.com

For Spa reservations, please contact:
oryzaspa@quintadacomporta.com

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PROGRAM

PLEASE NOTE THAT THE PROGRAM AND SCHEDULE MAY BE SUBJECT TO CHANGE.

MONDAY - 08TH OF MARCH

15H00 | Check-In

17H00-18H30 | Opening Circle & Gentle Practice

19H00 | Welcome Dinner

TUESDAY - 09TH OF MARCH

08H00-09H30 | Active Practice

10H00 | Breakfast

11HOO-16H30 | Free time

17H00-18H30 | Gentle Practice

19h00 | Dinner

WEDNESDAY - 10TH OF MARCH

08H00-09H30 | Active Practice

10H00 | Breakfast

11H00-16H30 | Free time

17H00-18H30 | Gentle Practice

19h00 | Dinner

THURSDAY - 11TH OF MARCH

08H00-09H30 | Active Practice

10H00 | Breakfast

11H00-16H30 | Free time

17H00-18H30 | Gentle Practice

19h00 | Dinner

FRIDAY - 12TH OF MARCH

08H00-09H30 | Practice & Closing Circle

10H00 | Breakfast

11H00 | Check-Out



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