



> November 24th to 29th 2019 (5 nights) or November 24th to December 1st 2019 (7 nights)

HEALTH AND WELLNESS RETREAT

WITH TRADITIONAL CHINESE MEDICINE TECHNIQUES

By Dr. Rui Pedro Loureiro with Gilberto Soares

Recovering the physical, mental and emotional health lost through the agitation and stress of modern times is a necessary investment to ensure longevity and quality of life. To this end, Sublime Comporta has joined Dr. Rui Pedro Loureiro - a world-renowned specialist in Traditional Chinese Medicine and Gilberto Soares - certified yoga professional - to provide you with a retreat focused on you and your health.



During these days, wisdom of millennia and the most current techniques of diagnosis are united and both integrative and complementary therapies - from acupuncture to epigenetics - are offered to provide you with well-being. After an assessment of each individuals state of health, the program is 100% customized.

Daily acupuncture and yoga sessions are individually tailored to each. In this retreat we have included free time to relax in communion with nature and enjoy the idyllic scenery of Sublime Comporta. Enjoy pampering yourself in our Sublime Spa and / or perform some of the activities that we have suggested for you.

The offer includes * 5 or 7 nights with breakfast, lunch and dinner with healthy options and medical treatments including 1 Epigenetic Test and 1 customized Acupuncture treatment and 1 customized yoga treatment per day.

Treat yourself to a week totally dedicated to your health and well-being.

What you can expect: Detox your body, Re-energize, Achieve Stress Relief, Reset your Biological Clock and Sleep Better, Balance Your Emotions, Manage Pain.

INCLUDES

- > 1 Full Epigenetic Test and Results.
- > Diagnosis / Consultations.
- > 5 or 7 Lunches.
- > 5 or 7 Dinners.
- > 4 or 6 Personalized Acupuncture treatments.
- > 10 or 14 Group Yoga classes (2 hours per day group classes).
- > 1 hour per week individual customized Yoga Classes.
- > 1 Healthy Cooking Workshop with Chef Tiago Santos and Team.
- > Customized Diet according to epigenetic test.
- > 1 Tea Workshop.
- > 2 or 3 Full Body Massages per person.
- > Free access to SPA facilities and gym.

In the spirit of Chinese Medicine, all Yoga classes will focus on balancing different organs (Kidney, Liver, Heart, Stomach and Lung) as well as emotions (Fear, Anger, Joy, Overthinking, Sadness).

The extra 2 days of the 7 day retreat will focus on sexuality.

Free time for leisure activities of your preference. All activities must be booked and paid in advance. Activities suggested by the hotel: Tennis or Paddle Lesson on the property; Wine Tasting of some of Portugal's best wines by our expert sommelier team; Buggy Tours of Comporta; Horseback riding along the sand dunes, rice fields or deserted beaches or Dolphin watching or the resident community.

CONDITIONS

> **5 NIGHTS** > 2.615,00 € per person for single room and of 2.095,00 € per person for double room.

> **7 NIGHTS** > 3.591,00 € per person for single room and of 2.863,00 € per person for double room.

Reservations must be made until 1th November.

For more information please contact: events@sublimecomporta.pt



ABOUT DR. RUI PEDRO LOUREIRO

Ancient wisdom and contemporary diagnostics meet. Explore alternative healing therapies from acupuncture to epigenetics.

Dr. Rui Loureiro gets his Bachelor degree from Chengdu's University of Chinese Medicine in China, postgraduate in Cosmetic Acupuncture from CMIR/ACUMEDIC – London and Beijing's University of Chinese Medicine. Expert in diagnosis. He worked in hospital in China and clinics in London and Portugal, where currently is the responsible for the Chinese Medicine Department of St. Louis Hospital in Lisbon, clinical director of Clinica Cura Pura in Aveiro - Portugal. With over 20 years of clinical practice, is a passionate, dedicated, and a lifetime student and researcher of the knowledge of Chinese Medicine.

ABOUT GILBERTO SOARES

Gilberto Soares was born in Porto 41 years ago. At age 26 he began practicing yoga for the first time and never stopped. In 2009, he completed his Yoga Instructor Course at the Nataraja Yoga Studies Center (Brazil). Gilberto Soares has been teaching classes for 10 years. He has attended more than 20 training courses in massage and Ayurveda. In 2013 he completed his Master's degree in Ayurvedic Therapy and Consultancy through Portugal and India. He teaches courses, retreats and training in various areas related to Yoga, Ayurveda and Massage.