

Awaken Your Senses

A TRANSFORMATIVE 2-NIGHT RETREAT





à dire tes excuses / Motiver votre esprit et le corps le suivre

Success is the sum of small efforts – repeated day

Awaken Your Senses

A TRANSFORMATIVE 2-NIGHT RETREAT

Rediscover your most balanced and serene self with this exclusive 2-night retreat, designed to restore both body and mind. Through holistic practices, rejuvenating treatments, and moments of pure tranquility, immerse yourself in a transformative experience that fosters deep well-being.

THE PROGRAM

ARRIVAL & WELCOME

Personalized reception and welcome drink with the therapist who will accompany you throughout the retreat.

Yoga Session 6 PM

A 60-minute practice to release tension and restore inner peace.

Dinner 8 PM

A nourishing meal at the Sem Porta restaurant, with non-alcoholic beverages included.





DAY 1

Pilates Reformer Session 8 AM

A 60-minute class focusing on strength and postural alignment.

Breakfast 10 AM

A nutritious and balanced meal to start the day with vitality.

Wellness Activities & Free Time

Stroll through the resort, take a bike ride, or enjoy a seaside walk to connect with nature.

Light Lunch 1 PM

A selection of healthy, revitalizing options at the Sem Porta Bar.

Spa Access 3 PM

A serene moment to unwind before your treatment.

Body Treatment 4 PM

An 80-minute session for deep relaxation and renewal.

Dinner 7:30 PM

A delightful meal at the Sem Porta restaurant, with non-alcoholic beverages included.



Sublime the thoughts that show you may lose track of time

DAY 2

Yoga & Meditation Session 7 AM

A special 90-minute class to cultivate balance and serenity.

Body Treatment 9 AM

A 50-minute ritual to awaken the body and invigorate the senses.

Breakfast 10:30 AM

A moment of nourishment and pleasure before departure.

Check-out 12 PM

Depart feeling refreshed, with a renewed sense of harmony and inner energy.

Enhance Your Experience

For an even more indulgent retreat, enjoy the in-room immersion bath, complete with revitalizing salts, for a truly restorative moment of relaxation.







This retreat is an invitation
to reconnect with yourself and unveil your
most Sublime essence.

Price from 1200€ | 2 nights of accommodation in a standard room.
Subject to availability.

reservations@sublimecomporta.pt

Pre-payment required at the time of booking,
with a cancellation policy according to the applicable season.

