# Awaken Your Senses

A TRANSFORMATIVE 2-NIGHT RETREAT



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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

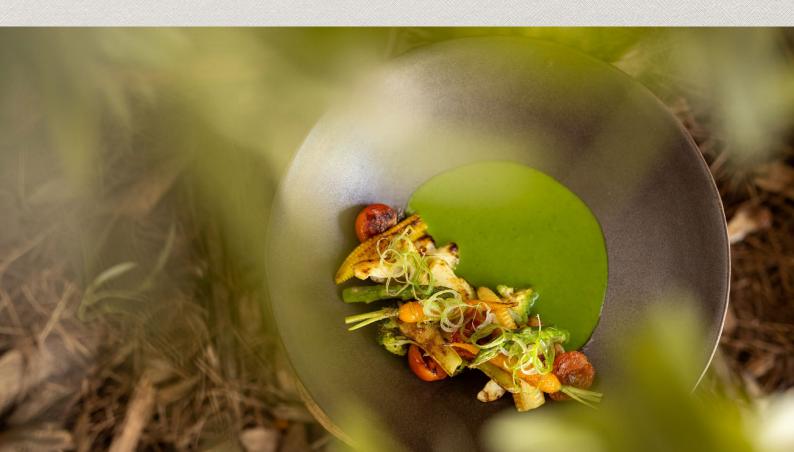
Personalized reception and welcome drink with the therapist who will accompany you throughout the retreat.

#### 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

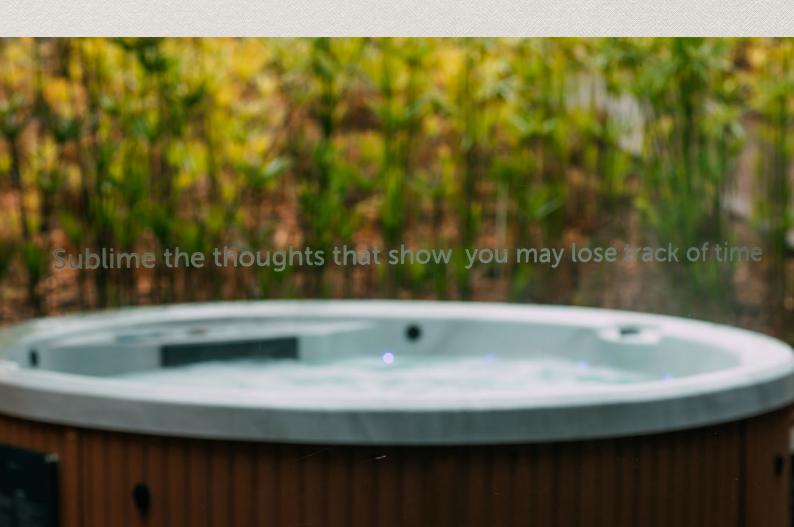
A serene moment to unwind before your treatment.

#### **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.



# 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

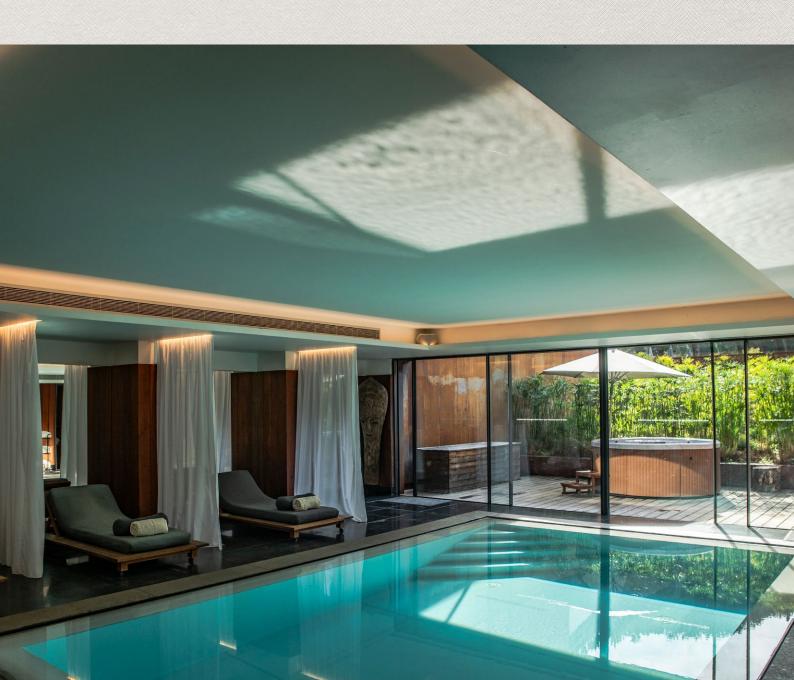
A moment of nourishment and pleasure before departure.

#### 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.





Sublime

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.

- Pack available for gift voucher -

