



> WEEKEND OF NOVEMBER 01-03

PRECISION & FLOW YOGA RETREAT

WITH MANEL RODRIGUES

A yoga retreat is one of the best ways to restore energy and bring more vitality and power into our lives. On this weekend expect an exquisite experience with yoga of excellency.

The Yoga practice is an excellent tool that we can use always and in different contexts, and Manel Rodrigues will offer a wide variety and of resources to do so. In sum, a great way to connect deeper with yourself, and use yoga to increase the strength in your body, mind and system as a whole. The offer includes 2 nights with breakfast, lunch and dinner with healthy options, our signature Sublime massage and free access to the Sublime Spa facilities and gym.

OFFER

> FRIDAY, NOVEMBER 1st

19H - 20:30H | DECOMPRESSION AND FLOW

Welcome your weekend with a juicy and deep practice to decompress and reconnect to yourself. Balance your energetic, physical and spiritual body thru a fluid practice and deep breath.

> SATURDAY, NOVEMBER 2nd

8H – 9:30H | MORNING FIRE

This morning class will build some internal fire that can be great to detox both body and mind. This practice will also give mental and physical focus and energize the entire system.

17:30H - 19:30H | RESTORE AND RESET

In the afternoon we will move slowly and go deep in a more supported yoga practice as well as meditation and Pranayama (breath exercises)

> SUNDAY, NOVEMBER 3rd

8H - 9:30H | OPEN BODY, POSITIVE MIND

This morning we will focus on opening the front of the body and strengthening the back body, creating stability and openness. It will be a great way to finish the weekend and create a good memory in our system.

11H - 12H | STORYTELLING AND MEDITATION

We will say goodbye with some myths and stories and a meditation journey.

CONDITIONS

The Precision and Flow Yoga retreat has a cost of 750€ per person and includes:

- > 2 nights with breakfast
- > 2 dinners
- > Yoga Classes like program above
- > Sublime Massage and free access to SPA facilities and gym > Wine glass
- > Free use of bicycles
- > 2 lunches

Note: If you wish to bring a companion * not enrolled in the retreat, consider the value of € 770 for double occupancy.

* Accompanying person will only be entitled to bed and breakfast on Saturday and Sunday.

Reservations must be made until October 18th

For more information, please contact events@sublimecomporta.pt

ABOUT MANEL RODRIGUES

Manel Rodrigues is an international Yoga teacher. He's studied with renowned professors such as Michael Fukumura, Sianna Sherman, John Friend, Jason Nemer who qualified and certified Manel as AcroYoga Professor in 2007. He is founder of the "Manu Yoga School" school where he teaches a technique devised by him which he calls Precision & Flow Yoga. Manel Rodrigues also holds a graduation in Jiu Jitsu certified by Sérgio Vita from Portugal's Jiu Jitsu team.