

Stress Detox at Sublime Comporta 17 February – 21 February

Conceição Espada (Sha Wellness)
with collaboration of Teresa Alves Barata

Join us for a unique Stress Detox Retreat at that which was considered by the New York Times one of the "52 places to visit in 2017".

4 days of profound relaxation and Stress Detox led by Conceição Espada, renowned stress management expert, with the support of health coach Teresa Alves Barata.

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Conceição Espada

For the last 25 years, Conceição Espada has practiced Chi Kung and Meditation. She learned Transcendental Deep Sound Meditation with Deepak Chopra, and has practiced over 15 years of Buddhist meditation with H. H. Dalai Lama and Tibetan Rinpoche, having spent periods in Tibet.

Conceição has also studied and practiced Energy Healing for 5 years at the Martin Broffman foundation. She has been working on and researching the development of stress since 2004 as well as applying a holistic model of intervention that contemplates the awakening of consciousness, by harmonizing and healing physical, emotional and mental symptoms, to reach spiritual harmony.

Conceição is a regular Visiting Master at Sha Wellness Clinic in El Albir Beach in Alicante.

She has two published books - 'Stress Management Manual for Companies'; and 'Managing Stress in Times of Crisis'. And was also one of the selected mentees in the program Connect to Success 2015 - Powered by US Embassy Lisbon, in Portugal.



Teresa Alves Barata

Teresa Alves Barata was the first Portuguese Health Coach, certified by the Institute for Integrative Nutrition in New York. Teresa holds a degree in Nutrition and Dietetics by the Professional Institute for Health Studies and Meditation and Integral Yoga. She is the founder of Liquid, a pioneer company in Portugal in natural food and preparation of vegetable and fruit Juices & Smoothies as well as Detox programmes. In addition, Teresa conducts individual or group Health Coach programmes, which consist in the development of a personalized nutrition and life style plan, in order to establish sustainable and definite changes in individuals lives, helping them to find balance and well-being. Teresa has published two books: «Tratar de Mim» (Take Care of Myself) in June 2015 and «Em Estado Puro» (In Pure Shape) in February 2017.

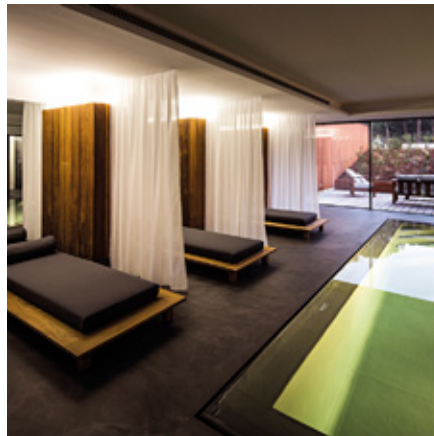
«I am passionate about nutrition and of the impact the way we eat and live has in our well-being and in our happiness. I believe that, finding our way, we can all change in order to be «the best of ourselves». In my case, my path is to show all this to who is around me, helping to implement in their lives the necessary changes for a life full of happiness and balance».

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This program includes:

- Stress Management workshop.
- Recorded Guided Meditation.
- Chi Kung.
- Meditation.
- Acqua Detox Stress.
- Creativity Workshop.
- Healthy Cooking Workshop.
- Relaxation Exercises.
- Relaxation Massages.
- Horseback Riding on the sand dunes and rice fields of Comporta (optional).
- Activities include – walks in nature, biking, spa (sauna / steam bath).

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Day 1

14:00 - Check-In
17:00 - Welcome Tea and introduction to program
19:00 - Guided visit to hotel
20:00 - Dinner
21:30 - Relaxation Exercise

Day 2

08:00/08:50 - Chi Kung / Meditation
09:00 - Breakfast
10:30/12:30 - Detox Stress Workshop
13:00/14:00 - Lunch
14:00/15:30 - Free Time
15:30/16:30 - Meditation Walk in Nature
17:00 - From the Earth to Tea
17:30/19:30 - Workshop - "Detox... for a Healthier Life"
20:00 - Dinner
21:30 - Relaxation Exercise

Day 3

08:00/08:50 - Chi Kung / Meditation
09:00 - Breakfast
10:30/12:30 - Horseback Riding on the Beach (optional)
13:00/14:00 - Lunch
14:30/16:30 - Free Time
15:00/16:30 - Creativity Workshop
17:00 - Tea Ritual
17:30/19:30 - Massage /Spa
20:00 - Dinner
21:30 - Relaxation Exercise

Day 4

08:00/08:50 - Chi Kung / Meditation
09:00 - Breakfast
10:30/11:30 - Acqua Detox Stress (indoor pool)
12:00/12:30 - Wrap up
Check-Out
13:00/14:00 - Optional Lunch

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Price per person (Single Room)

3 days - €1562

More Details

This 4-day anti stress retreat, designed for a maximum group of 15 people.

When your reservation is made, a small questionnaire is sent (to be informed about physical symptoms such as blood pressure issues, heart or respiratory problems, food intolerances, etc.) that has to be returned before check-in.

Detox Stress Workshop

What is stress; symptoms; causes; how to manage it daily and also in its extremes.

Therapies and physical treatments

Chi Kung; Meditation; Relaxation massages; steam room; pool.

Nutrition

Diet suitable for the release of toxins: no meat, no alcohol, no fried or excessive fats, and no excess sugar; Accompanied and elaborated by renowned nutritionist Teresa Alves Barata.

Relaxation

Recorded relaxation exercises specific for insomnia are provided in order to ensure a sound sleep.

Art therapy

Painting of mandalas; free painting; creative writing; moulding.

Outdoor Activities

Walking Meditation; From the Vegetable Garden to the Tea; Thinking Eco; Sensory Meditation; Horseback riding on the beach; Bicycle; Canoeing.

Places Limited. **Book now to ensure yours.** info@sublimecomporta.pt