



16-19 MARCH 2023

MINDFUL MOVEMENT RETREAT BY PEDRO STÜRKEN

Take this opportunity to slow down, calm the mind, challenge the body and reconnect to yourself and nature in the surroundings of Comporta. Learn how to improve daily aspects of movement and wellness in your life. You will improve your muscle strength, cardiovascular endurance, joint mobility, posture and flexibility. You will be guided through the principles of Mindful Movement, Vinyasa/Power Yoga, Vedic Meditation, Breathing Techniques and Cold Water exposure.

Healing Massage: immerse your Body & Spirit in our Sublime Spa, inhale the fresh and purifying eucalyptus Ritual with a 50 minutes Massage.

Included / Activities:

- > 3 Night retreat package: Accommodation at Sublime Comporta Hotel.
- > Healthy organic Breakfast, Lunch, Dinner.
- > 3 Morning Pranayama Meditation Practices.
- > 3 Morning Mindful Movement Practices.
- > 2 Workshops of Mobility & Hand balance / Inversions.
- > 1 Workshop of Vedic Meditation w/ Sam Wright.
- > Breathwork on Beach and Cold-Water Swimming (Optional).
- > 1 Massage Spa Treatments (Healing Massage).
- > Swimming Pool.
- > Workshop Raw Food.





About Pedro Stürken

Originally from Portugal, Pedro was first introduced to Yoga and Mindful Movement in 2017 as part of his martial arts training. In 2019, he got certified as Yoga Teacher, after completing a 200 Hours Yoga Teacher Training in the magical rice fields of Ubud, Bali, focusing on self-growth, and getting a deeper experience and inner connection through yoga practice. Since 2020, Pedro has been teaching yoga and mindful movement.

He continues expand his knowledge and experience in other areas, having attended a workshop on breathing techniques (The Wim Hof Method in Bali) and the Animal Flow workshop in Lisbon. He has taught online and in-person private and group classes, having accumulated more than 1000 teaching hours.

He is passionate about spreading his love for movement & the mind and helping others in their journeys by sharing his own.

Prices:

Single: 1428,5 euros

Double: 2182 euros

Double per person: 1091 euros

Not Included:

- > Flight & Transfer to Lisbon.
- > Transfer from & to the airport.
- > Optional Rental Car to move from the Hotel.
- > Additional Snacks & Other Alcoholic Drinks.
- > Check in time after 3pm.
- > Checkout before 12pm.

Payment Policy:

To confirm your reservation we request:

- > Payment the total amount at your reservation.

Cancellation Policy:

- > Free Cancellation Up to 30 days prior to arrival.
- > After this period, no modifications nor cancellations will be allowed.
- > In the case of no-show, 100% of the reservation will be charged.

This special offer is valid from 16th to 19th of March. Reserve now as stock is limited.

For more information and reservations, please contact:

reservations@sublimecomporta.pt or **+351 269 449 397**

