

DEEP REST RETREAT COMPORTA



A boutique yoga retreat to slow down, rest, and live more intentionally.

Yoga Retreat
Comporta, Portugal
21.-25. October 2026

DEEP REST RETREAT OCTOBER 2026

This retreat is for you if you feel that life rarely slows down. Five days in nature that belong entirely to you. A space where you don't have to do anything, but simply be.

Set in the quiet landscape of Comporta, this retreat invites your body and mind to naturally slow down. Held at Independente Comporta, a place designed for slow living, supports rest, ease, and presence.

At the heart of the retreat is Yoga Nidra, a powerful practice of conscious rest that allows the nervous system to reset and the body to restore its energy. Known as "yogic sleep", Yoga Nidra goes beyond relaxation—it invites you to reconnect with your inner essence, unlocking profound rest, healing, and self-awareness. Strong yet grounding yoga flows, meditation, workshops on longevity and quiet moments of reflection support the process.

You will leave feeling deeply rested, inspired and re-energised.



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EARLY BIRD PRICE

(first 6 bookings until June 30, 2026)

PRICE SINGLE ROOM (WITHOUT DINNER)

- Early Bird: €1,178
- Regular Price: €1,278

PRICE DOUBLE ROOM (PRICE FOR 2 PEOPLE WITHOUT DINNER)

- Early Bird: €1,608 total → €804 per person
- Regular Price: €1,808 total → €904 per person

OPTIONAL DINNER PACKAGE (WITHOUT DRINKS)

- Vegetarian menu: €160 per person
- Non-vegetarian menu: €200 per person



INCLUDED

- 4 nights at Independente Comporta
- Healthy & organic breakfast
- Access to AURA Spa
- Full retreat program
- Optional dinner package

NOT INCLUDED

- Flights to Lisbon
- Transfers from/to the airport
- Additional snacks & drinks
- Spa treatments at AURA Spa

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ABOUT SARAH THERESA

Sarah Theresa is a yoga teacher, holistic practitioner and medical massage therapist who has been guiding individuals across Europe since 2017. Her teaching blends traditional yoga with modern approaches such as mindfulness, mindful assists and self-leadership. With training in Ashtanga Vinyasa, Hatha Yoga, Yoga Nidra and Yin Yoga, her style is both dynamic and grounding, creating a balance between physical challenge and space for introspection.

"Yoga means union – It's about embracing and integrating the parts of yourself that may feel harder to accept. The mat becomes a space to explore and connect with yourself more deeply. My classes bring together compassion and acceptance with focus and strength."

sarah-theresa.com



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RETREAT HIGHLIGHTS

YOGA NIDRA: Deep rest & nervous system reset.

INTENTION SETTING & JOURNALING: Reflect & embody.

LONGEVITY WORKSHOP: Natural beauty & anti-stress rituals.

MEDITATION, BREATHWORK & YIN: Calm the mind & release tension in the body.

HATHA VINYASA: Build strength, energy & focus.

PROGRAM OVERVIEW

*Please note: The schedule may be subject to change.

DAY 1: ARRIVAL & GROUNDING

- Evening: Welcome, Yin & Restore

DAY 2: INTENTIONAL LIVING

- Morning: Meditation & Breathwork, Hatha Vinyasa
- Evening: Workshop: Intentional Living & Anti-Stress
- After Dinner: Yoga Nidra Practice

DAY 3: AGING WITH GRACE

- Morning: Meditation & Hatha Vinyasa
- Evening: Facial Lymphatic Drainage & Guasha
- After Dinner: Yoga Nidra Practice



DAY 4: DEDICATED SILENT DAY

- Morning: Meditation & Journaling, Hatha Vinyasa
- Evening: Yoga Nidra Practice, Sharing Circle, Ritual at the Fire Place (Breaking Silence)

DAY 5: INTEGRATION & CLOSING

- Morning: Meditation, Breathwork, Journaling & Sharing Circle

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BOOKING

*minimum 6 participants

Limited spots available max. 14 participants.

To book your spot, please contact the hotel directly via email:

frontoffice_ico@independente.eu

The hotel team will guide you through the booking process.



Hotel website:

www.independente.eu/comporta

Terms & Conditions follow the hotel's booking policy.

For any questions, please reach out at: info@sarah-theresa.com

