



Hiyo Yoga Retreat @ AlmaLusa Comporta

with Heidi Hoelzer | 8th to 13th October 2024

Meet Heidi Hoelzer!



After 15 dynamic years in New York City's fashion industry, she made a bold move to Germany, embracing change and leaving behind her beloved city, friends, and family. Soon after, she took an even bigger leap—leaving her career to explore Africa alone, where she found the clarity to rethink her life's purpose.

In 2017, she embarked on a transformative journey, completing yoga teacher training in India, marking the start of a new chapter. She began teaching yoga in Munich and expanded her expertise with certifications in Barre Fusion, Hormone Yoga, and Pilates.

Her classes are a unique blend of challenge and gentleness, designed to create a sanctuary for personal time. With creative sequences and curated music, she helps participants find balance and leave feeling lighter, more focused, and gently energized.

She coined the term “HIYO” to describe the uplifting, life-affirming high that comes after a great yoga session - a feeling she aims to inspire in every class.

Check Heidi's social networks - [Instagram](#) | [Website](#)

AlmaLusa Comporta

Rua Pedro Nunes, n.º 3 7580-652 Comporta
(+351) 265 098 600 | info.cp@almalusahotels.com
www.almalusahotels.com

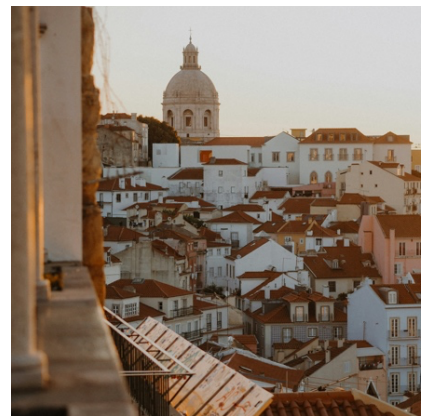
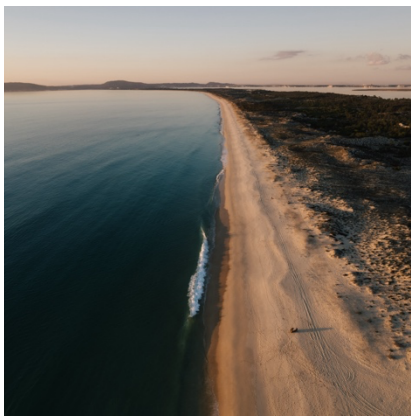


A blissful retreat for body and mind



Join Heidi for a transformative retreat in the stunning Comporta, Portugal, where relaxation and adventure come together seamlessly.

Enjoy **daily yoga sessions** in a tranquil setting, and embark on **invigorating hikes** through the region's breathtaking landscapes. Savor **gourmet Portuguese cuisine** crafted from fresh, local ingredients, and indulge in luxurious **spa treatments** designed to rejuvenate you. To top off your experience, **explore the vibrant city of Lisbon**, immersing yourself in its rich history and culture.



This retreat offers a perfect blend of wellness, culinary delights, and cultural exploration, making it an unforgettable escape. **Limited spots available**, secure your place now to ensure you don't miss out!

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Retreat Includes

Daily Yoga Classes (all level)

5 nights' Accommodation at AlmaLusa Comporta

Daily Breakfast & Dinner

Day trip with transport to Lisbon

50€ voucher towards Spa Treatment (of min. 100€)

Cooking Class

Group bike ride



Prices

- Single Superior Room | 1,430€
- Single Superior Suite | 1,530€

Prices for shared rooms available upon request.

These room rates have **buffet breakfast and one dinner included, Wi-Fi, Water & Coffee** in the room once a day. AlmaLusa Comporta is a **non-smoking property**, and all rooms are non-smoking.

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Full Programme

08.10.2024 (Tuesday)

3pm - Check-in and settle into your accommodations. Take your time to relax and refresh.

4pm - Enjoy complementary welcome drinks at the bar.

5pm - 6.30pm - Join us for a group introduction followed by a rejuvenating yoga class.

7.30pm - Delight in a group dinner at either the Library Bar or The RoofTop Bar. You can view our menus [here](#).

09.10.2024 (Wednesday)

8am - 9.30am - Start your day with a calming yoga session.

10am - 11am - Enjoy a delicious breakfast at Duna Room. You can view the menu [here](#).

12pm - 4.30pm - Explore the local area with a group bike ride. We offer a special [itineraries](#) are available for your adventure.

5pm - 6.30pm - Join us for another invigorating yoga class.

7.30pm - Participate in a **Cooking Class**. Learn from our Chef! Following the workshop, enjoy a **group dinner** at either the Library Bar or The RoofTop Bar, including soft beverages.

10.10.2024 (Thursday)

8am - 9.30am - Begin your day with a yoga session.

10am - 11am - Savor a hearty breakfast at Duna Room. You can view the menu [here](#).

12pm - 4.30pm - Embark on a group hike. We offer several recommended itineraries, and while we don't currently have local guides, we will try our best to arrange one if needed.

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Alternative - Experience horseback riding in the mountains or on the beach with a picnic. The complete package (including starter, main course, dessert, fruit, water, juice, and wine) is 100€ per person, or you can choose just the horseback riding for 60€ per person.

5pm - 6.30pm - Unwind with a relaxing yoga session.

7.30pm - Dine out at one of our recommended restaurants:

- Fine Dining: Cavalariça, Mesa, Comporta Café, JNCQUOI, SAL
- Traditional: Dona Bia, A Escola, A Talha, O Fadista
- Pizzeria: Tosca

Feel free to use our **app “AlmaLusa Hotels”**, available on the [App Store](#) and [Google Play](#) to learn more about each restaurant. If you need any assistance with bookings or pricing, please contact our Reception team (reservas.cp@almalusahotels.com) or (+351) 265 098 600).

11.10.2024 (Friday)

8am - 9.30am - Start with a morning yoga session.

10am - 11am - Enjoy a delightful breakfast at Duna Room. You can view the menu [here](#).

12pm - 7pm - Take a group trip into Lisbon. We can coordinate a tour for you. Explore available [walking tours](#) and prices here.

7.30pm - Dine out at one of our recommended restaurants in Lisbon!

Feel free to use our **app “AlmaLusa Hotels”**, available on the [App Store](#) and [Google Play](#), to discover **our restaurant recommendations in Lisbon**. If you need any assistance with bookings or pricing, please contact our Reception team (reservas.cp@almalusahotels.com) or (+351) 265 098 600).

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12.10.2024 (Saturday)

8am - 9.30am - Begin your day with yoga.

10am - 11am - Enjoy a nutritious breakfast.

12pm - 7pm - Engage in a group paddle boarding session:

- Group Sessions (max 8 people): 40€
- Stand Up Paddle + Yoga Classes: 30€ for group sessions

7.30pm - Dine out at one of our recommended restaurants:

- Fine Dining: Cavalariça, Mesa, Comporta Café, JNCQUOI, SAL
- Traditional: Dona Bia, A Escola, A Talha, O Fadista
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13.10.2024 (Sunday)

8am - 9.30am - Conclude your stay with a final yoga session.

10am - 11am - Enjoy your last breakfast with us. You can view the menu [here](#).

11am - Check-out and depart.

Transfers | To ensure a peaceful stay, we recommend booking transfers in advance, especially if you are traveling without a car. Availability is limited, and transfers incur an additional cost. Please note that the prices below are subject to confirmation and may change.

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Up to 4 people and up to 3 bags

- From Lisbon Airport to Comporta: 280€
- From Comporta to Lisbon Airport: 245€

Up to 7 people and up to 6 bags

- From Lisbon Airport to Comporta: 505€
- From Comporta to Lisbon Airport: 475€

Up to 12 people we must ask for a quote.

Terms and Conditions

Availability | Rates are subject to availability. The hotel will confirm availability based on reservation requests sent to reservas.cp@almalusahotels.com.

Reservations, changes and/or cancellations will not be accepted by telephone, but only in writing to reservas.cp@almalusahotels.com.

Payment Policy

- 50% must be paid up to 1 month before the retreat.
- 50% must be paid one week before the retreat.

Cancellations | Late cancellation less than 1 month or no-show, penalty of 100% of the booking price. Cancellations must be requested by email and will only be confirmed in writing by the hotel.

For more information, please contact

heidihoeelzer@yahoo.com or at +491 525 457 4715

For bookings, please contact us

+351 265 098 600 or reservas.cp@almalusahotels.com

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