



New year, New me @ AlmaLusa Comporta

with Bárbara Taborda | 28th of December to the 1st of January

Retreat “New year, new me”

This exclusive 4-night programme, led by the esteemed Portuguese wellness coach Bárbara Taborda, offers a transformative journey in the stunning Comporta.

UA new year is about to begin, bringing the perfect opportunity to become a healthier and happier version of yourself!

This is the ideal time to detoxify the body and soul, work on our best selves, and learn to cultivate health, good relationships, and abundance in all areas of life.

In our New Year retreat in beautiful Comporta, we will delve into the true concept of "slow aging" and learn how to apply it in our daily lives to live with more energy and harmony. We will free ourselves from patterns and burdens that no longer serve us, embracing the changes of the new year with lightness and confidence.

Over five days, you will have the opportunity to reconnect with your body, mind, and spirit while immersing yourself in the natural and serene environment of Comporta. This programme is designed to revitalise and enhance your quality of life by balancing sleep, improving concentration, and boosting energy levels. Welcome the new year with a renewed version of yourself.

Note: Yoga and meditation practices are accessible to all.

Limited to just 15 places!





Meet Bárbara Taborda

Bárbara Taborda is a prominent wellness and happiness expert, known as a #wellfluencer. With a background in marketing and communications, she has become one of the leading consultants in health and lifestyle. For nearly a decade, she hosted the television programme “A Be My Guest”.

Nine years ago, Bárbara shifted her focus to health by founding Bslow - Slow Aging, Slow Living, Slow Down. This platform offers mentoring, workshops, retreats, and consultancy, and she also runs the digital magazine [**bslow**](#).

She developed the Slow Aging method, which promotes healthy routines to enhance productivity, health, and happiness, focusing on the body, mind, and soul.

Bárbara is also the author of the books “Slow Aging” and “Saúde na Ponta do Garfo”, and hosts the podcast “Slow Talks”.

She serves as the Portuguese Wellness Leader for the global event, World Wellness Weekend.

Additionally, she is a certified yoga instructor and wellness coach, dedicated to helping people achieve a balanced, healthy, and fulfilling life.

Check out Bárbara's [**Instagram**](#)

28.12.2024

4pm

Check-in

Arrive, settle in and relax!

5pm

Opening ceremony

Start your programme in style with an intimate circle to begin slowing down the pace

7.30pm

Welcoming dinner

planned by Bárbara





29.12.2024

9.30am

Refreshing infusion

Revitalizing yoga and meditation session

11am

Nourishing Brunch conceived by Bárbara

2pm

**Meditative bike ride Bike ride to Cais
Palafítico da Carrasqueira**

4pm

Light snack and leisure time

6pm

Calming meditation sound therapy

7.30pm

Dinner conceived by Bárbara



30.12.2024

9.30am

Invigorating infusion

Restorative yoga and meditation session

11am

Healthy brunch

2pm

Mindful beach walk

4pm

Tasty snack between activities

6pm

Transformative multidimensional therapy

7.30pm

Dinner followed by a

powerful meditation (open to the public)

31.12.2024

9.30am

**Energizing infusion Rejuvenating yoga
and meditation session**

11am

Nourishing Brunch

1.30pm

**Inspiring “New year, New me” workshop
Appetizing snacks**

3.00pm

Nourishing Lunch

4pm

Horse riding on the beach
by Cavalos na Areia

Get ready for the New Year's Eve party!



31.12.2024

7.30pm

Festive cocktails

**Special New Year's Eve
celebration with dinner**

Magic Circle of Fire Ritual

A powerful ceremony to release
the Past at The Rooftop Bar

If you would like to see our
vegetarian menu option,
please contact us at
info.cp@almalusahotels.com



New Year's Eve

December 31 at the Library Bar at 7.30 pm

welcome cocktail

Natural oysters
Mini tuna tartar cones
Oxtail croquettes
Baba ganoush blinis

★★★★★

Foie gras, green apple brioche and ginga liqueur

Santola bisque, fresh seaweed and kaffir lime

Braised coastal grouper, onion purée, confit
potato, beurre blanc and caviar

Entrecôte, truffle, celery, boletus and muscatel jus

White chocolate, gold chips, pistachio and lychee

★★★★★

after midnight

Selection of Alentejo cheeses
and sausages

Basket of Alentejo bread

Mini steak steaks

Traditional sweets

Wine pairing, waters, soft drinks, coffees and
champagne at midnight included

Open bar (from midnight to 2am) with a
selection of AlmaLusa drinks



01.01.2025

9.30am

Refreshing infusion

First yoga and meditation session of the year

11am

Relaxing picnic by the beach

Reflective new year's ritual walk

2pm

Closing ceremony

Check-Out

AlmaLusa Comporta

Rua Pedro Nunes, n.º 3, 7580-652 Comporta, Portugal

Reservations

You can book directly with us at reservas.cp@almalusahotels.com

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