

# Private Yoga Retreat in Melides, Portugal

with teacher Annika Isterling  
for  
**THE NICHE TRAVELLER**

Melides/ Comporta, Portugal | Sept. 28th to Oct. 4th 2019



## THE LOCATION

Comporta is the word on everyone's lips. But those ahead of the curve have found their summer refuge further south. Awaiting you there are the same untouched and pristine beaches as in Comporta. This magical place is called Melides. Just a 15 minute drive from Comporta, Melides is a small and serene community with a large lagoon, stunning red cliffs nearby and a picturesque village with a daily farmers market.



# THE HOUSE

Les Terrasses de Comporta is the perfect vacation home to enjoy peace, seclusion, and the natural wonders of the Alentejo coast. Designed by renowned Portuguese architect Aires Mateus, this outstanding property in the hills of Melides meets the highest architectural standards. The house is embedded in a 7 hectares park with a uniquely landscaped garden.



## POOL AND GARDEN AREA

The ideal location of the property on the edge of a little row of hills offers an outstanding view over pine trees, the lagoon and beyond to the ocean. There is a huge garden of Mediterranean flora with olive, orange, lemon and oak trees with several patios and pergolas to relax and an 18 metres swimming pool with a sundeck. Watching the sunset here is sensational. There is not a single neighbouring house to disturb the view or the tranquillity of the property.

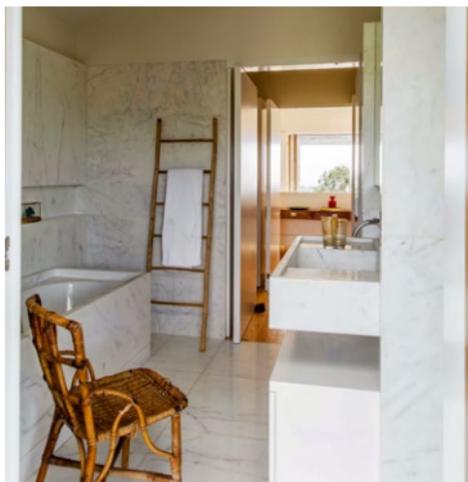


## THE ROOMS

There are three luxury cabanas with double bedrooms and en-suite bathrooms.

The bathrooms are fully furnished with shower, loo and two washing basins. Each cabana measures 35 square meters, two of the cabanas contain queen beds and one contains two single beds. All cabanas are both heated and air-conditioned and are separated by the garden.

The main house with kitchen and living room is approximately 15 metres from the nearest cabana and is also built entirely of benched concrete, with a light wooden floor of Nordic pine. There are towels and bedding. Daily cleaning is included.



## PRIVATE DINING SERVICE

We organised a private dining service by the much talented and experienced catering duo Two Pack Kitchen from Melides. António, the Chef and his better half Marta, will serve our healthy breakfast with all the yummy delicacies you can imagine (fresh smoothies, overnight oats, seasonal fruits, eggs...). They will prepare some afternoon snacks for us

(to leave in the fridge) and return in the evening for a seated dinner service, where they will create exciting menus with local ingredients, fresh fish and seafood.

To start the day right we will serve you tea or coffee and a selection of nuts before we start our morning class. The brunch will take place after the first Yoga session.



## THE TEACHER

“For me, yoga is not about mastering the most fancy poses, but rather practicing the easiest movements with full attention. My hashtag #itsallaboutconnection demonstrates my dedication to connecting people more deeply with themselves, their bodies, their heart as well as with people in their surroundings. By using a language that is easy to follow, I try to make spirituality easy to use and to incorporate it

in everyday life in a modern way.”

Annika Isterling has been teaching yoga classes, worldwide yoga retreats, workshops and teacher trainings for 15 years. Her yoga tutorials are available at the online platform YogaEasy. She is the author of “Ankommen: Deine Yogapraxis für Zuhause” and “Wohlfühlen: Yoga-Retreats für zu Hause”. Annika lives in Hamburg and has two kids.



## A PLACE TO CALM DOWN

We all need this time away from our daily business and routines to rejuvenate and find new strength.

But even more important than travelling and going away to a beautiful location is to find mentally and emotionally a place to calm down inside. In this yoga retreat you will go through exercises to ground yourself, calm and relax the body, soul and mind.

You will get a chance to connect deeply with yourself, while day by day creating new strength and inner peace. Our evening classes will focus on recharging and calming body and mind, while morning sessions will be dynamic and powerful to boost your energy, supplying you with the perfect balance.



## THE SCHEDULE

- ✿ Saturday 28th  
Day of arrival with Welcome Dinner around 7pm at the retreat location Les Terrasses de Comporta
- ✿ Sunday 29th to Thursday 3rd  
Daily Yoga Classes 8.30 to 10am and 5 to 6.30pm
- ✿ Daily brunch at 10.15am and dinner around 7pm.  
To start the day we serve coffee or tea to your cabana around 7.45am.  
There will be afternoon snacks in the fridge.

Please see add-ons for all optional activities.



## ADD-ONS

There are several activities, that can be organized and booked additionally

- ✿ Surf and Stand Up Paddling lessons
- ✿ Horseback riding
- ✿ Picnic on the beach
- ✿ Dolphin watching
- ✿ Wine tasting
- ✿ Massages and osteopathy
- ✿ Guided biking tours

Upon request we also organize another stay in Lisbon before or after the retreat



# THE PACKAGE

YOGA RETREAT  
WITH ANNIKA ISTERLING  
FOR  
THE NICHE TRAVELLER  
SEPT. 28TH TO OCT. 4TH

- ✿ 6 nights in a private cabana (double room) with en-suite bathrooms at Les Terrasses de Comporta, Melides
- ✿ Rich breakfast, afternoon snacks, dinner with chef at home – of course also vegan or vegetarian on request
- ✿ Water and all non-alcoholic drinks
- ✿ Two yoga sessions (90 minutes each) a day from Sunday to Thursday
- ✿ Saturday, 28th: Day of arrival  
Friday, 4th: Day of departure (you can stay at the property as long as you wish)

Price in a double room per person: 1670 Euro

Please note:

- ✿ This exclusive retreat with a maximum of 6 participants will be taught in English
- ✿ Airport transfers can be arranged but we highly recommend taking a rental car

We are pleased to give you further information personally, please send us an email to [hello@niche-traveller.com](mailto:hello@niche-traveller.com) or call us 0049 173 2086762

# TERMS & CONDITIONS

YOGA RETREAT  
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Your booking is binding. A 50% deposit is required at the time of booking. The remaining 50% can be paid immediately but must be paid no later than 60 days before the start of the event.

The price includes yoga classes, accommodation and meals.

The booking price does not include airfare or other transportation costs. For cancellations made at least 60 days prior to the event, 100% of the payment will be refunded, less a handling fee of 100€. There is no refund of your payment in case of cancellation less than 60 days before the event, unless somebody else can take your spot.

The Niche Traveller is not responsible for any damage caused by you on the premises of the event.

You accept all risks and agree that The Niche Traveller cannot be held responsible for any injuries, illness, delay (flight, etc.), loss or damage to property and health.

The Niche Traveller does not cover transportation costs or other costs that may arise outside of the program, which is described in "the Package".