

Portugal Retreat

Yoga, Meditation and Exploration

November 1-6, 2023

Program Details:

Join Allison Sobel in Algarve! This is one of the few areas in Europe to enjoy 300 days of sunshine per year! Olhão in the Sandalgarve is best known for its unusual architecture. Even today, the city lives mainly from fishing. You will be charmed by its cobbled streets, colorful tiles, the (unexpectedly) vibrant art scene and family-run restaurants. Enjoy five days of yoga, meditation, exploration, delicious food, luxury accommodations and more!

Retreat offerings & inclusions:

- 5 days of luxury accommodations
- Daily practices
- Daily mindfulness/meditation class.
- 2 daily meals (large brunch and plated dinner) to nourish your body with delicious food curated by our own private Portuguese chef. *All meals are organic and customizable to all dietary needs (vegan, gluten free, etc.)
- Coffee, tea, water & healthy snacks at all times
- Fully-stocked luxurious rooms with the highest quality amenities, soaps and bathrobes, including claw-foot bathtubs, chandeliers, velvet chaise lounges, antique furniture, water bottles, and yoga mats.
- Full and exclusive access to this luxurious retreat center in the courtyard where you can listen to the fountain, soak in your clawfoot bathtub, or enjoy a world-class massage.
- Planned day-trip to the nearby remote islands (just a 30-minute boat ride)

Additional:

- Airfare
- Airport transfers - we're only 15 minutes from Faro airport, Taxis available - approx. \$30 each way.
- Additional excursions listed below
- Travel insurance (recommended)
- Massages including the LA-EVA Sensory Experience and Deep Release Massage experience on property with the option of adding a full body scrub, using LA-EVA's Roseum and a combination of Himalayan pink salt and flor de sal from Olhao. Prices start at \$100 1hr treatment (and 35€ if you would like to add the scrub).
- Life coaching sessions
- Alcohol
- Gratuities

Travel suggestions:

Getting to this retreat couldn't be easier. We are within a 15/20 minute drive from Faro International Airport (FAO), which is connected to most major European airports by flights averaging three hours. British Airways or TAP Air Portugal offer daily direct flights from London, Paris, Frankfurt, and Madrid to Faro. If traveling from the USA it may be nice to spend a few days before or after our retreat in a neighboring country. Once at the house, you will be in the heart of the old town where family-run local restaurants, the spectacular waterfront market and boats out to the islands are all within easy walking distance.

Rates and Accommodations:

*All pricing is per person (includes non-refundable deposit), inclusive of taxes:
Each room has an ensuite private bathroom, modern walk-in shower, heated flooring, organic bath products, 100% cotton luxury linens and bath towels, artwork by local artists*

Exceptional Rooms (large & luxurious) - Sold Out**Wonderful Rooms (stunning unique features) - \$2950 per person (all double occupancy) - One Room Left!**

- Music Suite

Special Rooms (beautiful & cozy) - Sold Out**Traveling solo?**

Perfect! We will match you with a compatible solo traveler with whom you are comfortable. Private accommodations may be available at additional cost.

Payments & cancellations:

\$750 non-refundable deposit required to secure your space along with this signed retreat waiver.

Full payment due 60 days (9/1/2023) prior to the retreat.

*Payment plans are available.

If you should need to cancel refunds will be issued prior to 8/1/2023.

Payment options:

Venmo Allison at @allison-sobel-1

Personal Check accepted. Payable to Allison Sobel, 245 Biddulph Rd. Wayne, PA 1908

Check in/Check out Times:

Check in: 4:00pm on November 1, 2023

Check out: 11:00am on November 6, 2023 (with the option to leave bags in the entrance hall while you continue your adventures out and about in Olhao, in the event of late flights).

Health:

Upon registering for this Portugal Retreat you ensure that you have no physical or medical conditions that would adversely affect your ability to stay at this retreat and to take part in the yoga program or other physical or cultural activities offered. Attending a retreat with Allison Sobel is at your own risk and as such we are not liable for any injuries incurred while on property.

Release and Waiver of Liability:

I, (print name _____, residing at (address) _____, hereby acknowledge and agree to the following:

I am participating in The Portugal Retreat by Allison Sobel (“host”), during which I will receive information and instruction concerning matters including yoga, health and general wellness and will participate in a number of activities, including the physical practice of yoga.

I am fully aware that yoga requires physical exertion and I will be responsible for recognizing my own physical limitations, which include but are not limited to, not engaging in any action that feels uncomfortable or painful in any way. I will practice yoga at a pace and effort level that feels safe and appropriate for my own physical condition. I understand that in addition to the physical nature of yoga, it may be mentally and/or emotionally strenuous, resulting in certain unforeseen injuries.

I have previously engaged in some form of yoga practice and understand the nature of activities and the risks involved in my participation. All activities prepared or promoted by the host will present varying degrees of risk that I take full responsibility to independently evaluate and assume. I will not participate in any activities I believe may cause me harm. I take full responsibility for all physical and mental injuries of any kind that I may suffer, including, without limitation, all muscle injuries, heart-related incidents, damage to physical or mental health, and death caused directly or indirectly by any information, instruction or activities conducted or promoted by host or any of their agents or representatives, whether or not resulting from the negligent actions or omissions of the foregoing parties. I fully agree to assume the risk of injury and further agree to release the host from any and all liability resulting from the actions of third parties.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in this Portugal Retreat. I understand that it is the host's policy that all individuals participating in a fitness retreat should consult a physician before participating. I represent and warrant, understanding that the hosts will act in reliance of such, that I am in good physical condition, am physically fit, and I have no medical conditions that would impair my ability, or endanger me in any way whatsoever, from participating in the Portugal Retreat and all other activities conducted by or promoted by the host, of which I will independently evaluate and assess on a continuing

basis.

I will not under any circumstances ingest, consume, or take into my body or on my person drugs or other illegal substances during the Portugal Retreat. It is understood that at points during the Portugal Retreat I may drink (an) alcoholic beverage(s) under my own discretion and will be fully responsible for my own actions. I take full responsibility for any loss, damage, or theft of any personal property brought to the Portugal Retreat, and acknowledge that under no circumstances, including any negligence, will the hosts, or any of their agents or representatives be responsible or liable for my personal property.

I agree to abide by the best practices suggested by the hosts while on the Portugal Retreat and specifically assume the risks inherent in yoga, bodywork, aesthetician services, and ingesting foods that I may not have been previously exposed to. My allergies, medical conditions, other physical conditions, and the like, if any, have been disclosed to the hosts and I assume the risks inherent in exposing myself to a new culture and destination.

I understand that the cost of the Portugal Retreat is non-refundable.

I acknowledge that I have had sufficient time and opportunity to thoroughly review the entirety of this Release and Waiver of Liability, understand its contents, and agree to the attestations I have made herein. I agree that this agreement will be governed by and interpreted in accordance with the laws of the State of Pennsylvania, United States of America. I agree that the invalidity or unenforceability of any provision of this Release and Waiver of Liability, or any portion thereof, shall not affect the validity or enforceability of the remainder of this agreement.

In view of the entirety of this Release and Waiver of Liability, I hereby agree that I, my assignees, heirs, successors, agents, guardians, and legal representatives will not make a claim against Allison Sobel, or their employees, agents, or representatives for any injuries, damages, or death, howsoever caused, that I may sustain in connection with my participation in the Portugal Retreat.

I further hereby forever release Allison Sobel, and their employees, agents, and representatives from all actions, demands, claims, and liability or any kind whatsoever that I, my assignees, heirs, successors, agents, guardians, and legal representatives now have or may hereafter have for any injury, damages, or death, howsoever caused, that I may sustain in connection with my participation in the Portugal Retreat.

The fulfillment of this agreement by either party is subjected to acts of God, war, government regulation, disaster, hurricane, flood, influential terrorist attacks, strikes, civil disorder, and curtailment of required transportation or other emergencies making it inadvisable, illegal or impossible to fulfill this agreement. It is provided that this agreement may be terminated for any one or more of such reasons by written notice from one party to the other, without liability.

By signing below, you declare that you have read and are in agreement of the policies of this trip.

Signed by: _____

Print name: _____

Date: _____

Room request: _____

Roommate's name(s): _____

Anything else we should know? Food restrictions, allergies, medications, etc? With proper notice vegan dishes can be prepared.