

ALL
HANDS
ON
DECK

COMPORTA PORTUGAL

RETREAT BOOKINGS NOW OPEN



Join us this May from the 24-28 for an unforgettable luxury retreat in Comporta, Portugal. Extraordinary accommodation, one-on-one therapy and so much more.

MAY 24-28 2024



What are wellness retreats?

Immerse yourself in an unparalleled journey of transformation with our holistic Wellness Retreats. These retreats now take place in new, serene locations carefully chosen to enhance your rejuvenation experience. Our all-inclusive retreats offer you a comprehensive experience from the moment you arrive. From chauffeur services to luxurious accommodations, from nourishing meals to tailored activities, every detail is meticulously arranged to ensure your comfort and growth.

The retreats encompass a wide spectrum of experiences, drawing inspiration from a collective wealth of expertise. Beyond relaxation and self-care, our retreats focus on life coaching, career reorientation, healing past traumas, relationship enhancement, and a myriad of transformative processes. Our seasoned facilitators guide you through therapeutic modalities, relaxation techniques, and introspective explorations, offering a holistic blend of approaches to personal development.

These retreats provide a nurturing environment that fosters self-discovery, emotional healing, and personal growth. As you traverse this immersive experience, you'll not only absorb insights from experts across domains but also gain tools to address challenges, manifest change, and cultivate a life of fulfillment.

ALL
HANDS
ON
DECK

Comporta

Exclusive six-suite villa at the heart of Comporta - Grândola - Melides triangle.

Just a 1.5-hour drive from Lisbon, 30 mins from the Atlantic beaches of Portugal's Alentejo and the cool coastline of Comporta is a landscape filled with heavy cork trees, caramel cows and a slower pace of life.



ALL
HANDS
ON
DECK

Luxury Accommodation



ALL
HANDS
ON
DECK

Programme/ Schedule



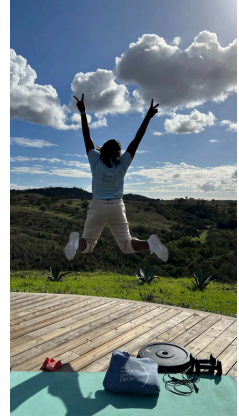
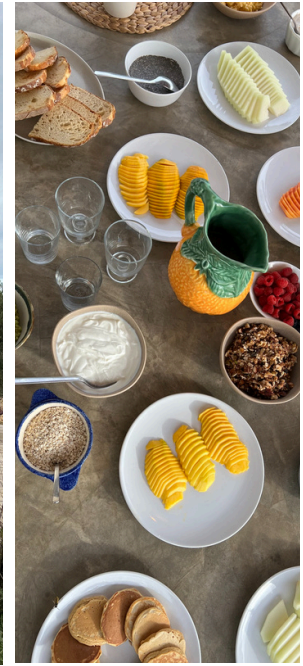
Airport Pick-up and
Welcome Dinner

1. One-to-one session with our two Holistic Therapy Experts
 - (3 x sessions of 60 minutes)
2. Massotherapy (3 x sessions of 90 minutes)
 - Energetic, physical and emotional massage
 - Bio-energetic vibrational quantum
3. Facials (1 x session of 60 minutes)
 - 1Hydrofacial session
 - 1Mesotherapy session
4. Yoga and meditation
 - Daily 45 minutes yoga sessions Daily Chakra balancing meditation
 - Sound healing
 - Kundalini awakening
 - Discovery and empowerment
 - Pranayama Healing
 - Yoga Breathing



Farewell Dinner and Airport
Drop-off Next Morning

ALL
HANDS
ON
DECK





Packages and Prices

The package includes:

Lisbon airport pick-up - Accommodation
Daily bespoke breakfast, lunch and dinner
Juices and herbal drinks
The complete Program
Full-time chauffeur
Pool access
Lisbon airport drop-off

Package price:

- Suite, King Size Bed
Single Occupancy 6'500 Euros
Double Occupancy 5'500 Euros per person

- Double Room
Single Occupancy 5'900 Euros
Double Occupancy 4'900 Euros per person

Booking deadline: April 29th, 2024

ALL
HANDS
ON
DECK

Meet the Team

Virginie
Maillard



Virginie, the radiant force behind All Hands on Deck, is on a mission to ignite transformation and touch the deepest corners of your soul. Hailing from Switzerland and a proud mother of three incredible grown children, she has fearlessly embraced a life of boundless adventure. From India to Kenya, the United Arab Emirates to Portugal, Virginie has immersed herself in diverse cultures, seeking profound experiences that enrich her own growth. With an infectious zest for life, Virginie extends an impassioned invitation to embark on this extraordinary journey of self-discovery. Through All Hands on Deck, she unveils a sacred sanctuary where souls unite, transformation blooms, and dreams take flight. Brace yourself for an odyssey worth pursuing, where you will unravel the tapestry of your being and unleash the limitless potential within.

www.ahodworld.com

Bettina
Decker



"One on one session" with Bettina, a Professional Certified Coach, bringing one back to their heart resonance. Adapting to your individual needs, she uses different approaches to guide you through your journey to manage and understand your emotions, clearing and breaking through repeated and unwanted patterns while turning wounds into wisdom.

www.findyourinnerstar.com

ALL
HANDS
ON
DECK

Meet the Team

Dida
Sidler



Meet Dida, a highly experienced French Therapist with over 20 years of expertise in human psychology. Her passion lies in bringing well-being and balance to individuals of all generations. With a remarkable level of intuition and experimentation, Dida excels in analyzing problems from multiple perspectives, leading to the discovery of sustainable solutions.

Dida's approach is delicate, founded on trust and confidentiality, while remaining pragmatic and respectful of each person's unique personality. Through a few sessions with Dida, you can expect to gain clarity in your life goals and be empowered to take meaningful actions, resulting in fulfilling and positive changes.

Tatyana
Salimova



"Our sessions will include BioEnergetic Vibrational Quantum bone and muscle techniques to help you look into yourself, wake up the Divine Energy and see your inner sun. I facilitate the removal of pain in the muscular system, improve cardiovascular circulation, respiratory health, hormonal systems, immune functions, and the central nervous system of the organism.

www.facebook.com/alviandorterapias/

ALL
HANDS
ON
DECK

More of Comporta





Inquiries

For any questions , bookings or extra information please use the following:

Website: www.ahodworld.com/book-online

Email: Loris@ahodworld.com

WhatsApp: +44 7956530475

Instagram: [@ahodworld](https://www.instagram.com/ahodworld)

Brought to
you by:

