

COMPORTA

**29 APRIL - 13 & 27 MAY - 3 JUNE 2026**

- THE SOFT RESET -  
Day Escape

*A day immersion to soften, release  
and return to yourself.*

Laury Correia x Senāra Spa

COMPORTA

29 APRIL  
13 & 27 MAY  
3 JUNE 2026

A one-day immersive retreat in Comporta designed to help you **slow down, soften** and **reconnect** with yourself.

Blending beachside yoga, **nourishing** moments by the ocean, guided rebirthing breathwork, and deeply **restorative** spa rituals, this experience offers you the space to fully **exhale, release** what you've been holding, to return to a more **grounded, open** and **aligned** state.

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**8AM.** BEACH GROUNDING YOGA & OPENING CIRCLE

**10:30AM.** BRUNCH PIC-NIC AT THE BEACH

***STAY AT THE BEACH OR MEET AT SENĀRA SPA FOR  
SAUNA, HAMMAM, JACUZZI & MASSAGE***

**4PM.** REBIRTHING BREATHWORK

**6:30PM.** CRYSTAL BOWL SOUND BATH & CLOSING CIRCLE

**8PM.** *DINNER AT MESA COMPORTA & GOODBYES  
(OPTIONAL)*

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## **What's Included**

- Beachside yoga session
- Nourishing brunch by the ocean
- Guided rebirthing breathwork journey
- Space to rest and integrate
- Access to the wellness facilities at Senara Spa
- 60-minute massage
- Thoughtfully curated and intimate group experience
- All equipment provided (yoga mats, props, etc.)

## **Investment**

€220 – without massage

€290 – with massage

**Spaces are limited to keep the experience intimate.  
For bookings and details, please get in touch.**

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