

Retreats

2018 | October, November, December

2019 | January, February, March, October, November, December

Minimum of 10 people [3 nights]



Companhia das Culturas is an Organic Ecotourism located in the southeastern extreme of the Algarve, overlooking the Castro Marim Nature Reserve: 1,5km from Praia Verde, 4km from the historical village of Castro Marim, and 6km from the Ria Formosa Nature Reserve.

There are 40 hectares of stone pine, cork and carob, apricot, olive, and orange trees. The urban center of the old Farm House [about 1500m²] was rehabilitated by the architect Pedro Ressano Garcia, and opened to the public in 2008 as an agritourism - a hotel unit anchored in the agricultural activity.

The CC has 9 rooms, 4 apartments, and two saltwater pools. Its restaurant – *Alma Brava* – serves exclusively local and seasonal products, from breakfast to dinner and appetizers, all tendentially organic. The *Cork Box* – a room completely lined with cork – floor, walls, and ceiling – is the ideal space for practicing Yoga. And finally, the *Hamam* – turkish bath – is the first one made from the ground up in contemporary Portugal.

This set of services, including the specially designed paths - inside and outside the property - mapped into GPS devices, reinforces, stimulates, and deepens the practice of Yoga. The emersion and mindfulness of the body continue those of the ecosystem. This is our brand.

TERMS AND CONDITIONS - GROUPS

2018 | October, November, December

2019 | January, February, March, October, November, December

Minimum 10 people | Minimum 5 rooms | Minimum 3 nights

Check-in from 4pm | Check-out until 11am [late check-out depending on availability]

ACCOMMODATION

[<http://companhiadasculturas.com/en/accomodation/>]

There are 9 rooms – 2 suites, 4 double rooms, 2 interior twin rooms, and 1 standard twin room – and 4 apartments. They are all different from each other, adapted from the old pre-existing farm structures where whitewashed walls, concrete floor, and cork prevail.

The interiors follow the same ethical and aesthetical principles of architectural reconstruction, combining objects and furniture from many historical periods and styles.

All the accommodations are equipped with a hairdryer, bathrobes, organic amenities, a minibar, and air-conditioning.

Rooms:

Run of the house – the guest may be placed in any room type chosen by the hotel. The guest may request to be placed in a different room than the one chosen by the hotel. In this case they may have to pay an additional cost depending on the room types and availability.

| | Shared double room | Individual single room |
|-----------------------------|--------------------|------------------------|
| Price per person (3 nights) | 300 € | 360 € |

The price of the accommodation includes:

Meals <http://www.companhiadasculturas.com/en/bistro/>

Breakfast – The breakfast schedule must be confirmed between the hotel and the group representative.

Fruit – Fruit available in the common areas.

Cake – Homemade cake served in the afternoon with tea and/or aromatized water.

2 Light lunches e 3 Dinners – Vegetarian meals consisting of *couvert*, starter, main course and dessert. Can be adapted to vegans and other diets or food allergies.

The menus change with the season and according to the principle of *km0*. These may be planned together with the hotel. The menu must be discussed and confirmed 2 weeks before the group's arrival.

Aromatized waters included. Any other beverages will be charged as an extra.

Cork Box <http://www.companhiadasculturas.com/en/corkbox/>

The Cork Box is available 3 hour per day for the group. The hotel must be informed in advance of the planned schedule of usage. The Cork Box has 20 yoga mats, 20 cork blocks, 20 bolsters and 20 yoga strips.

Yoga teacher services are not included.

Hiking <http://www.companhiadasculturas.com/en/ecosystem/>

GPS devices with paths designed by the CC.

EXTRAS

Additional nights

Each additional night beyond the 3 minimum has a price of 100€ per person in shared double rooms, and 120€ per person in individual single rooms. This price includes a light lunch and a dinner per night.

Exclusivity

The hotel may also be rented exclusively [minimum 3 days], and the meals may be provided by the group itself.

Contact the hotel for personalized conditions.

Hamam

[<http://www.companhiadasculturas.com/en/hamam/>]

All the treatments and the use of the *hamam* must be booked in advance and are subject to availability.

Access to the *hamam* (1 hour) – 10 € per person

Target massage (30 minutes) – 40 €

Full body massage (1 hour) – 70 €

RESERVATION AND CANCELLATION CONDITIONS

The reservation request is subject to availability. The group must be confirmed by their representative.

The credit card details must be provided to the hotel and may be used (with authorization from the card owner) to charge for the security deposit, the accommodation and services provided or planned, cancellation fees, or damages caused during the stay at the hotel.

Confirmation of the reservation:

To confirm a reservation, a security deposit of 50% of the total amount must be paid. The group will only be confirmed when the deposit is paid.

The amount of the deposit is calculated based on shared double rooms and is not refundable. Not paying for the deposit before the deadline established by the hotel may imply the cancellation of the reservation without prior notice.

The representative of the group must confirm the final total number of people and room occupations to the hotel 1 month before the group's arrival. Additional beds are charged as an extra.

Full payment of the reservation:

The payment of the total amount of the reservation must be made 3 months before the estimated arrival of the group and it is not refundable. Not paying for the total amount before the established deadline may imply the cancellation of the reservation and the loss of the security deposit without prior notice.

Alteration of the reservation:

Any changes to the dates of the reservation are subject to availability and may only occur up to 3 months before the scheduled date of arrival. If the group changes the dates within the established period, according to availability, the new dates cannot be changed again, under penalty of losing the security deposit. Alterations that imply cancelling the reservation are subject to cancellation policies.

Cancellations:

If the reservation is cancelled more than 3 months before the group's arrival, the 50% deposit will not be refunded.

If the reservation is cancelled less than 3 months in advance, the total amount paid is not refunded.

In case of a no-show, the total amount paid is not refunded.

This information must be signed and returned to the hotel on the day of the confirmation of the reservation.

Name of the person responsible for the group:

(please write the name in uppercase)

(signature of the group representative)

Date: _____