

16 & 17 JANUARY

WORKSHOP
with accommodation

DETOX STRESS FOR 2021



SATURDAY 16

9AM • CHIKUNG

10AM • BREAKFAST

11AM • WORKSHOP STRESS MANAGEMENT

WHAT IT IS, SYMPTOMS, CAUSES AND CONSEQUENCES
FOR THE PHYSICAL AND EMOTIONAL HEALTH AND
RELATIONSHIPS; EXPERIENTIAL WORKSHOP

1PM • HEALTHY LUNCH

3PM • WORKSHOP ON BREATHING AWARENESS,
RELAXATION AND MEDITATION

4.30PM • TEA BREAK

5.30PM • CREATIVITY WORKSHOP: HOW IMPORTANT IS
CREATIVITY IN MANAGING STRESS

7PM • BREAK

8PM • HEALTHY DINNER

9.30PM • FALLING ASLEEP WITH A RECORDED
GUIDED RELAXATION

SUNDAY 17

9AM • CHIKUNG

10AM • BREAKFAST

11.30AM • STRESS AND DIET WORKSHOP

1PM • HEALTHY LUNCH

2PM • BREAK

3PM • WORKSHOP - WALKING MEDITATION
AND NATURE "BATHING"

4.30PM • TEA BREAK

5.30PM • CLOSING SESSION, CONCLUSIONS
AND DELIVERY OF AN EXERCISE KIT FOR
THE DAY TO DAY

520€ per person

Comfortable clothing is advised.

It is advisable that the cell phone is kept in the room during workshops and that it is not used during mealtimes. Upon check-in, you will be asked for a small confidential questionnaire to inform CME.

Safety Measures - Covid 19

The safety and well-being of our guests is a priority for us. All the safety procedures adopted in the operation of our Hotel, which aim to preserve a safe environment for all our customers and staff, and which in everything are in accordance with the instructions of the DGS and the Government.



Information & Reservations

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