

TRANSFORM YOUR TRAUMA

THE RETREAT

with ANNALIE HOWLING

Embark on a four-day journey of deep healing and transformation with Annalie Howling at the award winning Quinta Da Comporta, a 5-star Wellness Boutique Resort in Portugal.

Located an hour from the major international airport in Lisbon, Quinta Da Comporta is a haven of tranquillity. Nestled in undisturbed nature and resting on a heritage listed site, the sumptuous rooms and suites envelop you and encourage instant disconnection from the fast pace of modern living.

This intimate retreat is tailored for those who feel stuck, overwhelmed, and exhausted, despite trying 'everything' - for those who are ready to face their demons, shadows, and pasts in an incredibly safe, shame-free environment.

As a trauma specialist, elite performance coach, and public speaker with over 20 years of experience, Annalie Howling has helped countless individuals reclaim their power, work through the pain, shame & trauma holding them back, in order to move forward in their lives, unapologetically and fearlessly

**'Shame is the stain on our souls that trauma leaves behind.
There is a path to reclaiming a shame-less life and I will guide you back to it'**

Annalie Howling

Movement is medicine but it is the dosage that is important.

The daily programme includes yoga, pilates, breathwork, the art of touch classes, group exploration activities, and solo self-discovery exercises, helping you reconnect with yourself.

The practitioners attending are not only some of the most experienced in their field but each and every one has had their own journey of loss, grief, depression, anxiety and more. They will all be holding space for your healing and sharing their own experiences.



INCLUDED

- Luxury accommodation for 4 nights (Deluxe Room)
- 3 Nourishing farm-to-table meals per day
- Daily Pilates, Breathwork, Yoga, the Art of touch classes, and group exploration activities.
- Complimentary Access to the luxurious sauna & hammam
- Two stunning pools on site overlooking the Comporta naturalscape
- 10% Discount on Spa Treatments
- Oryza Lab Gift Bags

NOT INCLUDED

- Flight and Transfer to Lisbon
- Transfers from and to the airport
- Optional rental car to move from the hotel
- Additional snacks & other alcoholic drinks
- Additional activities
- Optional personalised 1:1 EMDR sessions with Annalie Howling.

DATES & PRICING

NOVEMBER 2024

14th - 18th

Single: €1812

Double Room: €2472 (1236€ per person)

This retreat experience will remain intimate with only 18 spaces available.

TERMS AND CONDITIONS

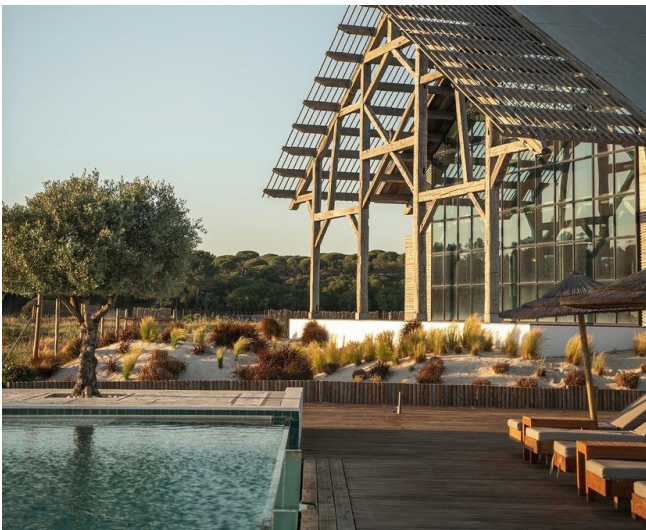
Check In Time after 3pm and Check Out Time before 12pm.

PAYMENT POLICY

To confirm your reservation we request a deposit of 50% of the total amount of your reservation. The remaining amount shall be paid 30 days prior to arrival.

CANCELLATION POLICY

50% deposit non-refundable. Free cancellation up to 30 days prior to arrival. After this period no modifications nor cancellations will be allowed. In case of no-show, 100% of the reservation will be charged.



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'Shame cannot survive when it is spoken in safe spaces, every element of this retreat has been selected to create an environment where we can all be liberated from the shackles of shame'

Annalie Howling

You don't need to be ready, you need to be courageous.

This is not a standard movement focussed retreat, there is no fitness level required this is a space where all activities, movements and exercises have been designed to calm your nervous system and reconnect into your soul.

'We must escape the exhaustion of aiming for perfection, we can only connect to ourselves and others when we drop the mask and show who we have always been. Know that you have been enough all along.'

Annalie Howling

Set in Comporta's undisturbed nature reserve, close to the ocean & steeped in history, this intimate transformative experience has the option to include personalised 1:1 EMDR sessions with Annalie Howling.

EMDR TESTIMONIALS

Knowing what I know now

Not waste your money on anything else go directly for emdr

Save your money from therapists, cbt etc etc

Not to waste time energy and resources and go straight for emdr

I was quite sceptical but hoping it would work

I have tried so many things, therapy, books, online support groups

As soon as I saw you and in the first few seconds you got me

Its' like you looked right inside of me

The things you were saying was 'exactly' this was how I felt.

During the EMDR it was such a strong feeling

Like an operation in a way and got it out and put me back together

Then it was such a sense of relief

Close to magic

You cut it out and helped me stop being controlled by it

You gave the control back to me.

The Emdr was incredible

I know who I want to let in and who I don't

It labelled this feeling that I had

I could visualise it as something of substance

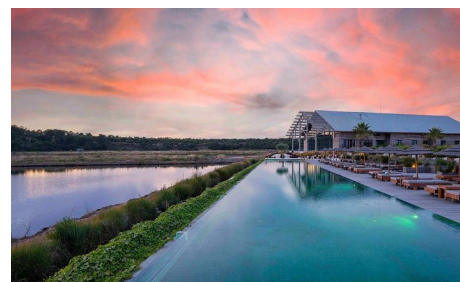
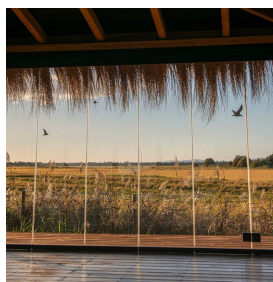
More importantly

It took it's power away

Feel like for the first time in my whole life I am authentically me not hiding in plain sight

The Emdr has revealed who I actually am to me and I recognise myself now

Emdr – one session Fundamentally rewrite your story to how you want it



From walks along the beach and rice fields, discovering the local produce from the in-house bio garden, to the luxurious world class spa, you will have the freedom to spend your leisure time however you please in order to nourish your mind, body and soul.

You will leave feeling reborn & empowered with practical tools, a fresh perspective, and a supportive community to help you thrive beyond the retreat - in everyday life.

'I believe more than anything in the power of community and connection for healing. It is through retreats that I have made life long friends when I needed them the most. There is no shame in feeling lonely or alone. This is one of the core purposes for creating this retreat, we hold one another in our healing'

Don't let your past define you any longer—reserve your spot now and take the first step towards living your fullest potential.

'This is a retreat that will heal your trauma and shame that is wearing away at your soul. It will also bring you true, genuine connections and life affirming conversations. This will face shadows and we shall also share huge amounts of joy.'

'There is nothing more freeing than liberating yourself from shame - life is a lot of fun on the other side'

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YOUR HOST - ANNALIE HOWLING

'The only way to get out of your head is to get into your body. I have hand selected practitioners, workshops, events and curated memorable moments throughout this retreat to reconnect you to your body and the wisdom it has in your system.'



Annalie Howling
Public figure

393 posts 185 k followers 319 following



RETREAT PRACTITIONERS

PAULA RICHARDSON

Your dedicated yoga teacher for the duration of the retreat is Paula Richardson from Surrey, England.



JOE MORIARTY

Personal trainer, Pilates Instructor, Sports Coach & Mental Health Ambassador from Surrey, England.



SAMPLE SCHEDULE OF ACTIVITIES (EXACT TIME/ORDER MAY CHANGE)

THURSDAY | NOV. 14TH Day 1: Arrival and Welcome

- Check in at the resort from 3pm
- Time for you to unpack and settle into your sumptuous safe havens and discover some in-room surprises !
- Grounding Gathering: A gentle movement based exercise to reconnect your body and your mind
- Connection Ritual – Welcoming you back to yourself
- Group Dinner

FRIDAY | NOV. 15TH Day 2: Transform Your Trauma

- Morning Movement
- Breakfast
- Workshop with Annalie: The effects of Trauma
- Breathwork and art of touch
- Art therapy exercise – Annalie
- Lunch
- Free Time -optional walks and EMDR
- -Pilates for Release
- Group Activity - Annalie
- Fireside connection time
- Dinner

SATURDAY | NOV. 16TH Day 3: Reframe Your Shame

- Morning Movement – Coming back home to yourself
- Breakfast
- Workshop with Annalie - Rewriting the stories that shame told you
- Lunchtime – surprise location
- Free time - optional lead walks / EMDR
- Group activity
- Early evening guided meditation and journal session - Annalie
- Dinner

SUNDAY | NOV. 17TH Day 4: Phoenix Rising & Releasing

- Kundalini inspired energy rising session in the shala
- Breakfast
- Taming your Inner Critic - Annalie
- Power in your Posture
- Free time optional lead walks / EMDR
- Free afternoon - organised bike ride to the beach - weather permitting/reading books set out for those who want. AH 1:1 EMDR sessions available
- Pre dinner guided visualisation session on a life
- Dinner
- Burning the old stories that shame told us – burning release ceremony
- Evening dance & further release ceremony

MONDAY | NOV. 18TH Day 5: Reflections & Returns

- Harnessing your inner power – yoga and breath
- Reflections journaling exercise - for your future self
- Farewell Brunch & photo

YOGA & EMDR

Yoga and EMDR (Eye movement desensitisation reprocessing) are the two modalities as named by Besel van der Kolk of the bestselling *The Body Keeps the Score* and during this retreat you will be able to move the 'issues from your tissues', releasing shame and leaving with a renewed sense of self compassion and freedom.

EMDR is used in the treatment of PTSD, Annalie Howling is highly experienced in reprocessing traumatic events, including but not limited to sexual assault, sexual shame, birth trauma, eating disorders, phobias and more besides.

Early booking for these sessions is essential as Annalie's availability is very limited - EMDR booking link given upon reservation.