

Individual Activities List

Quinta
Marugo

RETREAT • RECONNECT • REGENERATE

Create your own retreat experience by adding any of these activities to your daily schedule at Quinta Marugo
Go to our website to find out more about each activity
(Updated 2nd June 2023)

Activity	Duration	Investment x person
Group Hatha YOGA (minimum 4 people or extra charges to be applied x person)	60 minutes	25
Deep Tissue Massage Therapy	60 minutes	80
Craniosacral Therapy	60 minutes	80
Transformational or Deep Relaxing Breathwork (minimum 2 people or extra charge to be applied x person)	105 minutes	40
Breathe Well Workshop	20 minutes	Complementary
Mindfulness & Compassion (minimum 2 people or extra charge to be applied)	45 minutes	25
Nature connection (minimum 2 people or extra charge to be applied x person)	90 minutes	40
Sound Bath (minimum 3 people or extra charges to be applied)	90 minutes	25
Horse back trail riding with MaryAnn (For 1 person only - Must be a good rider)	90 minutes	60
Bird Watching (different packages (3 people minimum))	120 minutes to full day	From €25

Activities Terms & Conditions

Updated 2nd June 2023

- In order to **book any activities**, please let us know as soon as possible and we will let you know if and when the facilitator/teacher is available.
- To book your activity, you will need to pay a 50% non refundable deposit and the remainder when you check out.
- Should you cancel 4 or more hours before your scheduled activity, you can reschedule all activities except yoga, and all massages. We will need to check with therapist when she is available.
- Should you cancel within 4 hours, you will lose your deposit.
- Some group sessions need a minimum number of people to take place at group fee. Should there be less than the minimum, the fee will be increased as follows:
 - YOGA (minimum 4 pax)
 - 1 person: € 80
 - 2 persons: € 40 per person
 - 3 persons: € 27 per person
 - BREATHWORK & NATURE CONNECTION (minimum 2 people)
 - 1 person: € 80
 - MEDITATION SESSIONS (minimum 2 people)
 - 1 person: €50
 - BIRD WATCHING and SOUND BATH (minimum 3 pax)
 - 1 Person €75
 - 2 People €38
- All activities (paid and complementary) will be available depending on teacher, facilitator or therapist availability.
- Complementary sessions will go ahead if at least two people have booked 24 hour advance and the teacher, facilitator or therapist is available.

