

## LONGEVITY STRESS MANAGEMENT AND BURNOUT PREVENTION by Conceição Espada

MINIMUM DURATION 6 nights

Conceição Espada is one of the great Portuguese specialists in Stress Management. She created her own Holistic Stress Management model and has three published books - "Manual of Stress Management for Companies"; "Managing Stress in Times of Crisis"; and "Estoy Ex-Stressada". During her professional career, Conceição was a Guest Lecturer at the Master in Finance at the Católica Lisbon School of Business & Economics, with a Stress Management module. She was a participant in the Connect to Success mentoring program - Powered by US Embassy Lisbon, in Portugal. With a degree in Tourism, she was also



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**LONGEVITY**  
HEALTH & WELLNESS HOTEL  
ALVOR · ALGARVE

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the director of a tourism magazine for 10 years. However, after a near-death experience, she changed her professional path, and for the past 25 years, Conceição practiced chi kung and meditation. She worked with her own model based on chi kung and meditation with children with autism spectrum disorders and their families. Learned Transcendental Meditation of Inner Sound from Deepak Chopra; and more than 15 years of Buddhist meditation with His Holiness Dalai Lama and Tibetan rinpoches, having spent long periods in Tibet.

Has participated in the organization of the visit of His Holiness the Dalai Lama, to Lisbon in 2007. She was the organizer of the first Public Meditation for Peace in the World, at the beginning of the Iraq War. Conceição also studied and practiced Energetic Healing for 5 years at the Martin Broffman Foundation. Conceição also integrated a study group with doctors, homeopaths and psychologists to carry out diagnoses through consciousness.

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. Access to the Detox & Relax wet area circuit (infra-red sauna, hammam, ice fountain, Epsom salt room, sensations showers, relaxing room, relax walking path, indoor heated detox pool, indoor sensation relax pool)

. Access to the Longevity Vitality Plan daily group activities – Examples of activities: yoga, pilates, stretching, core training, tone & fit, jump, fit ball, walks, among others\*\*

. Access to the gym\*\*

/ Longevity infusions, alkaline water ph 9.5, and aromatherapy essential oil

. Health & Wellness programme:

/ 1 Nutrition Consultation for Stress Management

/ 1 Osteopathy Session for Stress Management or  
1 Microphysiotherapy Session for Stress Management

/ 1 Traditional Chinese Medicine Session or 1 Integrative Medicine session

/ 1 Flotation Session

/ CME Stress Management Holistic Sessions - 2 hours per day x 5 days

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### CME Stress Management Holistic Sessions:

- . Symptoms, Causes. Archetypes of response to Stress, find your own Rhythm;
- . Chikung - Eastern millenary art linked to TCM, in which one learns various exercises or Relaxation or Energization (formula to apply in daily life);
- . Conscious Breathing and its effects on the Organism and the Mind;
- . Meditation Techniques to manage Stress - different techniques, what is it, how and when?
- . Stress and Time, Urgency and Priority;
- . Stress as Addition;
- . Behavioural Patterns, and Language Used;
- . Stress and Creativity;
- . Energy Balance - from the symptoms to the cause;

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2.036,00 EUR p.p.

(does not include accommodation)

Check-in – on Sundays | Check-out – on Saturdays

\*\* Subject to pre-booking at check-in and limited to the number of costumers

Price in Euros per person, including VAT at the current rate, valid for 2020. Programme Price does not include accommodation; Subject to availability at the time of reservation. Not cumulative with other official offers or promotions. The programme inclusions are unbreakable and non-refundable. Unused items will be forfeited and cannot be reimbursed. After written confirmation of your health & wellness programme by our reservations department, changes to the programme inclusions will be subject to a surcharge. Longevity Vitality Plan activities are subject to change and rotation, as well as seasonal adjustments. Minimum age for programme: 16 years old. Free cancellation up to 72 hours before arrival. All bookings and cancellations must be requested in writing to the email [reservations@longevity.pt](mailto:reservations@longevity.pt). The cancellation policies deadlines are only valid within Lisbon time zone (GMT 00:00) office working hours (9am to 6pm). All information contained in this document may change without prior notice.

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