



BEAUTY & WELLBEING

Corc Yoga plans new wellness retreats for 2021

Sustainable yoga business expands with new
retreat in Portugal

By Mark Smith

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corcyoga.com



Christine Moghadam, founder of Corc Yoga, has announced plans for a retreat in Portugal for summer 2021.

After launching the world's only handmade 100% cork yoga mat in 2018, Moghadam is expanding her eco-business with the inaugural Renewal Retreat at the world's first cork hotel, Tivoli Évora Ecoresort, in Evora.



"We believe that yoga is a lifestyle, not just a physical practice. We're passionate about living life purposefully, whether you want to deepen your practice or are brand new to yoga, our community is open to everyone."

Christine Moghadam

Founder, Corc Yoga

Roof-top yoga, daily meditations and sound baths will complement forest walks among olive and cork trees in this UNESCO World Heritage Site.

The Tivoli Évora Ecoresort eco-hotel is beautifully positioned with impressive views, relaxing pools, and a farm-to-fork food concept.



Corc Yoga provides eco-friendly yoga mats made from sustainable cork harvested in Portugal

Moghadam has previously run retreats in Spain, Greece and Cornwall, but the one-week Renewal Retreat in Portugal marks the official launch of Corc Yoga Retreats and will take place from June 27 to July 3, 2021.

The six-night programme includes all meals, daily wellness sessions, local cultural experiences and a Corc Yoga mat.

About Corc Yoga

Corc Yoga was founded in 2018 by California-based Christine Moghadam after she was inspired by the eco qualities of the native cork tree and cork farmers' commitment to sustainable and ethical business practices while traveling in Portugal.

"Handmade from the cork trees of Portugal, our Renew mats are the most intimate way to elevate your practice. Naturally antibacterial and hypoallergenic, they serve as an ideal clean and healthy solution," says Moghadam.

The company's range has now expanded to include yoga blocks, carry straps, back packs and other accessories crafted from cork.



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