

For Lisbon VortexHealing® Classes

Welcome to Lisbon City :)

The Venue Place

The venue is held at *Espaço Amar*.

Address: Rua Rosa Araújo 34, 5º andar 1250-195 Lisboa

Website: www.espacoamar.com

Underground Lines: Red, Yellow, Blue

Traveling to the Venue from Lisbon Airport

By AeroBus

There is a direct Bus from the Airport called **Aerobus 2**, connected to Terminal 1 and 2, that takes approximately 25 minutes to Rua Joaquim António Aguiar stop. From there takes about 8 minutes walking to the venue.



By Underground

There are two possible routes to the venue place you can choose from (See diagram below). Both take about 7-minutes walking to the venue (when you come out of the arrival area turn left and go outside through the left ground exit and take the rolling stairs down into the underground.)

- 1) Take the **Red Line** from the Airport to Saldanha (10 stops). Then switch to the **Yellow line** and leave at Rato. (3 stops).
- 2) Take the **Red Line** from the Airport to São Sebastião (11 stops). Then switch to the **Blue line** and leave at Marquês de Pombal. (2 stops).



By Taxi

There are plenty of regular transfers at the airport, that may take you with baggage around 10-15€ per person, for a 20 minute drive, outside the **arrival doors** at the airport.

For cheaper options: you can find Uber, where you can be picked up outside the **departing doors** at the 1st floor of the airport, in the open parking lot available for general pick-ups (when you come out of the arrival area turn left and go up the rolling stairs into the exit at the right side.)

By Car

For traveling with a car, the area of the venue may be uneasy to find parking spots available due to traffic in the area. There are paid parking machines in the streets (coins at hand needed) and underground paid parking spaces are also available in the imediations.

Accomodation

There are a lot of diferent hotels and Hostels in the area, the list is from the closer walking distance ones from the venue to more distant ones.

Hotels

Altis Prime (4*) - www.altishotels.com

Altis Grand (5*) - www.altishotels.com

Altis Suites (4*) - www.altishotels.com

The Vintage Hotel & Spa - Lisboa (5*) - www.thevintagelisbon.com

Hotel Ibis Lisboa Liberdade (2*) - www.accorhotels.com

Hotel Jorge V (3*) - www.hoteljorgev.com

Eurostars das Letras (5*) - www.eurostarshotels.com.pt

Vinci Liberdade (4*) - www.vincciliberdade.com

Hotel PortoBay Liberdade (5*) - www.portobay.com

Tivoli Avenida Liberdade (5*) - www.tivolihotels.com

Holiday Inn Express (3*) - www.hiexpress.com

Turim Marquês (4*) - www.turim-hotels.com

Lisbon Serviced Apartments - Avenida da Liberdade (4*)

Legendary Lisboa Suites - www.lisbonservicedapartments.com

Flamingo (3*) - www.hotelflamingo.pt

Hotel Expo Astória (3*) - www.expoastoria.pt

Hotel Flórida (4*) - www.hotel-florida.pt

Hotel PortoBay Marquês (4*) - www.portobay.com

Ever Lisboa City Center (3*) - www.verlisboahotel.com

B&B and Hostels

Chez Nous Guest House - www.cheznous.pt

Baluarte Citadino - Stay Cool Hostel - www.staycoolhostel.com

NLC Hostel - www.nlchostel.com

Tagus Palace (2*)

Tagus Royal Residence (2*) - www.eurorentals.info

Residencial Dublin (2*) - www.residencialdublin.com

Lisboa Central Hostel - www.lisboacentralhostel.com

Registration for Lisbon classes

For registration contact with Marta Mineiro at portugal@vortexhealing.org;
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