

Sample Longevity
VITALITY PLAN 2023

LONGEVITY

HEALTH & WELLNESS HOTEL
 ALVOR · ALGARVE

**SEGUNDA-FEIRA
 MONDAY**

09h00, 60 min

**Walk to Alvor
 Village**

10h00, 45 min

Meditation

15h00, 45 min

Pilates

16h00, 45 min

Stretching

**TERÇA-FEIRA
 TUESDAY**

11h00, 45 min

**Energetic Healing
 Workshop**

12h00, 45 min

Astrology Workshop

14h30, 45 min

**Numerology
 Workshop**

15h30, 45 min

**Crystal Healing
 Energy Workshop**

**QUARTA-FEIRA
 WEDNESDAY**

09h00, 45 min

Sun Salutation

11h00, 45 min

Pilates

15h00, 45 min

**Mindfulness
 Workshop**

16h00, 45 min

Yoga

**QUINTA-FEIRA
 THURSDAY**

09h00, 45 min

Stretching

10h00, 45 min

Mobility

15h00, 45 min

Yoga

16h00, 45 min

Meditation

**SEXTA-FEIRA
 FRIDAY**

09h00, 60 min

**Walk to Alvor
 Village**

11h00, 45 min

Pilates

15h00, 45 min

**Mindfulness
 Workshop**

16h00, 45 min

Stretching

**SÁBADO
 SATURDAY**

09h00, 120 min

**Walk along the Ria
 de Alvor**

11h00, 45 min

Stretching

15h00, 45 min

Yoga

16h00, 45 min

Meditation

**DOMINGO
 SUNDAY**

09h00, 45 min

Sun Salutation

10h00, 45 min

Meditation

11h00, 60 min

**Walk to Alvor
 Market**

**Sunday Movie
 Session**

** Please check time
 at the front desk/*

*Por favor verificar
 horário na receção
 principal*

Por favor note que as atividades estão sujeitas a alterações, rotação e ajustes sazonais .

Please note that activities are subject to change and rotation, as well as seasonal adjustments .