

A person wearing a white robe is shown from the chest down, holding a wooden mallet in their right hand and a white singing bowl in their left hand. They are positioned against a background of a sunset over a body of water. The person's right wrist is adorned with a colorful beaded bracelet and a gold chain with a small bell. The word "WELLNESS" is centered over the image in a large, white, serif font.

WELLNESS

AWAKEN YOUR SOUL, CALM YOUR MIND
AND RESTORE YOUR BALANCE

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
9:00	Mobility & Restore	Yoga	Mobility & Restore		Echoes of the Ocean 	Immersive Yoga 	
10:00	Essential Breathwork	Paths to Presence Meditation	Immersive Yoga 	Intensive Training	Mobility & Restore		Mindful Walk & Grounding 
11:00				Basic Dynamic Workouts		Thalassa Sound Healing	Stretching
15:00		Intensive Training	Pilates	Serenity Aquaflow	Basic Dynamic Workouts		
16:30	Yoga	Cardio Flow	Vital Aqua Training	Yoga	Pilates		
18:00	Soundhealing 						
20:30						Zen Infusion & Music Concert 	

*The timetable can be adjusted without prior notice if necessary;
Climatic factors such as low temperatures or rain may affect outdoor activities.*

 SUDA™ Mindful Experience

 Rituals of Connection

WEEKLY CALENDAR

Your well being break

A schedule designed to promote physical and mental well-being through classes in yoga, meditation, stretching, relaxation techniques, rituals, and fitness. More than just exercises, they are spaces to reduce stress, improve flexibility, and recharge your energy.

With options for all levels, everyone can find their own rhythm and moment of self-care. Whether to balance your energy or simply disconnect, there's always an experience for you.

Duration: 45 min

All activities cost 20. per session, except the ones described under:

☞ Rituals of Connection *free or charge*.

All activities take place in the Spa & Wellness areas, except for those listed below:
Zen Infusion & Music Concert at the fire pit.



Easily access our treatments and wellness menus
on your mobile using this QR code.



PRAIA *das* GAIVOTAS
ALPORCHINHOS
Porches 8400-450, PT