

# LONGEVITY

HEALTH & WELLNESS HOTEL  
ALVOR · ALGARVE

## SAMPLE LONGEVITY VITALITY PLAN

### SEGUNDA-FEIRA MONDAY

8h30. 45 min  
**Stretching**

10h00. 45 min  
**TRX**

12h00. 45 min  
**Yoga**

15h00. 45 min  
**Soul Yoga**

16h00. 45 min  
**Tibetan Bowls  
Relaxation**

17h00. 60 min  
**Walk to Alvor  
Village**

### TERÇA-FEIRA TUESDAY

8h30. 45 min  
**Sun Salutation**

10h00. 45 min  
**Health Breakfast  
Workshop**

12h00. 45 min  
**Tibetan Bowls  
Relaxation**

15h00. 45 min  
**Balance**

16h00. 45 min  
**Cardio**

17h00. 90 min  
**Walk along The Ria**

### QUARTA-FEIRA WEDNESDAY

10h00. 90 min  
**Walk along The Ria**

12h00. 45 min  
**Postural awareness  
Workshop**

15h00. 45 min  
**Strenght**

16h00. 45 min  
**Pilates**

17h00. 45 min  
**Stretching**

### QUINTA-FEIRA THURSDAY

08h30. 45 min  
**Sun Salutation**

10h00. 45 min  
**TRX**

12h00. 45 min  
**Energetic Healing  
Workshop**

15h00. 45 min  
**Crystal Healing  
Therapy Workshop**

16h00. 45 min  
**Numerology  
Workshop**

17h00. 60 min  
**Walk to Alvor  
Village**

### SEXTA-FEIRA FRIDAY

8h30. 45 min  
**Stretching**

10h00. 45 min  
**Dance**

12h00. 45 min  
**Tibetan Bowls**

15h00. 30 min  
**Yoga**

16h00. 45 min  
**Balance**

17h00. 90 min  
**Walk to the Beach**

### SÁBADO SATURDAY

8h30. 45 min  
**Pilates**

10h00. 90 min  
**Walk along The Ria**

12h00. 45 min  
**Ying Yoga**

15h00. 45 min  
**Omnia/ Kinesis  
Trial**

16h00. 45 min  
**Strenght**

17h00. 45 min  
**Stretching**

### DOMINGO SUNDAY

10h00. 60 min  
**Caminhada ao Mercado  
de Alvor /Walk to Alvor  
Market**

12h00.  
**Shuttle to  
Portimão Museum**

15h00. 45 min  
**Cardio**

16h00. 45 min  
**Dance**

17h00. 45 min  
**Pilates**

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.