



Monchique Resort & Spa ****, Monchique (Algarve), Portugal

RESET YOURSELF

DAY OF ARRIVAL: SUNDAY

- o 12:00 – 13:00 Introduction + hotel tour
- o 16:00 Check-in at the hotel
- o 17:00 – 19:30 Pilates + Reset Yourself! workshop
- o 18:30 Dinner

DAY TWO: MONDAY

- o 08:15 – 08:45 Morning Stretch & Inspiration
- o 08:45 – 09:30 NanChi Pilates
- o 09:30 Breakfast
- o 16:00 – 17:30 Walk
- o 17:30 – 18:30 Reset Yourself! workshop
- o 19:30 Dinner

DAY THREE: TUESDAY

- o 08:15 – 08:45 Morning Stretch & Inspiration
- o 08:45 – 09:30 NanChi Pilates
- o 09:30 Breakfast
- o 16:00 – 17:30 Walk
- o 17:30 – 18:30 Reset Yourself! workshop
- o 19:30 Dinner

DAY FOUR: WEDNESDAY

- o 08:15 – 08:45 Morning Stretch & Inspiration
- o 08:45 – 09:30 NanChi Pilates
- o 09:30 Breakfast

Optional, against a surcharge:

- o 11:00 Excursion to the beach of Prainha
- o 15:30 Shopping in the new mall of Portemao
- o ±18:00 Back in the hotel
- o 19:30 Dinner

The programme is subject to availability, changes and obvious mistakes, no rights can be derived from this.

DAY FIVE: THURSDAY

- 08:15 – 08:45 Morning Stretch & Inspiration
- 08:45 – 09:30 NanChi Pilates
- 09:30 Breakfast
- 16:00 – 17:30 Walk
- 17:30 – 18:30 Reset Yourself! workshop
- 19:30 Dinner

DAY OF DEPARTURE: FRIDAY

- 08:15 – 08:45 Morning Stretch & Inspiration
- 08:45 – 09:30 NanChi Pilates
- 09:30 Breakfast
- 11:00 Check-out and departure to the airport