

SAMPLE LONGEVITY  
VITALITY PLAN 2020

## SEGUNDA-FEIRA MONDAY

10h30, 45 min

**Sun Salutation**

11h30,30min

**HIIT**

16h00, 45 min

**Yoga**

17h00, 45min

**Stretching**

## TERÇA-FEIRA TUESDAY

09h30,45min

**Flow Pilates**

10h30, 45 min

**Yin Yoga**

15h00, 45 min

**Tibetan Bowls  
Relaxation**

17h00, 45min

**Balance**

## QUARTA-FEIRA WEDNESDAY

09h00, 45 min

**Yoga**

15h00, 45 min

**Tibetan Bowls  
Relaxation**

## QUINTA-FEIRA THURSDAY

11h00, 45 min

**Energetic Healing  
Workshop**

12h00, 45 min

**Astrology  
Workshop**

14h30, 45 min

**Numerology  
Workshop**

15h30, 45 min

**Crystal Healing  
Energy Workshop**

## SEXTA-FEIRA FRIDAY

09h00, 45 min

**Yoga**

15h00, 45 min

**Tibetan Bowls  
Relaxation**

17h00,30min

**HIIT**

## SÁBADO SATURDAY

10h30, 45 min

**Sun Salutation**

15h00,45min

**Mobility**

16h00, 45 min

**Yoga**

## DOMINGO SUNDAY

09h30,45min

**Stretching**

10h30, 45 min

**Yin Yoga**

15h00, 45min

**Balance**

16h00, 45 min

**Flow Pilates**

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