

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 .