

SAMPLE LONGEVITY
VITALITY PLAN 2024

SEGUNDA-FEIRA MONDAY

11h00, 45 min

Mobility

12h00, 45 min

Circuit Training

14h00, 45 min

Yin Yoga

16h00, 45 min

Pilates

TERÇA-FEIRA TUESDAY

10h30, 30 min

**Health Breakfast
Workshop**

11h00, 45 min

**Energetic Healing
Workshop**

12h00, 45 min

Astrology Workshop

14h00, 45 min

**Numerology
Workshop**

15h00, 45 min

**Crystal Healing
Energy Workshop**

QUARTA-FEIRA WEDNESDAY

09h00, 60 min

Sun Salutation

11h00, 45 min

Pilates

14h00, 30 min

**Auto Massage
Workshop**

15h00, 45 min

Stretching

16h00, 45 min

Yoga Nidra

QUINTA-FEIRA THURSDAY

09h00, 45 min

Walk to Alvor

10h00, 45 min

Mobility

11h00, 45 min

Circuit Training

14h00, 30 min

**Essential Oils
Workshop**

15h00, 45 min

Yoga Vinyasa

16h00, 45 min

Yoga Lates

SEXTA-FEIRA FRIDAY

10h00, 60 min

Walk to Alvor

11h00, 45 min

Yoga Vinyasa

15h00, 45 min

Stretching

16h00, 45 min

Yoga Nidra

17h00, 45 min

Pilates

SÁBADO SATURDAY

10h30, 45 min

Circuit Training

11h30, 45 min

Stretching

15h00, 30 min

**Infusion & Tea
Workshop**

DOMINGO SUNDAY

09h00, 45 min

Sun Salutation

10h00, 45 min

Yoga Nidra

11h00, 60 min

**Walk to Alvor
Market**

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.