



LONGEVITY MINDFULNESS | 3 Nights

Embrace Mindfulness and experience a greater sense of inner space, freedom and joy.

Learn about the practice of Mindfulness, enabling you to use it effectively as a tool to enhance your life and wellbeing in every way.

VILALARA THALASSA RESORT

Luxury resort in exclusive location

11 hectares of lush gardens

Secluded golden sand beach

Selected as one of five best Thalassotherapy Centres in the world, by Condé Nast Traveller magazine

Five outdoor pools of fresh or sea water

Four tennis courts

Quality healthy cuisine

- Accommodation for a 3 nights stay at Vilalara Thalassa Resort
- Half Board: Buffet breakfast + 1 **Standard Healthy & Tasty Low Calorie Meal**/per night
- Daily supply of **Alkaline Water 9.5pH** and Herbal Teas
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- **1 Osteopathy Session:** manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
- **Longevity Mindfulness Programme** (2 days/ 4 hours per day):

Day 1

Introduction to Mindfulness
Breathing Meditation
Mindful Movement (walking & stretching)
Body scan Meditation
Mindful Eating

Day 2

Breathing Meditation
Mindful Communication
Mindful Movement (walking & stretching)
Body scan Meditation
Integrating Mindfulness in daily Life

Important Information: Vilalara Thalassa Resort is not an "Adults Only" Resort. Therefore, kindly expect to find families in the resort, especially during Easter and summer holidays. Our beautiful and tranquil setting offers abundant relaxation & garden areas for peace and tranquillity of our Wellness guests and the Thalassa & Medical Spa is an "Adults Only" facility.