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

LONGEVITY MINDFULNESS | 3 Nights

- 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 tranquility of our Wellness guests and the Thalassa & Medical Spa is an “Adults Only” facility.

INFORMATION AND RESERVATIONS: reservations@longevity.pt | +351 967 108 244 | longevityvilalara.com