

LONGEVITY VITALY PLAN 2022 (SAMPLE / EXEMPLO)

LONGEVITY

CEGONHA COUNTRY CLUB
VILAMOURA · ALGARVE

	SEGUNDA MONDAY	TERÇA TUESDAY	QUARTA WEDNESDAY	QUINTA THURSDAY	SEXTA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
8h	YOGA *	YOGA *	YOGA *	YOGA *	YOGA *	YOGA *	YOGA *
9h		Guided Meditation			Alongamentos / Stretching	Active Meditation	
10h	Sound Therapy		Cristal Healing Therapy	Energetic Healing			
11h	Energetic Healing		Sound Therapy	Astrology/Numerology Workshop			
17h		Dança / Dance				Exercícios de Respiração / Breathing Exercises	Meditation
18h	YOGA *	YOGA *	YOGA *	YOGA *	YOGA *	YOGA *	YOGA *

Marcação Prévia Necessária | Previous Booking Needed : Ext. Tel: | 289 300 850

Ponto de Encontro | Meeting Point: Receção | Reception

*** Aula Extra com Custo 30€/pax (esta aula está incluída no Longevity Yoga Retreat) | Extra Class with Cost 30€/pax (this class is included in the Longevity Yoga Retreat)**

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.