

# LONGEVITY VITALY PLAN

2022 Sample

	SEGUNDA MONDAY	TERÇA TUESDAY	QUARTA WEDNESDAY	QUINTA THURSDAY	SEXTA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
8h30		Cross Training*					
9h30	Therapeutic Yoga*		Walk*	Stretch & Align	Yoga	Therapeutic Yoga*	
10h00							Mindfulness Meditation*
10h30	Breath 4 Life	Yoga	Sound Healing	Functional Movement	Walk*	Fit & Well	
11h							Embodied Stress Relaxation Techniques*
11h30		Stretching				Walk*	
15h		Guided Meditation	Guided Meditation	Yoga	Mindfulness Workshop*		
16h	Yoga		Dosha Workshop*	Breathing Techniques*		Movement Flow*	
16h30					Fit & Well		
17h	Sound Healing						
17h30					Therapeutic Yoga		

**Preço (Se não incluído no programa) | Price (if not included in the program):** 1 Sessão | 1 Session 30 Euros

\* Aulas Gratuitas | Free Classes

**Marcação Prévia Necessária (se não estiver em programa médico) | Previous Booking needed (if not on a medical program):** Ext Tel: 17257 | 17256 (SPA)

**Ponto de Encontro | Meeting Point:** Recepção Spa | Spa Reception

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.