

## LONGEVITY YOGA 3 nights programme

---

*Reconnect with your inner self in the peaceful Algarve.*

*Our Yoga Retreat offers daily yoga, meditation, and holistic practices for all levels.*

*Enjoy nature's serenity, leaving you feeling revitalized, centered, and renewed.*

- 3 Nights' accommodation
- Healthy breakfast at the hotel restaurant
- Longevity infusions, alkaline water ph 9.5, and aromatherapy essential oil
- Access to the Detox & Relax wet area circuit (infrared sauna, hammam, ice fountain, Epsom salt room, sensations showers, relaxing room, relax walking path, indoor heated detox pool, indoor sensation relax pool)
- Access to the Longevity Vitality Plan daily group activities – Examples of activities: yoga, pilates, stretching, training circuit, mobility, workshops, walks, among others
- Access to the gym
- Spa programme:
  - 2 Daily Yoga Group Classes (1 in the morning and 1 in the afternoon)
  - 1 Group Guided Meditation
  - 1 Relaxing Massage
  - 1 Lemon and Olive Oil Body Scrub

## LONGEVITY YOGA 3 nights programme

---

Subject to availability at the time of reservation.

The packages/programmes inclusions are unbreakable and non-refundable. Unused items will be forfeited and cannot be reimbursed.

Longevity Vitality Plan activities are subject to change and rotation, as well as seasonal adjustments.

Minimum age: 15 years old.

After written confirmation of a programme or package reservation by our reservations department, changes to the programme/package inclusions will be subject to a surcharge.

For price information please contact us.

All information contained in this document may change without prior notice.