

## LONGEVITY YOGA & SURF 4 nights programme

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*Experience adventure and mindfulness in the stunning Algarve with our Yoga & Surf Retreat. Enjoy energizing yoga sessions, surf lessons for all levels, and a connection with nature, leaving you revitalized, balanced, and inspired.*

- 4 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 & Surf programme:
  - 1 Daily morning Yoga Group Classes
  - 3 Surf Classes
  - 1 Group Guided Meditation
  - 1 Relaxing Massage
  - 1 Lemon and Olive Oil Body Scrub
  - 1 Lavander and Flôr de Sal Relaxing Bath

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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.

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[longevityalvor.com](http://longevityalvor.com)

**LONGEVITY**

HEALTH & WELLNESS HOTEL  
ALVOR · ALGARVE