



Yoga Holiday

Portugal

SATURDAY

16:15 pick up airport
18:00 dinner
20:00 opening session

SUNDAY

08:00 yoga
09:15 breakfast
~ *massage slots*
13:00 lunch
~ *massage slots*
18:00 dinner
20:00 restorative yoga

MONDAY

08:00 yoga
09:15 breakfast
~ *massage slots*
12:30 lunch
14:00 afternoon at the spa
18:30 dinner
20:30 *breathwork* (max 4)

TUESDAY

08:00 yoga
09:15 breakfast
~ *massage slots*
13:00 lunch

16:00 *breathwork* (max 4)
18:00 dinner

WEDNESDAY

08:00 yoga
09:15 breakfast
10:30 *breathwork* (max 4)
13:00 Poço Azul | lunch to go
~ *massage slots*
18:00 dinner
20:00 movie night

THURSDAY

08:00 yoga
09:15 breakfast
~ *massage slots*
13:00 lunch

17:00 wine tasting | Quinta da Comeda
19:00 pizza night

FRIDAY

08:00 closing session
09:30 brunch
11:00 transfer to airport

REST & RECONNECT



Land of Devezza