

OUR ITINERARY

FRIDAY

Arrive

1 PM Welcome lunch at the lodge

Time to rest, settle in & ground after your travels

4 PM Welcome & Restorative Yoga on the oceanfront garden

7 PM Dinner at the Villa

MONDAY

7-9 AM Yoga/Journaling

9 AM Breakfast at the Villa

10:15 AM Catamaran Day with Coastal Lunch in Lagos

6 PM Evening Pilates Class (optional)

7 PM Dinner at the Villa

SATURDAY

7-9 AM Yoga/Journaling

9 AM Breakfast at the Villa

10:15 AM Depart for Lagos, where we will explore the Old Town, shop at the markets and have lunch at a local Portuguese restaurant

3 PM Free time - relax by the pool, explore Lux on your own, or receive your massage

5 PM Evening Pilates class (optional)

7 PM Dinner at the Villa

TUESDAY

7 AM Yoga Asana Practice • 108 Sun Salutations

9 AM Breakfast at the Villa

Free Time

Snacks will be served around 1 PM if you are at the Villa

5 PM Evening Pilates Practice (optional)

7 PM Farewell Dinner at the Villa

SUNDAY

7-9 AM Yoga/Journaling

9 AM Breakfast at the Villa

10:15 Depart for Coasteering

2 PM Lunch at the Villa

3 PM Free Time - enjoy the sauna, read by the pool, receive your massage

5 PM Evening Pilates Class (optional)

7 PM Dinner at Local Restaurant in Praia Da Luz

WEDNESDAY

Departure Day

We will arrange transportation for all of our guests. Please schedule your flights for the late morning, if you are planning to depart on the final day of the retreat.

