

Our Days In Portugal

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

SATURDAY

7 AM yoga practice & conversation

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 Mare

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

5 PM evening Pilates (optional)

7 PM dinner at the Villa

SUNDAY

7 AM yoga practice & conversation

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 (optional)

6 PM depart for dinner at Fortaleiza da Luz

MONDAY

7 AM yoga practice & conversation

8:30 AM breakfast at the Villa

9:30 depart for our catamaran day! We will lunch at NoSoloÁgua Portimão, so please bring a coverup you feel comfortable in.

6 PM evening Pilates (optional)

7 PM Dinner at the Villa

TUESDAY

6 AM Sunrise 108 Sun Salutations Practice on the ocean garden

9 AM breakfast at the Villa

Free time- if you would like to book a surfing lesson, extra massage, tour, a guided hike or a car into town please let me know!

A light lunch will be served around 1 PM if you are at the villa

5 PM evening Pilates (optional)

7 PM Farewell Dinner & closing at the Villa

WEDNESDAY

Departure Day

We will arrange transportation for all of our guests. Please schedule your flights for the late morning.

