



Palacio Estoril Hotel, Golf & Spa*****, Estoril, Lisbon, Portugal

NANNET'S CITY RETREAT IN LISBON!

MONDAG 8 APRIL

- From 15:00 Check-in at the hotel
- 17:00 Welcome, introduction and 1st Reset workshop
- 19:30 Dinner

TUESDAY 9 APRIL

- 08:30 – 09:30 Reshape Yourself
- 11:00 Fitwalk to Cascais
- 18:00 Reset Yourself workshop
- 19:30 Dinner

WEDNESDAY 10 APRIL & THURSDAY 11 APRIL

- 08:30 – 09:30 Reshape Yourself
- 18:00 Reset Yourself workshop
- 19:30 Dinner

FRIDAY 12 APRIL

- 08:30 – 09:30 Reshape Yourself
- 12:00 Check-out

The type of yoga given during the weekend depends on the yoga instructor that guides the weekend. Novices and experts are both very welcome. Our instructors will review who is at what level and respond accordingly.

The program is subject to availability, price and changes and manifest errors, no rights can be derived from them.