



Longevity Cegonha Country Club****, Vilamoura, Portugal

MINDFULNESS RETREAT

WEDNESDAY 12 JUNE

- From 15:00 Check-in at the hotel
- Free time

THURSDAY 13 JUNE – SUNDAY 16 JUNE

- 08:30 Breakfast
- 09:30 – 11:30 Morning mindfulness session
- 12:30 Lunch (not included)
- 13:30 – 17:00 Free time
- 17:00 – 19:00 Afternoon mindfulness session
- 19:30 Dinner (not included)

MONDAY 17 JUNE

- 08:30 Breakfast
- Tot 12:00 Check-out at the hotel