



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

RESET YOURSELF WITH NANNET

SUNDAY 15 SEPTEMBER

- From 15:00 Check-in at the hotel
- 17:00 Pilatesworkshop
- 18:30 Reset yourself workshop
- 19:30 Dinner

MONDAY 16 SEPTEMBER UNTIL THURSDAY 19 SEPTEMBER

- 09:00 A new day meditation & stretch
- 13:00 Fitwalk
- 17:00 Pilates workshop
- 18:30 Reset yourself workshop
- 19:30 Dinner

FRIDAY 20 MARCH

- 09:00 A new day meditation & stretch
- Until 12:00 Check-out

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