



BALANCED BODY YOUTHFUL LIFE

Pilates, Fun, and Food in Portugal

RETREAT

Balanced Body Youthful Life - is an eight-day trip with the main focus on learning to balance your body and to improve posture. During the 8 days period you will learn the "15 Veronica's Essentials" - 10 exercises and 5 stretches that you can do in home settings to stay in your best shape ever, prevent possible injuries, and improve range of motion. I picked my favorite Pilates exercises, yoga stretches, and some of the most progressive physical therapy corrective exercises and put them into a simple program that will take your body up on a totally different level of health. You will come back home supercharged with a set of magic tools to improve your quality of life forever. While you'll be working hard on learning the life changing exercises mostly in the mornings, you will get to enjoy the beautiful Portuguese culture and explore Algarve coast during the rest of the day. I have planned a few fun site-seeing trips for us as well as a couple of optional trips over the Spanish border and to the spa that's based on local mineral springs. Add some shopping, beautiful beach walks, hikes and gastronomic experiences and we will not want to go back home!

What's included:

1. Single or double occupancy* 8 days/7 nights stay at the luxurious villa with a pool and all amenities in Algarve coast
2. Airport pick up and drop off **
3. Three meals per day
4. Three hour guided bus tour to Cape St Vincent - the southwestern-most point of Portugal and of mainland Europe and two fortresses**
5. Two-hour walking guided tour in Lagos**
6. One 90-minute Functional Movement Screening and training session to assess and to personalize the exercises for your body needs **
7. One trigger point release and stretching session **
8. Daily Pilates classes/lectures to learn your body and to master the Veronica's Essential exercises
9. Optional full day trip to mineral springs spa***
10. Optional full day guided bus tour over the Spanish border to explore Andalusia and Seville \$50 per person**
11. Optional 6 hour organic wine, honey and fire water tasting tour (extra \$100 per person)***

*Prices are **Per Person:**

Single occupancy: **\$3,199**

Share the room (separate beds): **\$2,399**

Share the bed: **\$1,999**

** Needs to be booked ahead of time, deadline is 60 days prior to the departure date.

*** The entrance fee is included, but the body treatments are optional and are not included in the price.

SCHEDULE

Saturday, November 9:

ARRIVAL

- 2-6pm food and snacks are served at the villa for those who arrive early
- 8pm first group dinner at the local restaurant

Sunday, November 10:

SCREENINGS and INITIAL TRAINING DAY

- 8-9am stretching and Pilates class
- 10-11am breakfast at the villa
- 11-2pm screening** and unpacking, resting at the pool
- 2-3pm lunch at the local restaurant
- 3-8pm screening** and time on your own (shopping, beach walk, nap, pool time, reading a book...)
- 8pm group dinner at the local restaurant

Monday, November 11:

SITE SEEING TRIP (Cape St Vincent 3 hours guided minivan tour)

- 8-9am Pilates
- 9:30-11am breakfast
- 2:30-6pm guided tour to Cape St Vincent, snacks are provided
- 7pm dinner at the local restaurant

Tuesday, November 12:

PILATES AND A WALKING LAGOS TOUR

- 8-9am Pilates Mat Class
- 9:30-11am breakfast at the local cafeteria
- 12-2pm walking guided tour in the historic part of Lagos
- 2-7pm trigger point** and time on your own (shopping, beach walk, nap, pool time, reading a book, lunch with the group on your own)
- 7pm dinner at the villa

Wednesday, November 13:

SEVILLE DAY TRIP (cross the Spanish border and enjoy beautiful rural Andalusia scenery, Seville city guided tour and a few most prominent sites of the region)

- 7-7:30am stretching and balancing class
- 8-9am breakfast at the villa
- 9-9pm Seville day trip (lunch and dinner are on the road)

Thursday, November 14:

OPTIONAL SPA DAY

- 8-9:30am breakfast at the villa
- 10-6pm spa trip to the mineral springs. Entrance fee is included; everything else is a separate cost. Snacks are provided
- 7pm dinner on site

Friday, November 15:

OPTIONAL WINE TASTING TOUR

- 7-8am stretching and Pilates class
- 8-9am breakfast at villa
- 9am-3pm optional wine tasting tour
- 3-8pm screening/trigger point**
- 8pm last group dinner at the restaurant.

Saturday, November 16:

TRANSFER TO THE AIRPORT

- 8-9:30am breakfast at the local cafeteria
- 9:30am complimentary group transfer to the airport