

Calendário de Atividades de Wellness | Activity Sheet - 02nd to 08th April 2018



	Monday 02	Tuesday 03	Wednesday 04	Thursday 05	Friday 06	Saturday 07	Sunday 08
7:15 am		GM 5K Run				GM 5K Run	
Meet		Reception - 8 th floor				Reception - 8 th floor	
8:30 am	Ahstanga Yoga with Joana 60 min max 12	Pilates with Lise 60 min max 8	Ahstanga Yoga with Joana 60 min max 12	Hatha Yoga with Lise 60 min max 12	Ahstanga Yoga with Joana 60 min max 12	Pilates with Lise 60 min max 8	Ahstanga Yoga with Joana 60 min max 12
Meet	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor
10:00 am	4x4 Tour with Port wine tasting 3 hours 75€ p.p	Vineyard Hike 60 min min 2 - max 10	Let's Sketch min 2- max 6 45 min	Tree Climbing with Mestre 90 min min2 - max 6	Organic Garden Tour 30 min	Circuit Training 30 min max 6	Mountain Biking Downhill - 90min min 2-max 6
Meet	Reception - 8 th floor	Reception - 8 th floor	Activity Hut	Reception - 8 th floor	Earth Lab	Spa Reception - 2 nd floor	Reception - 8 th floor
4:00 pm	Wellness Assessment 30 min max 2	Tile Painting 60 min max 6	Alchemy Bar 30 min max 6 25€ p.p	Tile Painting 60 min max 6	Wellness Assessment 30 min max 2	Body Composition Analysis 30 min max 2	Forest Bootcamp 45 min max 6
Meet	Spa Reception - 2 nd floor	Activity Hut	Spa Reception - 2 nd floor	Activity Hut	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor	Reception - 8 th floor
5:30 pm	TRX 30 min max 6	Aerial Yoga With Lise 45 min max 5	Body Composition Analysis 30 min max 2	Yoga Nidra With Lise 60 min max 8	TRX 30 min max 6	Pranayama with Joana 45 min max 12	Tibetan Singing Bowl Relaxation 30 min max 8
Meet	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor
6:30 pm	Wine Tasting 35€ p.p.	Wine Tasting 35€ p.p.	Wine Tasting 35€ p.p.	Wine Tasting 35€ p.p.	Manager's Cocktail	Wine Tasting 35€ p.p.	Wine Tasting 35€ p.p.
Meet	Wine Library - 3 rd floor	Wine Library - 3 rd floor	Wine Library - 3 rd floor	Wine Library - 3 rd floor	Wine Library - 3 rd floor	Wine Library - 3 rd floor	Wine Library - 3 rd floor
Kids Activities							
11:00 am	Family Tree Climbing 90 min 65€p.p. min 2- max 4	Traditional Games Max 4 30 min	Plantable Paper 30 min max 6	Kids Gym 30 min max 6	Family Yoga 30 min max 6		
Meet	Reception - 8 th floor	Activity Hut	Earth Lab - 3 rd floor	Spa Reception - 2 nd floor	Spa Reception - 2 nd floor		
4:00 pm	Face Painting 30 min max 3			5:30 pm Fun Upcycling 30 min max 6			
Meet	Activity Hut			Activity Hut			
KIDS AGES: 5-12 YEARS				1 - 4 (MUST BE WITH PARENT)			

Activities in **green** and **grey** have a charge, the rest of the activities are complimentary
All complimentary activities must be booked by 8pm on the day before. All other Activities have a 5 hour cancellation policy.

ACTIVITY DESCRIPTION

- **Ashtanga Yoga** - gymnastic exercises and stretching practiced in combination with breath work and ancient yoga philosophy.
- **Alchemy Bar Workshop** - 30 or 60 minute hands-on workshop to learn how to make your own Cosmetics. We emphasize local, in season, 100% organic ingredients from our garden.
- **Downhill Mountain Biking** - Intermediate - advance. This route starts in Samodães village. The client will enjoy fresh air to be inserted in typical Douro landscape by farms and vineyards, requiring only some experience and skill to go their dirt tracks. The excitement and pleasure is guaranteed.
- **Organic Garden Tour** - Our organic garden is full of vegetables, herbs, flowers and fruits. A magnificent place to be, to feel, to breathe ... to live.
- **General Manager's Run** - A 5K run around our beautiful hotel surroundings.
- **Strong Back Training** - Training to strengthen the back muscles.
- **Tibetan Singing Bowl Meditation** - are a type of bell, specifically classified as a standing bell. Singing bowls are used worldwide for meditation, music, relaxation, and personal well-being.
- **TRX** - The field of suspension training is a form of resistance training that includes bodyweight exercises in which a variety of multi-planar, compound exercise movements can be performed. These are done with the aim of developing strength, balance, flexibility, and joint stability simultaneously.
- **Tree Climbing** With the help of our trained facilitators, you'll get up in the trees like never before. Using the same professional equipment that arborists and scientists use when they ascend into the treetops, our facilitators position ropes high in the trees and tie secure climbing knots before you arrive.
- **Walk & Taste to Port Knox** -guided vineyard walk, and a tasting of premium old port right from the barrel with the wine maker/owner of Quinta do Mourão.
- **Circuit Training** - Series of Strength or Cardio exercises (or both), performed one after other's, with a short time of resting between exercises, so it can offer more cardio benefits.

☀ Este símbolo indica que a atividade é paga.

∞ Ponto de encontro na **Recepção do Hotel**, 10 minutos antes da hora de início da atividade.

🏠 Ponto de encontro na **Cabana de Atividades**, 10 minutos antes da hora de início da atividade.

▣ Ponto de encontro na Recepção do **Spa**, 10 minutos antes da hora de início da atividade.

Se desejar participar em alguma das atividades, agradecemos que faça uma marcação prévia contactando diretamente o **SPA** através da **extensão 3081**, a Recepção do Hotel ou o seu GEM. Estaremos ao dispor para qualquer esclarecimento ou informação adicional.

☀ This symbol indicates the activity is paid

If you would like to join any of the complementary activities **we ask you to please make a reservation in advance** by calling our **SPA** at **ext. 3081**.

For further information or to make a reservation you may also contact main reception or your GEM.

- ∞ Meeting point **Hotel Reception** 10 minutes before 🏠 Meeting point **Activity Hut** 10 minutes before
 - ▣ Meeting point **Spa** reception 10 minutes before
 - ◆ Meeting point **Wine Library** 5 minutes before

* **Indoor Pool Opening Hours & Access: Mon- Sun (7:30-20:00). Access through elevator A - First Floor. **Treatments** available Mon-Sun 9:00-20:30 - Last treatment from 19:30-20:00 - Guests under 12 are allowed to enter the Spa only between 9:00 am and 12:00pm**