



Retreat Itinerary



(Vale Do Lobo, Portugal – 4 Day Trip)

ADDRESS Vale do Lobo, Algarve, Almancil, 8135-034, Portugal.

ARRIVAL: 7th November 2024

DEPARTURE: 10th November 2024

DAY 1	<p>MORNING: (11am–2pm) Beach workout/yoga led by Gus and Rose</p> <p>AFTERNOON: Lunch, (2pm–5pm) Welcome Ceremony at the tennis club followed by tennis and padel with Pete</p> <p>EVENING: Check into Villas, supermarket run, downtime</p>
DAY 2	<p>MORNING: (7am) Sunrise walk/run, (9am) workout/yoga led by Gus and Rose, (11am) icebath and breath work</p> <p>AFTERNOON: (1pm to 5pm) Beach walk to BJ' for lunch with Harry Judd on drums (included in package)</p> <p>EVENING: (7pm) Mini Golf/sunset yoga</p>
DAY 3	<p>MORNING: (7am) Sunrise walk/run and icebath, (9am–12pm) biking group 1/group workout group 2</p> <p>AFTERNOON: Lunch, (2pm–5pm) biking group 2/workout group 1</p> <p>EVENING: (6:30pm) Q&A with Harry/mindfulness with Izzy, group dinner at Smash (included in package)</p>
DAY 4	<p>MORNING: (7am) Sunrise walk, (8:30am) workout/yoga led by Gus and Rose</p> <p>AFTERNOON: Transfers back to airport according to flight times</p>

Itinerary is only a guide, more details including meeting points, groups and any changes to the schedule will be provided daily on our Whatsapp group chat.