



# WELLNESS

AWAKEN YOUR SOUL,  
RESTORE YOUR BALANCE



# MINDFUL & MOTION

*Movement for Balance & Well-Being*

Restore balance with your body through gentle yet effective practices designed to improve mobility, flexibility, and harmony. From mindful movement sessions to relaxing aquatic experiences and Pilates to strengthen the core, this segment promotes balance, renewal, and overall well-being in a serene resort setting.

## MOBILITY *& Restore*

108 55 min

A mobility and flexibility session that combines gentle stretches, guided breathing, and fluid movements. It relieves tension, improves circulation, and restores ease of movement. Ideal for those seeking relaxation or to recover mobility, it promotes body awareness, leaving you feeling lighter, aligned, and revitalized.

## SERENITY *Aquaflow*

108 55 min

A relaxing experience in warm seawater, combining fluid movements with relaxation techniques to release tension and restore balance. The gentle support of the water enhances flexibility, relieves muscle fatigue, and promotes a deep inner calm. Ideal for reducing stress and reconnecting with the body, leaving you renewed, light, and at peace.

## PILATES

108 55 min

A core-focused practice that uses controlled and precise movements to enhance posture, flexibility, and body awareness. It strengthens stability and endurance, promoting proper alignment. It reduces tension, fosters a balanced and resilient body, and encourages mindful movement, leaving you stronger, centered, and energized.



# ANCIENT TECHNIQUES

*Timeless practices for inner harmony*

Discover the power of traditional healing practices designed to restore balance, clarity, and vitality. This segment integrates breathwork, meditation, and movement to enhance well-being, deepen self-awareness, and promote lasting tranquility. Rooted in ancient wisdom, these techniques guide you toward a more centered, harmonious state of being.

## ANCIENT TECHNIQUES

### ESSENTIAL *Breathwork*

108 55 min

Let yourself be guided and explore conscious breathing techniques to enhance relaxation, mental clarity, and overall vitality. By deepening breath awareness, it helps release tension, reduce stress, and restore inner balance, leaving you calm, energized, and fully present.

### PATHS OF PRESENCE *Meditation*

108 55 min

A transformative meditation practice designed to quiet the mind, deepen self-awareness, and promote emotional balance. Through focused techniques, it encourages a profound sense of presence, clarity, and inner peace, fostering a lasting connection between mind and body.

### YOGA

108 55 min

A holistic practice that unites movement, breath, and mindfulness to enhance physical strength, improve flexibility, and restore inner harmony. With a focus on alignment and breath control, yoga cultivates balance, resilience, and a deep sense of well-being.



# HYBRID TRAINING

*Elevate strength, endurance & mobility*

A dynamic fitness segment designed to enhance strength, stamina, and overall mobility through diverse training methods. From rhythmic cardio to high-intensity workouts and water-based resistance exercises, each session boosts endurance, builds resilience, and supports a balanced, energized body.

## HYBRID TRAINING

### CARDIO *Flow*

108 55 min

An invigorating workout that blends rhythmic cardio movements to enhance heart health, boost endurance, and improve coordination. This dynamic session leaves you feeling energized, strong, and renewed.

### DYNAMIC *Workouts*

108 55 min

A functional training session designed to build a solid fitness foundation. Combining strength, mobility, and endurance exercises, it enhances overall physical performance while improving balance and flexibility.

### INTENSIVE *Training*

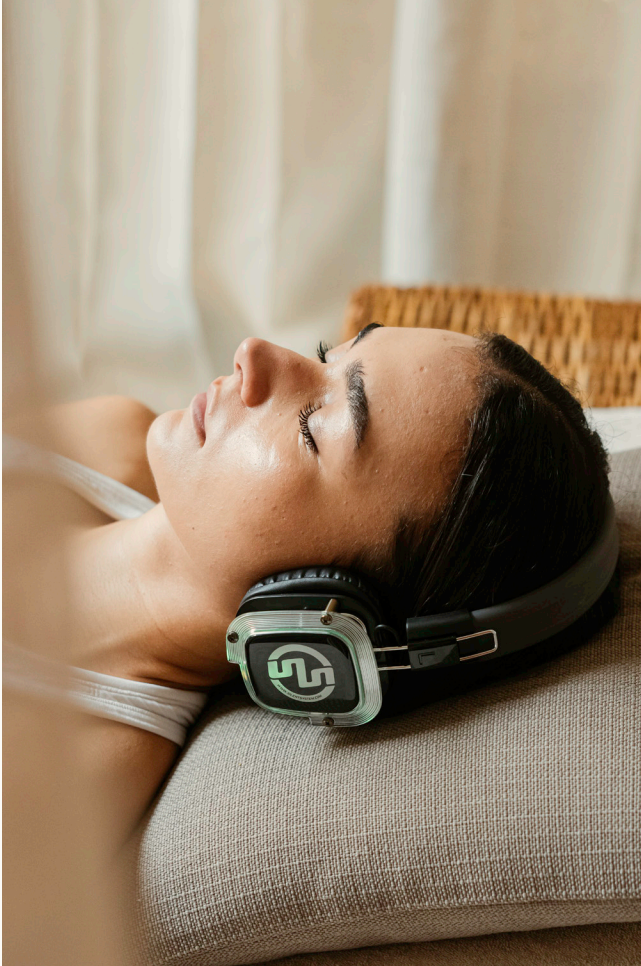
108 55 min

Challenge workout! Focused on high-intensity exercises to build strength, endurance, and resilience, pushing limits and maximizing results. In this session, improve endurance and overall physical conditioning.

### VITAL AQUA *Training*

108 55 min

A warm seawater practice that combines resistance training with cardio exercises to improve strength, flexibility, and vitality. The buoyancy of the water reduces impact, making it an effective and joint-friendly fitness experience.



# PREMIUM BALANCE

*Where serenity meets strength*

This is an exclusive experience that combines serenity and strength in a unique holistic treatment. Through refined wellness techniques, it promotes balance between body and mind, restores energy, renews vitality, and brings a deep sense of harmony and tranquility.



## THERAPEUTIC *Movement*

130 55 min

A practice with gentle, controlled movements to understand and improve the function of the spine, hips, and shoulder girdle, while also activating the deep core muscles. This practice promotes proper body alignment, enhances flexibility and strength, and is beneficial for all fitness levels. It helps improve posture and mobility in a safe and effective way.

## SOUND *Healing*

130 55 min

A sound and therapeutic experience that uses the vibrations and harmonious sounds of Tibetan bowls to promote deep relaxation and energetic balance. Through the enveloping sound and restorative frequencies, the bowls help release tension and foster a state of inner peace. It stimulates harmony between body and mind, providing profound relief and a sense of complete renewal.



# WEEKLY CALENDAR

*Your well being break*

A calendar carefully designed to offer a balanced and enriching experience. Each class is an invitation to physical and mental well-being. Our practices include yoga, meditation, stretching, relaxation techniques, rituals and fitness. They're not just exercises, they're welcoming spaces for relieving stress, improving flexibility or simply disconnecting from routine. Regular practice strengthens the body, improves posture and brings more energy to daily activities.

With options adaptable to all levels and needs, we ensure that everyone finds their own rhythm and space. Whether it's to rebalance your energies, improve your well-being or simply take an invigorating break, there's always a time for everyone. Take a deep breath, embrace this journey and find your moment of care and peace.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	Mobility & Restore	Yoga	Mobility & Restore		Essential Breathwork	Immersive Yoga 	
10:00 am	Essential Breathwork	Paths to Presence Meditation	Immersive Yoga 	Intensive Training	Mobility & Restore		Mindful Walk & Grounding 
11:00 am				Dynamic Workouts		Thalassa Sound Healing	
3:00 pm	Dynamic Workouts	Intensive Training	Pilates	Serenity Aquaflow	Dynamic Workouts		
4:30 pm		Cardio Flow	Vital Aqua Training	Yoga	Pilates		
7:00 pm	Copal Fire Soundhealing 				Echoes of the Ocean Meditation 	Cacao Ceremony and Music Concert 	

The timetable can be adjusted without prior notice if necessary;  
 Climatic factors such as low temperatures or rain may affect outdoor activities;  
 All activities cost 20 per session except the ones described under.  
 Holistic training experiences     Social experiences



# MINDFUL FITNESS

*Special curated for you*

A holistic training method in the form of immersive experiences.

Innovative experiences that combine technology and well-being.

Transformative experiences that stand out as trendsetters in wellness destinations around the world.

Carefully crafted for Vilalara by SUDA®.

## MINDFUL FITNESS

### IMMERSIVE *Yoga*

30 45 min

A transformative session that blends yoga and meditation to enhance mindbody connection and self-awareness.

### ECHOES OF THE *Ocean*

30 45 min

A unique guided meditation accompanied by the calming sounds of the ocean, perfect for deep relaxation and inner peace.

### INTENTIONAL *Movement*

30 45 min

A dynamic experience focused on body awareness and reconnecting with natural and primitive movement patterns.



# SOCIAL GATHERINGS

*Sacred practices and rituals  
intended for all*

Ancestral ceremonies, healing rituals and unique experiences that provide deep connections with ancient wisdom and spiritual practices.

These activities invite you to embark on a transformative journey, uniting cultural heritage with personal healing and growth.

## SOCIAL GATHERINGS

### COPAL FIRE RITUAL SOUND *Healing* *45 min*

An enchanting ritual with the sacred aroma of copal and the vibrational power of sound healing for deep emotional and energetic cleansing.

### CACAO CEREMONY MUSIC *Concert* *45 min*

A heart-opening cacao ceremony paired with a captivating live music concert to elevate the senses and promote emotional healing.

### MINDFUL WALK *Grounding* *45 min*

A meditative walk in nature designed to ground your energy, enhance mindfulness, and recharge your spirit.



# IMMERSIVE PROGRAMS

*Mind, body and soul focus*

Welcome to the Immersive Programs, where we offer an exclusive selection of experiences designed to balance the mind, body, and soul. In a world that often pulls us in different directions, finding inner harmony is essential for holistic well-being. Our holistic approach invites you to embark on a transformative journey that nourishes all dimensions of your being.

As you immerse yourself in these experiences, you will awaken your inner strength and vitality. The benefits of holistic well-being are deep and lasting, enhancing flexibility, resilience, and vitality. Empower yourself to face life's challenges with confidence and ease, providing you with the tools needed to maintain balance in daily life.



## IMMERSIVE PROGRAMS

### OCEAN *Energy*

205 *5 days*

Discover the Energy of the Ocean, in a holistic training program designed to harmonize body, mind, and soul through transformative experiences and activities. Surrender to well-being, revitalizing your energy and strengthening your inner balance.

#### **BENEFITS**

- ✓ Rebalancing of mind, body, and spirit
- ✓ Enhancement of energy flow and vitality
- ✓ Facilitation of personal growth and self-discovery

#### **SESSIONS**

- 2 Mindful & Motion
- 2 Ancient Techniques
- 2 Hybrid Intensity Training
- 2 SUDA® Experience
- 1 Hidro Marinho
- Access to the relaxation circuit

## ROOTS OF *Movement*

305 *4 days*

Back to the roots to reconnect with the awareness of movement, breathing, and meditation in a transformative process. Discover Roots of Movement, a holistic training program designed to reconnect with your body through mobility, Pilates, yoga, meditation, and holistic experiences. Enhance your flexibility and overall well-being while exploring mindful techniques that restore your body's natural harmony.

### **BENEFITS**

- ✓ Reconnection with movement, breathing, and meditation
- ✓ Improvement of flexibility and overall well-being
- ✓ Exploration of mindful techniques for natural harmony

### **SESSIONS**

- 2 Mindful & Motion
- 2 Ancient Techniques
- 2 SUDA® Experience
- 1 Spa Ritual
- Access to the relaxation circuit

## IMMERSIVE PROGRAMS

### SPIRITUAL *Awakening*

155    *3 days*

A journey into yourself to connect with your body, relax your mind, and awaken your soul. The Spiritual Journey is designed to guide you on a deep journey towards overall well-being through meditation, yoga, movement, and breathing activities. This program aims to relax the mind, release tension, and reconnect with your soul and essence, offering you an experience of peace and complete renewal.

#### BENEFITS

- ✓ Deep connection with your body and soul
- ✓ Relaxation of the mind and release of tension
- ✓ Experience of peace and complete renewal

#### SESSIONS

- 3 Ancient Techniques
- 1 Mindful & Motion
- 1 SUDA® Experience
- 1 Hidro Marine
- Access to the relaxation circuit

## IGNITE & *Elevate*

120 *5 days*

Awaken your inner power with a holistic training program designed to enhance your strength and flexibility. Discover Ignite & Elevate, a holistic training package designed to strengthen your body, boost your energy, and balance your well-being. Through cardio sessions, mobility exercises, and relaxing experiences, you'll enhance your physical and emotional health while reconnecting with yourself.

### **BENEFITS**

- ✓ Enhancement of strength and flexibility
- ✓ Boosting of energy and overall well-being
- ✓ Improvement of physical and emotional health

### **SESSIONS**

- 2 Hybrid Intensity Training
- 1 Mindful & Motion
- 1 SUDA® Experience
- 1 Hidro Marine
- Access to the relaxation circuit

## RESET YOUR *Mind*

55 *2 days*

Experience Reset Your Mindset, a unique two-day holistic training program designed to balance your body, mind, and soul. Through meditation, mobility, and physical training sessions, you'll enjoy a transformative experience that helps you release stress, enhance well-being, and renew your energy.

### BENEFITS

- ✓ Harmonization of body, mind, and soul
- ✓ Release of stress and enhancement of well-being
- ✓ Renewal of energy through holistic practices

### SESSIONS

- I Ancient Technique
- I Mindful & Motion
- I Hybrid Intensity Training
- Access to the relaxation circuit

# SPA ETIQUETTE

## HOURS OF OPERATION

Vilalara Wellness Club is open daily from 9:00 am to 7:00 pm.

## RESERVATIONS

To guarantee your preferred time, we suggest making your booking ahead of time. You can reach us at +351 282 320 196, room extension: 17256. Alternatively, feel free to email us at [spa@vilalara.com](mailto:spa@vilalara.com) or visit the spa in person, where one of our receptionists will be happy to assist you.

## SPA ARRIVAL

You are encouraged to arrive 15 minutes prior to your treatment time. This will allow for a smooth check-in and the opportunity to relax before your treatment. Late arrival will be subject to reduced treatment times.

## CANCELLATION POLICY

Should you need to cancel or rebook your treatment, we do require that happens before 6pm the previous day. If you cannot the day before we required a minimum of 5 hours notice to avoid being charged 100% for your treatment time.

## SPA ATTIRE AND VALUABLES

For your comfort, we invite you to wear the bathrobe and slippers from your room. If you are experiencing the Sauna, Turkish Bath, or Thalassotherapy treatments, wearing a swimsuit is mandatory.

## RECOMMEND

We recommend leaving your valuables in your room, as our lockers are limited in number and we cannot guarantee availability for all our guests. Drink plenty of water to enhance the benefits of the treatments.

## POLICIES

Respect all staff members any unwelcome physical conduct is not permitted. Use the facilities, furniture, and available equipment responsibly. Smoking and alcohol consumption are not allowed inside the center. Please keep your phones on silent.

## MEDICAL CARE

If you have any health issues, please contact your doctor first to confirm if the treatment is recommended. If you are pregnant or have any pre-existing conditions or allergies, please inform our team.

## ADDITIONAL INFORMATION

### SPA CARE PROFESSIONAL

Vilalara Wellness Club is proud to have the finest accredited spa professionals on our team. We guarantee that all treatments and product management are supported by a continuous training program.

### THE PRODUCTS

Vilalara Wellness Club features a selection of globally recognized brands. Your spa care professional will suggest the product range that best meets your individual needs. Please be aware that all purchased products are non-refundable.

### GIFT VOUCHERS

Choose from our available treatment packages or create a custom option that suits your needs. A Gift Voucher makes for the perfect present, not just for spa lovers but also for friends and family who deserve a little extra pampering. Explore our treatment menu to find your ideal selection. Spa Gift Vouchers can be purchased at the Spa Reception and should be presented when booking. Please note that these vouchers are non-refundable and cannot be exchanged for cash.

### CHILDREN POLICY

Guests must be at least 16 years old to enter Vilalara Wellness Club. However, younger guests may receive spa treatments if they are accompanied by a parent or guardian.

### WELLNESS CONCIERGE

Our wellness programs include a dedicated wellness concierge, available through a special line to assist you with any needs, whether it's changing appointments, booking treatments, or seeking product recommendations. For more information about this service, please reach out to the spa reception.

# NOTES

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WELLNESS CLUB



VILALARA

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ALPORCHINHOS  
*Porches* 8400-450, PT