

BlueMind

weekend
with special guests



Body, Mind & Autumn Bliss

Friday 18th October

8am

Sunrise Kayaking

10am

Movement Class
with Dr. Pawel

2pm/4pm

Community Heroes
Experience:
Pottery Workshop

5pm

Sunset Cruise
& Water Ceremony

Saturday 19th October

9am

Yoga & Movement Class
with Dr. Pawel

11:30am

Master your Mind & Body
Workshop (Secret to longevity
and pain free life, workshop
with Dr. Pawel)

Coffee Break - Immunity Booster

2pm/4pm

Inspiration Lab: *Sandy Hands*
Pottery Workshop

5:30pm

Sunset Wine Tasting

Sunday 20th October

9am

Movement Class

11am

Ice Bath Experience

4pm

Rota do Mar:
Sagres Experience

6:30pm

The Sacred Fire
Ceremony

Para mais informações e inscrições por favor contacte-nos | For more informations and reservations please contact us:

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