

New Year, New Energy  
A Wellness Journey

# *Refresh Renew Restart*

DECEMBER 26TH TO JANUARY 2ND  
2025 / 2026

**memmo** BALEEIRA  
SAGRES • PORTUGAL



# *Refresh Renew Restart*

Start the NEW YEAR with intention, surrounded by the raw beauty of Sagres, where nature sets the pace and every day brings a new way to move, breathe, and reset. At Memmo Baleeira, we've reimagined the celebration as a full week of active experiences that reflect our spirit of renewal.

GET READY TO START 2026  
RENEWED & REVITALIZE

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A close-up photograph of a person's hands, heavily coated in light-colored clay. The hands are positioned to hold a small, shallow clay cup that is being shaped on a pottery wheel. The pottery wheel itself is decorated with a wide, vibrant green band around its rim. In the background, a larger, reddish-brown ceramic bowl is partially visible. The overall scene is warm and focused on the craft of pottery.

*Refresh  
Renew  
Restart*

**26TH DECEMBER**

## INSPIRATION LAB

COMMUNITY HEROES EXPERIENCE

All day - Pottery Workshop

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**27TH DECEMBER**

## MOVE & RELEASE

8am - Creative Movement Class

## ELEMENTAL RENEWAL

9:30 am - Contrast Therapy | Hot & Cold experience

## INSPIRATION LAB

COMMUNITY HEROES EXPERIENCE

All day - Pottery Workshop

## IMMERSION JOURNEY

Full day - Surf Survival Three Day Course

Apnea & Underwater Preparation

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**28TH DECEMBER**

## MOVE & RELEASE

8am - Creative Movement Class

## ELEMENTAL RENEWAL

9:30 am - Contrast Therapy - Spa | Hot & Cold experience

## INSPIRATION LAB

COMMUNITY HEROES EXPERIENCE

All day - Pottery Workshop

## IMMERSION JOURNEY

Full day - Surf Survival Three Day Course

Apnea & Underwater Preparation

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**29TH DECEMBER**

## ELEMENTAL RENEWAL

9:30 am - Contrast Therapy -Spa | Hot & Cold experience

## INNER BALANCE

Afternoon - Introduction to Jujitsu

## COLOURS OF CELEBRATION

Afternoon - Face Painting (activity for children and adults)

## IMMERSION JOURNEY

Full day - Surf Survival Three Day Course

Apnea & Underwater Preparation

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**30TH DECEMBER**

## CYCLING THROUGH THE YEAR

9am - Sagres Local Bike Tour

## ELEMENTAL RENEWAL

9:30 am - Contrast Therapy -Spa | Hot & Cold experience

## COLOURS OF CELEBRATION

Afternoon - Face Painting (activity for children and adults)

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*Refresh  
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**31ST DECEMBER**

## THE LAST RUN

9am - Sagres Running Morning

## ELEMENTAL RENEWAL

9:30 am - Contrast Therapy -Spa | Hot & Cold experience

12pm- End of the year ritual

## DINNER CEREMONY PARTY

11:30pm until 1:30am

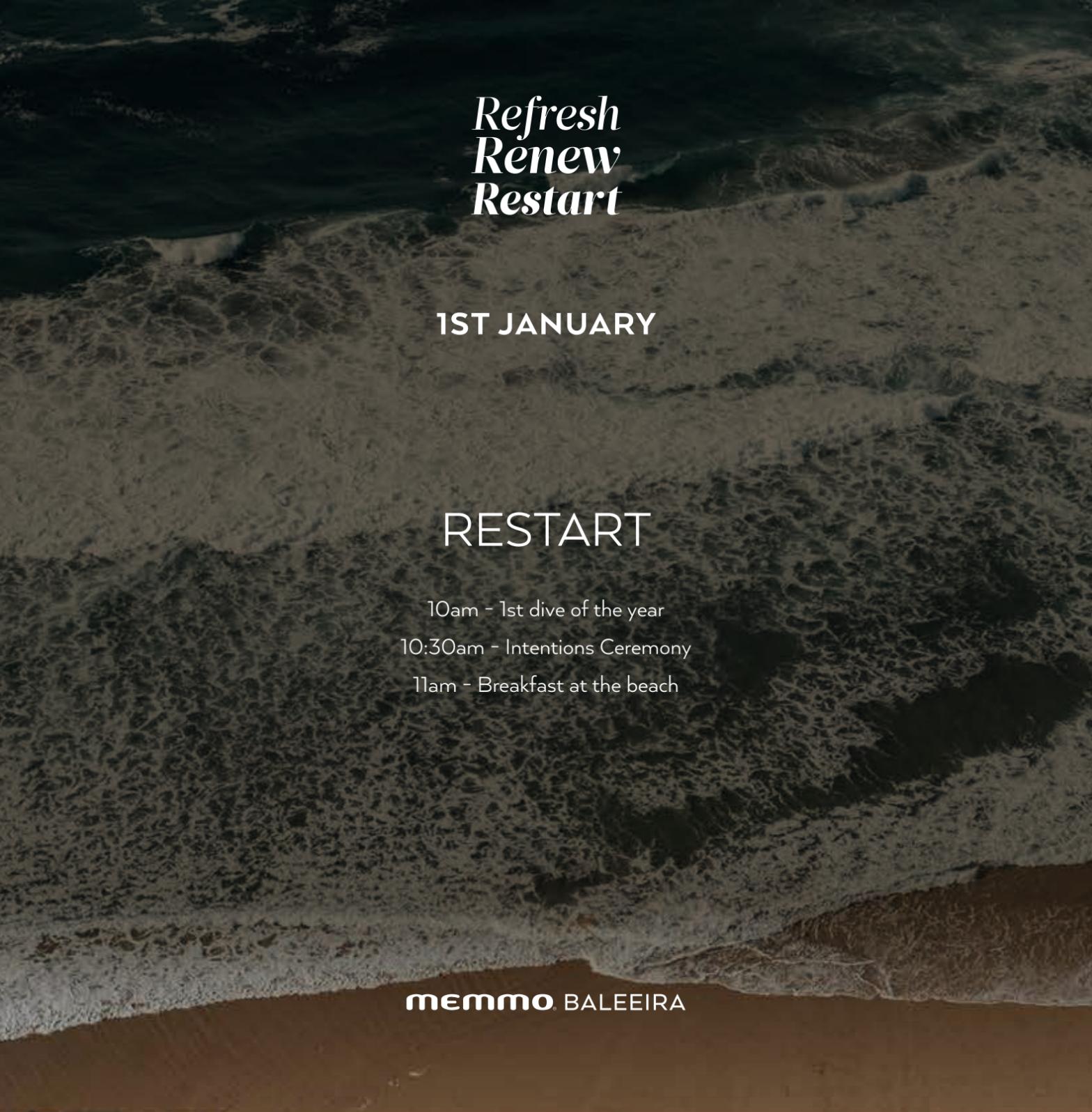
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*Refresh  
Renew  
Restart*

2026  
*happy*  
**NEW YEAR**

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*Refresh  
Renew  
Restart*

1ST JANUARY

RESTART

10am - 1st dive of the year

10:30am - Intentions Ceremony

11am - Breakfast at the beach

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*Refresh  
Renew  
Restart*

2ND JANUARY

RESTART

MOVE & RELEASE

8am - Creative Movement Class

ELEMENTAL RENEWAL

9:30 am - Contrast Therapy - Spa | Hot & Cold experience

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