



VILA VITA VITAL



21 JUNE  
INTERNATIONAL YOGA DAY

*You are invited to celebrate International Yoga Day with us on 21 June with complimentary Yoga and Meditation classes in the beautiful grounds of VILA VITA Parc.*

*A great opportunity to introduce Yoga to new practitioners with plenty of classes for all experience levels, including beginners.*

*We look forward to welcoming you on this day to celebrate the existence of Yoga with you!*

Yoga is an ancient physical, mental and spiritual practice with more than 5000 years originating in India, which aims to balance and nurture both mind and body.

The International Yoga Day was declared official by the United Nations General Assembly in 2014, after the call from the Indian Prime Minister, Mr. Narendra Modi: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature."

The International Yoga Day was chosen to be on the 21<sup>st</sup> of June due to the Summer Solstice, the longest day of the year, and has a special meaning for the yogic tradition as well as for many parts of the world.

## PROGRAMME

THURSDAY 21 JUNE 2018

08:00

### **Sunrise Yoga (60')** R

A morning Yoga sequence designed for a fresh and energizing start to the day.

09:00

### **Pranayama & Meditation (60')** R

Breathing exercises that cleanse and nourish the body, mind and energy of an individual, preparing one to be able to flow effortlessly into meditation.

10:30

### **Family Yoga (30')** L

A Yoga class for parents and their children. A bonding and fun activity to spend time with the little ones.

11:30

### **Power Yoga (60')** L

A vigorous dynamic vinyasa practice for those who like intensity.

12:30

### **Restorative Yoga (30')** L

A slow-paced practice to fully restore and relax your body and mind.

17:00

### **Yoga with Live Music (60')** R

Hatha Yoga Flow class with Handpan Drums music.

R Location: Front of the Residence, overlooking the ocean

L Location: Fonte dos Namorados

**Healthy meals are available at the Delfim Bar and at the following other outlets:**

### **Bela Vita Restaurant \***

- Fresh salad / barley / avocado / cucumber / pomegranate / passion fruit vinaigrette
- Spring field / light cottage cheese / peas / asparagus/ kenia / foliage
- Corn wrap / pink tomato “rosa” / watercress / sprouts / organic turkey breast / natural yogurt dressing

### **Palm Bar \*\***

- Vegan quinoa salad / sprouted peas / crunchy vegetables and house seeds-mix / miso dressing topped with grilled, marinated tofu skewers
- Açai based bowl topped with banana, crunchy granola, coconut shavings and berries
- Lemon semi-fredo / goji berries / pistaccios

\* available only for dinner

\*\* available only for lunch

**For bookings and more information please contact the Health Club reception (ext. 2070)**



**VILA VITA Parc**

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