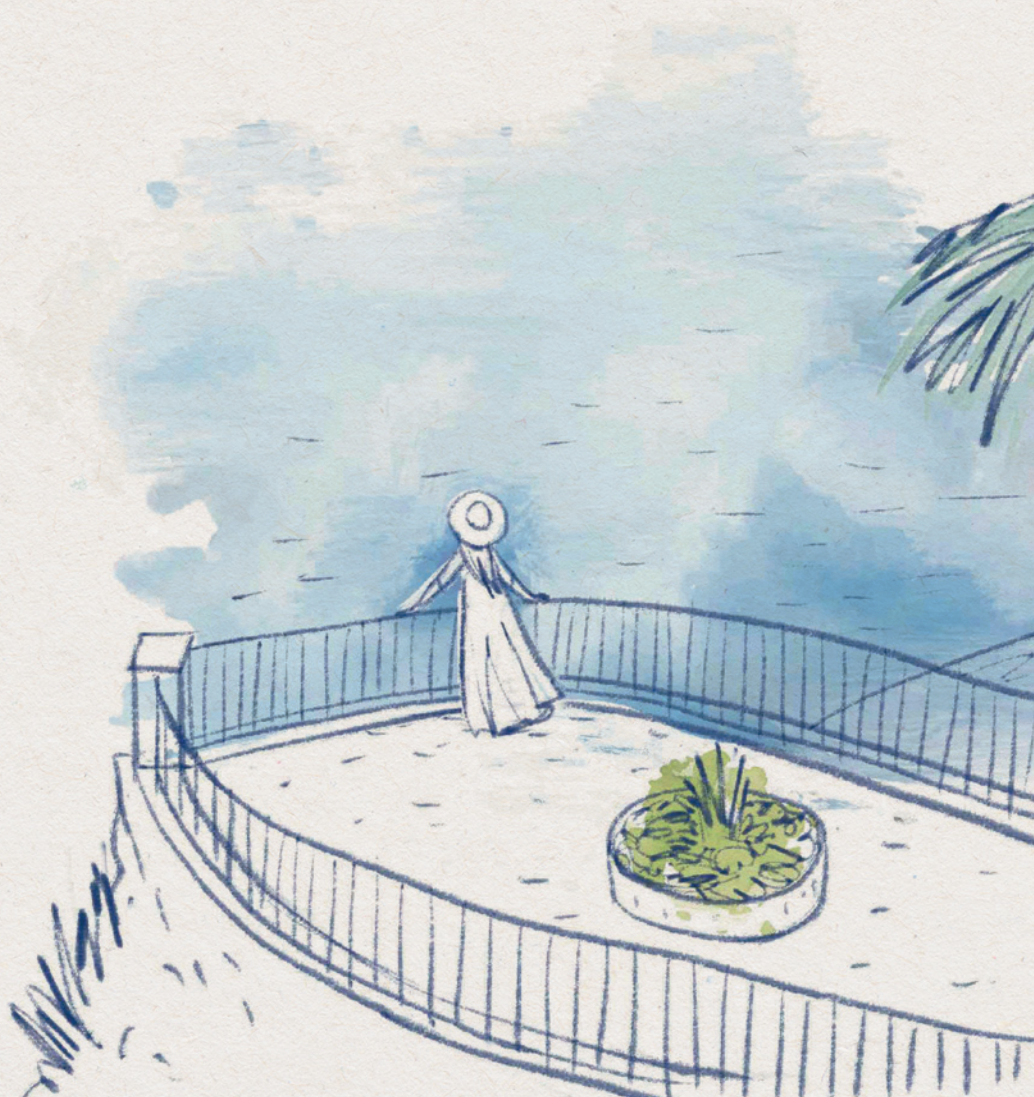


WELLNESS <sup>20</sup><sub>23</sub> WEEKEND

BODY, MIND AND SOUL





# WELCOME

Welcome to the third annual Wellness Weekend at Reid's Palace! During this three-day event, we invite you to enhance your health and wellbeing through an array of exclusive activities, while being immersed in our legendary world. Our goal is to ensure you check out feeling fitter, healthier and more balanced than when you checked in and to enjoy an exhilarating journey for the body, mind and soul.

Share your Wellness Weekend experiences on social media #TheArtOfBelmond





# BODY 01.09.23

Friday

07:30 – 08:30

## Early Bird

Sunrise yoga

09:00 - 13:00

## Active Morning

Personal training sessions

15:30 – 16:30

## Curated Workshop Body

Masterclass with  
Chef José Diogo

# MIND 02.09.23

Saturday

07:30 – 08:30

## Early Bird

Sound healing

09:00 - 13:00

## Active Morning

Tennis lessons

15:30 – 16:30

## Curated Workshop Mind

Aerial yoga

# SOUL 03.09.23

Sunday

07:30 – 08:30

## Early Bird

Morning meditation

09:00 - 13:00

## Active Morning

Paddle board yoga

15:30 – 16:30

## Curated Workshop Soul

The art of manifestation  
& journaling



## EARLY BIRD

### YOGA

Yoga is a physical, mental and spiritual practice that originated in ancient India. The word yoga is derived from the Sanskrit root yuj, meaning “to yoke” or “to unite”. Join us with a view to creating a harmony of body, mind and spirit, as well as a union between the individual self and universal consciousness, at the heart of the sunrise.

Complimentary activity ! Takes place by the pools, under the fig tree ! To book, please contact our guest experiences assistant (8025) or concierge (3) as places are limited

### SOUND HEALING

Our extra special treat for you this weekend! Sound healing is the practice of using sound and frequency to promote relaxation, healing and personal development. Like meditation and yoga, this time-honoured holistic practice has the capacity to slow down your respiratory rate, relax your brainwave patterns, lower your heart rate variability and calm your nervous system.

Complimentary activity ! Takes place by the pools, under the fig tree ! To book, please contact our guest experiences assistant (8025) or concierge (3) as places are limited

### MORNING MEDITATION

What better way to start the day! Morning meditation is a mindfulness practice that involves breathing methods, guided imagery and other techniques to relax the body and mind. It is a wonderful way to centre yourself and find a deeper connection within you. Morning meditation can also reduce stress and anxiety and help you begin the day with positivity, being truly present, calm and confident.

Complimentary activity ! Takes place by the pools, under the fig tree ! To book, please contact our guest experiences assistant (8025) or concierge (3) as places are limited

## ACTIVE MORNING

### PERSONAL TRAINING SESSIONS

Join our personal trainer for a one-on-one session at the gym. He will personally assess your physical strengths and weaknesses and create customised workout plans just for you. Besides providing physical and mental guidance and monitoring you while you train, he will also give you tips to take back home.

Complimentary activity ! Takes place at the gym (inside the spa) - 1 hour sessions are available to book ! To book, please contact our guest experiences assistant (8025) or concierge (3) as places are limited

### TENNIS LESSONS

Work on various aspects of the game and focus on cardio, technique and strategy or simply have a fun knockabout with Patrice, our professional tennis coach. Born in France, he has over 15 years' coaching experience working with all ages: adults, juniors, children and every level up to national. He looks forward to welcoming you on the court.

Complimentary activity - 1 hour sessions are available to book at beginners, intermediate and advanced level ! Takes place at tennis court number 1 ! To book, please contact our guest experiences assistant (8025) or concierge (3) as places are limited



## PADDLE BOARD YOGA LESSONS

SUP Yoga is as challenging as it is exhilarating, and its benefits go far beyond the physical. Remove yourself from the hectic world and discover the glories of nature. Azure sea, blue sky, the sound of the water gently lapping the beach and the feel of the sun's rays combine to create pure moments of active meditation. This softness is accompanied by calm, safe and fluid movements on top of a board, where the mind is challenged to focus on what truly matters – the present.

Complimentary activity - 1 hour sessions are available to book! Takes place at the sea level! To book, please contact our guest experiences assistant (8025) or concierge (3) as places are limited

## CURATED WORKSHOPS

### SPECIAL MASTERCLASS WITH CREATIVE EXECUTIVE CHEF JOSÉ DIOGO

You're in for a treat! Join our Executive Creative Chef José Diogo for a fun masterclass learning how to make tasty kombucha, as well as lacto-fermented specialties. Kombucha is a fermented, lightly effervescent, sweetened black tea drink commonly consumed for its health benefits. Lacto-fermentation is a method of food processing that uses healthy bacteria, fungi or yeasts to extend the shelf life of ingredients while giving them a distinctive taste and texture.

Complimentary activity! Takes place in the greenhouse – meeting point at the main entrance! To book, please contact our guest experiences assistant (8025) or concierge (3) as places are limited

### AERIAL YOGA

Step into a dance combining traditional yoga, pilates and acrobatics. Your teacher, Ana, creates a safe space to promote self-confidence, self-love and self-belief. All sessions are centred on manifesting each individual's personal intentions surrounded by serenity and security. Exploring and expanding on an intention can change your perspective on life and make it lighter, simpler and more fluid.

Complimentary activity! Takes place by the gazebo – meeting point at the main entrance! To book, please contact our guest experiences assistant (8025) or concierge (3) as places are limited

### THE ART OF MANIFESTATION & JOURNALING

In psychology, manifestation generally means using our thoughts, feelings and beliefs to bring a dream or goal into a state of reality. This process is based on the power of intention and attraction to learn how to manifest your dreams. Journaling, meanwhile, offers an array of benefits, from easing stress to sparking self-discovery. Ana will be with you on this inner journey in our gardens.

Complimentary activity! Takes place in the gardens – meeting point at the main entrance! To book, please contact our guest experiences assistant (8025) or concierge (3) as places are limited



# OTHER WELLNESS TREATS AT REID'S PALACE

## THE SPA

Discover our sublime sanctuary dedicated to wellbeing and rejuvenation. Try the jacuzzi, sauna or steam bath or simply unwind in an atmosphere of wellbeing. Join us in our serene haven overlooking the Atlantic Ocean to rejuvenate your body, mind and soul.

Browse the spa menu on our hotel app. For more information and bookings, please contact the spa (7085)

## WELLNESS WEEKEND SPECIALS ON THE POOL TERRACE

During our weekend dedicated to health and wellbeing, the kitchen team has prepared a uniquely nourishing menu. Each deliciously fresh option is designed to give you ample energy for the activities ahead.

available on the pool terrace from 11:00 to 18:00







## AROMATHERAPY PILLOW SELECTION

To enhance your days of wellbeing, we want you to enjoy blissful nights of sleep. On your bed we have placed high-quality pillows filled with non-allergenic goose feathers. Relax and unwind with the expert help of Aromatherapy Associates and choose from the inviting and therapeutic fragrances. A variety of pillows are available should you prefer alternatives.

Browse the menu on our hotel app and call housekeeping on extension 5 to request your chosen pillow

## PILATES

Meet our expert pilates teacher in front of the meeting room doors on level 0 before proceeding to your lesson. She will take you through poses that stretch, flex and strengthen your body.

Available on friday 1<sup>st</sup> september at 09.00. To book, please contact our guest experiences assistant (8025) or concierge (3) as places are limited

## THE ART OF SKINCARE

Unveil the secrets of radiant, flawless skin. Guided step-by-step, you'll learn which products are best suited to your complexion and the most effective way to apply them.

Available on friday 1<sup>st</sup> september at 11:00 or at 15:30. To book, please contact our guest experiences assistant (8025) or concierge (3) as places are limited





**REID'S PALACE**  
A BELMOND HOTEL  
MADEIRA