

# DIGITAL DETOX



## YOUR JOURNEY AT PINE CLIFFS HAS JUST BEGUN...

... put your phone in a sleeping bag and dedicate this moment to yourself, with no interruptions. Enjoy the experience and reconnect with your inner self, making the most out of the guided cycling tour, beach workout, Pilate's classes, relaxation massage and many more activities. This 2 nights program includes accommodation in a One Bedroom Serenity Suite, buffet breakfast at Jardim Colonial and lunch & dinner within our Zest healthy living concept.

DAY 1 (ARRIVAL)

- Guest welcome & package introduction
- Green cleaning juice + Reception of a sleeping bag
- Guided cycling
- Dinner – Zest concept
- Sounds of the waves

DAY 2

- Beach workout with Personal Trainer
- Breakfast at Jardim Colonial
- Beginners / advanced Golf coaching
- Energy break under the pine trees
- Organic Lunch – Zest concept
- Paddle board session (pool/ocean)
- Relax Massage (at the beach from May)
- Serenity Thermal Oasis Experience
- Dinner – Zest concept
- Nature's Star Cinema

DAY 3

- Morning coach
- Breakfast at Jardim Colonial
- Breathing class & Discover Pilates