

NEW YEAR, NEW ENERGY
A WELLNESS JOURNEY

Refresh
Renew
Restart

26 DE DEZEMBRO A 4 DE JANEIRO
DECEMBER 26TH TO JANUARY 4TH
2024/2025

memmo  BALEEIRA

Refresh Renew Restart

DÊ AS BOAS VINDAS AO NOVO ANO
DE FORMA DIFERENTE!

Em harmonia com a natureza e com um estilo de vida saudável e ativo, aproveite tudo o que Sagres tem para oferecer e a proximidade com o oceano. No memmo Baleeira, além da tradicional celebração de Ano Novo dispomos também de um programa de uma semana que reflete o nosso novo conceito de hotel de estilo de vida ativo.

PREPARE-SE PARA COMEÇAR 2025 RENOVADO E REVITALIZADO.

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WELCOME THE NEW YEAR
IN A DIFFERENT WAY!

In harmony with nature and a healthy, active lifestyle, make the most of everything Sagres has to offer and the proximity to the ocean.

At memmo Baleeira, in addition to the traditional New Year's celebration, we also have a week-long program that reflects our new concept of an active lifestyle hotel.

GET READY TO START 2025 RENEWED & REVITALIZED

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BENEFÍCIOS DE ESTAR PERTO OU DENTRO DE ÁGUA

Health Benefits of Being In or Near the Water

Aumenta e mantém a felicidade

Elevates and sustains happiness

Reduz o stress e a ansiedade

Reduces stress and anxiety

Aumenta a criatividade
e a resolução de problemas

Enhances creativity and problem-solving

Combate a sobre-estimulação

Counteracts overstimulation (Red Mind)

Diminui o ritmo cardíaco

Lowers heart rate

Melhora a qualidade da conversa

Improves conversation quality

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26 DEZEMBRO
26TH DECEMBER

MOVE & DETOX

9am - Power Yoga Class
11am - Coastline Hike

INSPIRATION LAB

COMMUNITY HEROES EXPERIENCE

3pm - One Day Local Beekeeper
5:30pm - Restorative Yoga

 **memmo** *BALEEIRA*

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27 DEZEMBRO

27TH DECEMBER

INSPIRATION LAB

COMMUNITY HEROES EXPERIENCE

3pm - Pottery Workshop

SUNSET

5pm - Sunset Cruise Tour: Sagres Sea Explorer

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28 DEZEMBRO

28TH DECEMBER

MASTER YOUR BODY & MIND

9am - Algarve Coastline Hike
featuring by Canon

INSPIRATION **LAB**

3:30pm - Photography Workshop
with Photographer André Carvalho

SUNSET

5pm - Sunset Wine Tasting & Ceremony

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29 DEZEMBRO

29TH DECEMBER

A MORNING WITH THE STARS

9am - Run led by Pro Athlete

11:30am - Mobility & Stretching Class

SUNSET

5pm - Sunset Wine Tasting & Ceremony

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30 DEZEMBRO

30TH DECEMBER

MOVE
WITH PURPOSE

10:30am - Ice Bath Experience
Breathwork, Meditation & Ice Bath
Workshop with David Boot

RIDE THE GIANTS

6pm - Surf Advanced Workshop with
Big Wave Pro Surfer Alex Botelho

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31 DEZEMBRO

31ST DECEMBER

MORNING WALK: A YEAR IN REVIEW

9:30am - Coastal Hike

12pm - End of the Year Ritual

DINNER CEREMONY

LIVE MUSIC by MOONSHINERS

11:30pm until 1:30am

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2025
happy
NEW YEAR

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1 JANEIRO
1ST JANUARY

Restart

10am - 1st dive of the year
10:30am - Intentions Ceremony
11am - Breakfast at the beach

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2 JANEIRO
2ND JANUARY

Reconnection **Day**

10:30am – Breathwork, Meditation & Ice Bath
Experience with David Boot

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3 JANEIRO

3RD JANUARY

Sagres *Experience*

9am - Rota do Mar Hiking

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4 JANEIRO
4TH JANUARY

Quiet
Morning

9am – Morning Meditation