

Digital Detox Wellness Retreat

Algarve, Portugal | Three Nights

Day One

14:00	Guest arrivals
15:00	Device hand-in & introduction
16:00	<small>WORKOUT AWAY</small> <i>Revive</i>
17:00	Journaling Session 1 Arrival & Grounding
18:30	Apéritif
19:00	Dinner at Cascade

Day Two

07:00	<small>WORKOUT AWAY</small> <i>Revive</i>
08:00	Breakfast at Cascade
09:00	Lagos bike ride tour
	Free time to relax
16:00	Journaling Session 2 Embrace the Disconnect
17:30	<small>WORKOUT AWAY</small> <i>tricore</i>
19:00	Dinner at Cascade

Day Three

07:00	Sunrise clifftop walk
08:00	Breakfast at Cascade
09:00	Journaling Session 3 Clarity & Reflection
13:00	<small>WORKOUT AWAY</small> <i>tricore</i>
17:00	<small>WORKOUT AWAY</small> <i>Revive</i>
18:00	Evening Unwind Sound Bath
20:00	Dinner at Cascade

Day Four

07:00	<small>WORKOUT AWAY</small> <i>Revive</i>
08:00	Breakfast at Cascade
09:00	Journaling Session 4 Departure & Integration
12:00	Check-out & departures
	Guests are welcome to remain at the resort and store bags if their flight departs later in the day.
	Shower and change facilities are available.

All meals outlined above are included in the price of your retreat.

We try and keep our retreats as close to this timetable as possible, but sometimes we need to make small adjustments.