



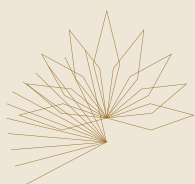
VERDELAGO
RESORT

WORLD WELLNESS WEEKEND 2026

18th, 19th & 20th SEPTEMBER

CONNECT • MOVE • BREATHE • LIVE





WORLD WELLNESS WEEKEND 2026

18th, 19th & 20th SEPTEMBER

Three days dedicated to your well-being through movement, nature, and the tranquility of the SPA. An experience designed to reconnect body and mind around three key pillars: Reset, Move, and Balance.

Feel the transformation, one step at a time.



SEPTEMBER 18 • RESET

SLOW DOWN, BREATHE, AND RESTORE

11:00 AM – 7:00 PM

SPA Treatments

60'

An invitation to slow down and practice self-care through a selection of SPA treatments and rituals designed to promote relaxation, recovery, and a deep sense of well-being.

2:00 PM

Welcome Moment

A warm welcome to the World Wellness Weekend at Verdelago Resort, featuring a presentation of the weekend's schedule and an invitation to experience three days dedicated to movement, nature, and balance.

3:00 PM

Functional Training

60'

A dynamic session combining strength, mobility, balance, and endurance through functional movements adaptable to all fitness levels.

5:00 PM

Tai Chi at the "Secret Spot"

60'

A gentle, meditative practice in connection with nature, combining fluid movements, controlled breathing, and focus to promote serenity, balance, and body awareness.

9:00 PM

Tibetan Singing Bowl Concert (SPA) *Very limited spots available

An immersive relaxation experience through the sounds and vibrations of Tibetan singing bowls, creating an atmosphere of deep tranquility that invites body and mind to unwind.



SEPTEMBER 19 • MOVE

ACTIVATE, ENERGIZE, AND CONNECT

7:00 AM – 11:00 AM

Wellness Breakfast

A breakfast designed to start your day with energy and balance, featuring fresh, nutritious, and delicious options made with ingredients that foster vitality and well-being.

8:00 AM

Verdelago 5K Fun Run

A relaxed 5 km run through Verdelago's surrounding natural landscapes, designed to celebrate movement, energy, and the joy of running together. Accessible to all paces and fitness levels.

11:00 AM

Breathwork Session at the "Secret Spot"

60'/90'

A guided conscious breathing session designed to help release tension, enhance focus, and promote a profound sense of calm and balance.

11:00 AM – 7:00 PM

SPA Treatments

A selection of SPA experiences dedicated to relaxation and recovery, offering a moment of pause and self-care throughout the day.

6:00 PM

Sunset Yoga (open to the community)

60'

An end-of-day yoga practice set against the peaceful backdrop of the sunset. A harmonious experience blending movement, breathwork, and contemplation surrounded by nature.



SEPTEMBER 20 • BALANCE

HARMONIZE BODY AND MIND

7:00 AM – 11:00 AM

Wellness Breakfast

A morning dedicated to balance and vitality, featuring a selection of fresh, wholesome, and flavorful options to awaken the body lightly and consciously.

11:00 AM

Yoga Session

60'

A session focused on mindful movement and breathwork, with an accessible sequence that improves flexibility, mobility, and overall well-being.

11:00 AM – 7:00 PM

SPA Treatments

A final invitation to pause and prioritize self-care with treatments tailored to restore energy, release tension, and prolong a lasting sense of balance.

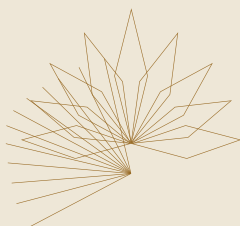
4:00 PM

Functional Training

60'

An energizing session to wrap up the weekend, working on strength, mobility, and coordination through functional exercises suitable for all fitness levels.

*Free access to activities for guests (prior registration required).



Contacts

+351 938 730 255

spa@verdelago.com

verdelago.com