



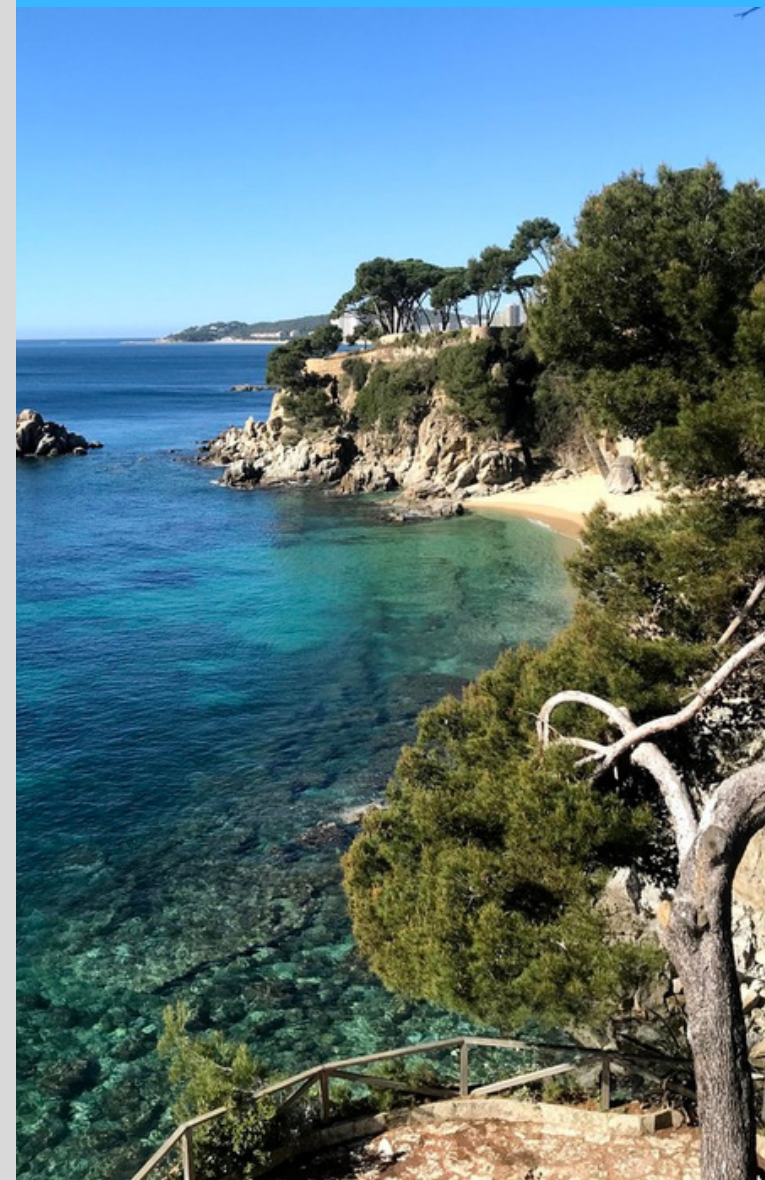
OUR WONDERFUL HOTEL

- You stay at the lovely Park Hotel San Jorge & Spa ****, which has a unique and beautiful location on a cliff overlooking the sea and its own footpath to the beach below.



Indisputable one of Spain's most beautiful coast lines

C O S T A B R A V A



WELLNESS TRIP COSTA BRAVA 28/4-2/5

Join us to magical Costa Brava for both active and relaxing days in a beautiful scenery!

We have tailored a wellness trip with a focus on physical training and mental relaxation, where all your senses will be satisfied.

- Hikes along the fantastic coastal path Camino de Ronda
- Morning yoga classes, on the beach
- Pilates
- Beach Fit
- Aoero dance
- Padel
- Massage

OUR FANTASTIC TRAINER- ÅSA LINDAU



Åsa Lindau has over 20 years of experience in yoga and currently teaches small groups and is a PT in yoga/Pilates and has classes at SATS in Gothenburg. She is a highly valued instructor who teaches in an enthusiastic and comfortable way for both flexible and rigid bodies.



PROGRAM

Sunday 28 April - Arrival Day. Transfer to Costa Brava, welcome drink and tapas dinner (included)

Monday 29 April - Morning yoga on the beach, hiking, Pilates, Beach-fit, Padel for those who want. Lunch & dinner (included)

Tuesday April 30 - Morning yoga, hiking, Pilates, Aero-dance or Beach-fit, Padel for those who want. Lunch & dinner (included)

Wednesday 1 May - Morning yoga, Pilates, Beach-fit and/or Aero-dance, Padel for those who want. Private time for lunch & dinner

Thursday 2 May - Morning yoga, transfer to the airport

INCLUDED IN THE TRIP

- 4 nights in a twin room at 4 star
- Park Hotel San Jorge & Spa, including breakfast and a room with a sea view
- Round-trip transfer Barcelona airport if you arrive by plane
- A tapas dinner including drinks
- Two three-course dinners including drinks
- Two lunches including drinks
- All training sessions (except Padel which is added)
- Two hikes along the Camino de la Ronda
- Swedish- and Spanish-speaking guides on site throughout the trip
- Tourist tax

Prices: Full program, 4 nights: 875 euros/person
 3 nights, 660 euro/person
 2 nights: 470 euro/person
 1 night: 275 euro/person
 (when 1 or 2 nights, choose the days you want to join)
 Single room supplement: 60 euros/night

OUR MAGIC MASSAGE THERAPEUT



On the trip will also be our partner Lotta Nygren-Bonnier, who has been working with well-being for more than 30 years. Lotta is genuine in her desire to help others feel good. She has a holistic mindset and has designed her personal technique to the treatments.

Treat yourself and take the opportunity to reserve a massage or a facial treatment!

Lotta is a Life Coach & Therapeutic Massage Therapist and Specialist in revitalizing facial treatments
Treatments can be booked after registration.

CONTACT & REGISTRATION

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A warm welcome!

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