



If you want to come away with me in October to this beautiful location- work on your mindset, eat delicious freshly prepared food, do sunrise yoga on the beach and meditation at sunset. Fitness and more- see the details here

**Thursday 1<sup>st</sup> October to Sunday 4<sup>th</sup> October 2015**

# Day 1 Thursday

Welcome drinks nibbles at 2pm



Circuit by pool 4pm

Meal by pool 6pm

7pm meditation And group healing

# Day 2 Friday

7.30am Sunrise yoga on beach



8.30am smoothy on the beach

9-10 jogging round national park and lake

10-12 relax time- with picnic breakfast

12-1 lunch in restaurant

1:30- 5 relax at villa snacks and healthy cocktails provided

5-5:30 circuits by pool

5:30-6 Pilates by pool

6:30-7:30 supper at villa

8pm meditation on balcony

## Day 3 Saturday



7.30am Sunrise yoga on beach with meditation

8.30am smoothy on the beach

9-10 jogging round national park and lake

10.30-12 relax time at villa

12-1 lunch at villa

1:30- 5 relax at villa

5-6 walk in the mountains

7-9pm meal out in restaurant

## Day 4 Sunday

7:30-8:30 sunrise yoga at villa



8:30-9 breakfast by pool

9-10 walk in the mountains

10-11 meditation and mindset on balcony

11-12 relax

12-12:30 lunch

12:30 leave

Villa has

1 bedroom with 3 beds- shared bathroom- price per bed £449

1 bedroom with 2 beds- shared bathroom- price per bed £479-

1 bedroom double bed and ensuite- price per room £779 ( £389.50 pp based on a couple )

BOOKED

1 bedroom double bed and ensuite price per room £779 (389.50pp based on a couple)

Price includes all activities and fitness, transfers from airport, half board and snacks (2 meals in restaurant you would pay for, the rest of the meals are provided )

Flights are not included but are about £150

To book email [info@bodyrescue.net](mailto:info@bodyrescue.net) or Facebook Christianne Wolff.