

## SPORT ACTIVITIES RETREAT IN MALLORCA

Date: 25 June - 2 July, 2016

Location: **Breathspiration venue - Alcúdia, Mallorca**

### **Get ready for a unique sport activities retreat on the beautiful Balearic Island Mallorca!**

Experience an outstanding holiday adventure that includes sports and recreational activities from dawn to dusk.

Rise with the sun and get your day started with yoga, a cardio-vascular or a boot camp workout before breakfast. After breakfast, we will take you to enjoy one of Mallorca's top outdoor activities like hiking, biking, rock climbing, kayaking or SUP Outing. End the day in peaceful tranquility with a relaxation class including meditation or stretching before enjoying a healthy home-made dinner.

**17 activities in 6 days are included in the program package, and you can upgrade to the full-throttle experience to make your holiday involve also mountain biking and scuba diving for small additional costs.**

Undisputed star of the Mediterranean islands, beautiful Mallorca has a big sunny personality all year round, not only thanks to its ravishing beaches, but also for its remote mountains and soulful hill towns. The island is your perfect escape for sports and recreational action as it hosts a vast array of different activity types including hiking, biking, climbing, diving and many other sea adventures.

Organised by Breathspiration in corporation with ELATE Wellbeing Luxembourg



Uplift Your Serenity. Shift Your Destiny.

## Daily Program

	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:00 - 9:30		Yoga	Cardio	Boot Camp	Yoga	Cardio	Boot Camp	Yoga
10:00 - 11:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
11:15 - 14:00	14:00 Check-in	SUP outing	<i>Mountain biking</i>	Rock climbing	<i>Scuba diving</i>	Kayaking	Hiking	11:00 Check-out
14:00 - 14:30	Snack	Lunch	Snack	Snack	Lunch	Lunch	Snack	
16:00 - 19:00	Getting to know each other, briefing, welcome meditation	Group life coaching session	<i>Mountain biking</i>	Rest, guided meditation	Free time	Rest, guided meditation	Goodbye closure ceremony	
19:00 - 20:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	

### Optional programs:

- Guided mountain biking has to be booked at the time of reservation (all levels welcome)
- Scuba diving for certified divers or non-divers
- Individual life coaching sessions can be booked at the venue
- Massages can be booked at the venue

## Your Hosts



### Melanie Reid - Life Coach, Kundalini Yoga Teacher, TRX Suspension Trainer

ELATE Wellbeing Luxembourg tailors individual health programs to fit your personal needs, including life coaching and Kundalini Yoga, to work on your vitality, your physical health and your mind.

Visit [elatewellbeing.com](http://elatewellbeing.com) for more information.

### Andrea Forizs - Owner of Breathspiration, Life Coach, Scuba Diving Instructor, Yoga Practitioner

Breathspiration organises breath-taking vacation programs in Mallorca and the world. Andrea founded Breathspiration in 2013, and she has been organising and hosting several yoga and adventure sport holiday programs, healthy gourmet events and life coaching workshops since then. Andrea will be your host in Mallorca, your hiking and kayaking guide, your SUP and scuba diving instructor. Visit [breathspiration.com](http://breathspiration.com) for more information.



## Pricing and Payment Options

**Price: € 1.190** (early bird discount €999 for bookings before 25 March, 2016)

**Payment:** with bank transfer to our company account. To secure the reservation, you have to pay a **deposit** of 25% of the retreat fee. The rest has to be paid one week until the arrival. In case of cancellation the deposit is **non-refundable**, however you can name another person.

The price includes:

- accommodation for 7 nights in shared double rooms with bathroom.
- daily vegetarian breakfast, snack and dinner.
- 7 morning sport and/or yoga classes.
- 1 guided SUP outing.
- 1 guided rock climbing session.
- 1 guided kayak outing.
- 1 guided hike.
- Group life coaching session.

Extras:

- single supplement is 40% + of package price (€1.190 x 1,40=€1.666)
- any other programs according to the extra programs price list.
- outings can be approached by rented car. Share-rent possible.

## General Information

- **Check-in:** 2 pm on the day of arrival.
- **Check-out:** 11 am on the day of departure.
- If you would like to arrive/leave earlier/later, please contact for accommodation recommendations.
- You have to dispose of a valid **travel insurance** in order to participate on the retreat.
- During your stay we highly recommend to **rent a car** in order to move around freely on the island. Car rental can be organised on the spot, however agencies charge extra for delivering the cars to our site. Airport pick-up/drop-off is recommended. We recommend [www.minicost.es](http://www.minicost.es).
- All meals are vegetarian/vegan carefully prepared by our chef from selected, local ingredients.
- Unless the program includes lunch, it has to be organised individually.
- **Extra programs** can be booked at any time. They have to be paid in advance on the venue in cash. For details ask for our extra programs price list.
- For any other information please read **FAQ** and **Terms and Conditions** on [www.breathspiration.com](http://www.breathspiration.com).

## **Our Venue**

Stunning villa few steps from the beach, close to shops and restaurants.