



27th September-3 October 2017

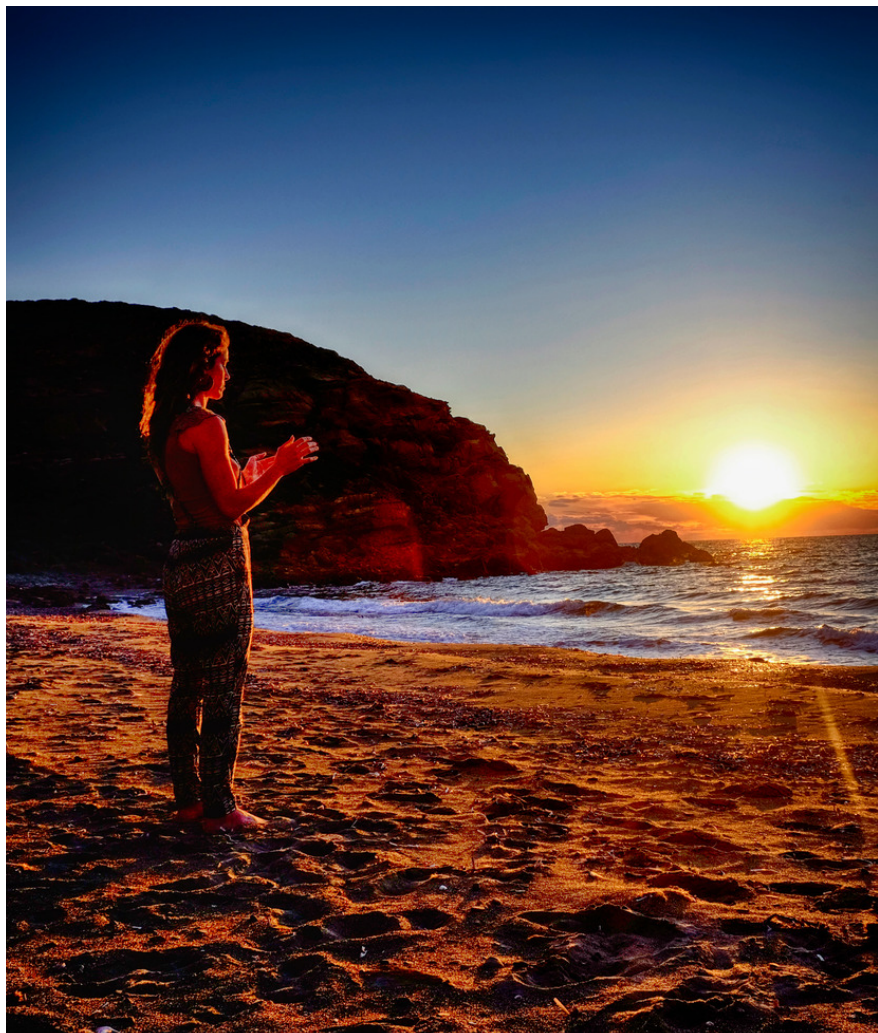
## **BODY MIND SELF RETREAT IN SYMI**

An experience to re-discover the phenomenon of LIFE through Body Mind Heart coaching in Symi, Greece. Spend one week filled with Yoga, Pilates, Mindfulness with Holistic Coaching

on Movement, Sleep, Nutrition, Breathing meditation, Mindset, Chakra re-balance, a holistic unique combination to harmonize the Body-Mind-Heart together.

The daily programme will consist of morning meditation and yoga by our Yoga instructor, followed by body energy and mindfulness sessions with holistic coaching by our Holistic Exercise Physiologist.

Time for rest, or beach activity or hiking throughout the day. Later in the afternoon Pilates session with breathing exercises guided by our sophrologist. By the end of the week you will receive: personal advices regarding your holistic lifestyle on nutrition, sleep, breathing meditation and exercise intensity for your daily performance so you can return with learning tools that help to better cope with your stress and keep up a healthier lifestyle, healthier relations with yourself and others, more focus on your work: a happier version of YOU.



## PRICING

Early bird price until 10th August 2017:

1119 euros per person for 4 people sharing accommodation in:  
Studio Suite Apartments with Balcony or terrace with breakfast and dinner  
1339 euros per person for 2 people sharing accommodation in:  
Studio apartment or Double room with balcony with breakfast and dinner  
There is option for Single use and Luxurious package accommodation

Prices later for later registration from 11th August 2017 until departure date 27th September 2017:

1330 euros per person in a 4 people shared accommodation in:  
Studio Suite Apartments with Balcony or terrace with breakfast and dinner  
1468 euros per person in a 2 people shared accommodation in:  
Studio apartment or Double room with balcony with breakfast and dinner  
1119 euros per person for 4 people sharing accommodation in:

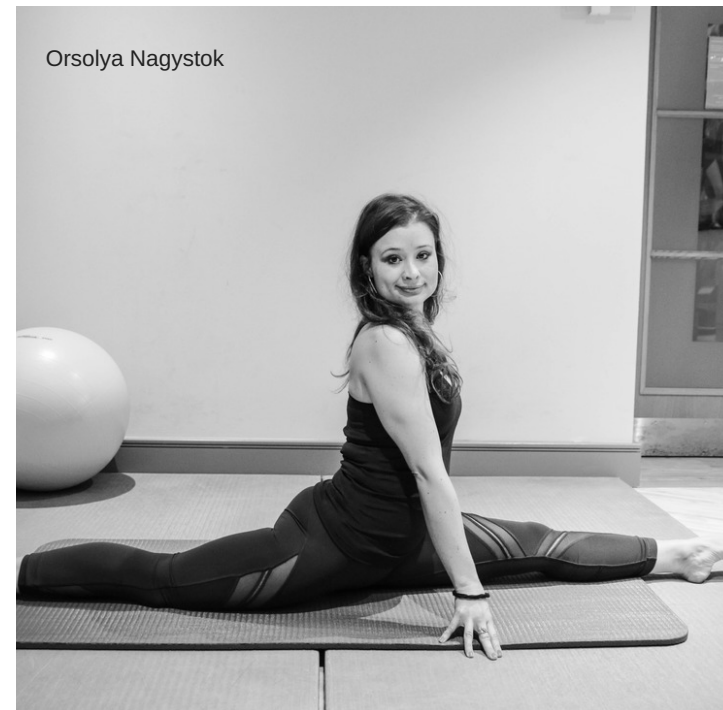
a studio suite apartment with balcony or terrace  
with breakfast and dinner  
1339 euros per person for 2 people sharing accommodation in:  
a studio apartment or double room with balcony  
with breakfast and dinner

There is an option for single use and luxury package accommodation

Valérie Chatel



Orsolya Nagystok



Dr. Sofia Beloka



## THE PRICE INCLUDES:

6 nights  
6 nights in a hotel (single or double price accordingly), breakfast included  
6 dinners at the hotel that include salad + main course + drink  
5-6 hours of Coaching daily  
Rental of equipment and location  
3 professional coaches  
Boat trip from the island

If a participant leaves earlier the fees for accommodation are fully paid and not fees are returned.

## HOW TO GET TO SYMI

### Option 1

By morning flight to Kos and then boat to Symi at 16:00. For the return journey, please check the boat correspondence before you book your return flight.

### Option 2

By flight to Rhodes, stay 1 night in Rhodes and then morning boat to Symi  
On the return journey, leave 1 day earlier from Symi to Rhodes, spend 1 night in Rhodes and fly to Brussels from Rhodes the day after.  
Rhodes is a very nice place to visit with its medieval castle city.

Advice on flights: skyscanner, Ryanair, TUI, Aegean Airlines  
Boats Timetables are here [http://www.12ne.gr/en/itin\\_search.asp](http://www.12ne.gr/en/itin_search.asp)