



# „BODY & MIND“ PROGRAMM

\*RETREATS \*EVENTS \*WORKSHOPS \*COACHING



\*YOGA \*FITNESS \*SPORTS \*MASSAGE



## \*OUTDOOR & \*INDOOR



## \*EVENTS & \*RETREATS



- **YOGA & FIGURE WEEK: 7 DAYS AND NIGHTS, BREAKFAST, SNACKLINE, DINNER, FITNESS, YOGA, MASSAGE, NATURE WALK, BIKE, SUP = 1.590 €**
- **GOLF & YOGA EVENT: 4 FINCA DAYS, SLEEP, BREAKFAST, DINNER, EVENING CHECK IN, GOLF, FITNESS, FASCIAL STRETCH, YOGA, MASSAGE = 985 €.**
- **BODY & MIND WORKSHOP: 1 DAY, WELLNESS WORKOUT, SENSITIVE YOGA, FIGURE TRAINING, MASSAGE, CHILLOUT „FITNESS“ TALK, SNACKS & DRINKS. = 79 €**

## \*SINGLE-TERMS



- **INDIVIDUAL TRAINING: YOGA, FITNESS = 85 € / 75 MIN.**
- **GROUP TRAINING: YOGA, FITNESS, WORKOUT = 20 € P.P / 60 MIN. CLASS**
- **LIFESTYLE COACHING: FOR YOUR BEST LIFE TIME = 60 € / 75 MIN.**
- **FASCIAL MASSAGE: FASCIAL + PAINLESS MASSAGE = 75 € / 60 MIN.**
- **SPECIAL: YOGA / FITNESS + WELL BEING MASSAGE = 120 € / 100 MIN.**

## HOLISITC MASSAGE

- **GENTLE ART OF MASSAGE**
- **TECHNIQUE PAINPOINTS**
- **FACIAL STRETCH TRAINING**
- **3 HOME EXERCICES FOR YOUR ROUTINE**



## \*TRAINER-TEAM



- **SILKE HELLWIG GERMANY**  
**BODY & MIND SPECIALIST, DIPL. SCIENTIST OF SPORTS,, INTERN. YOGA TEACHER, LIFESTYLE COACH.**
- **BERND FABIANKOWITS GERMANY-AUSTRIA-HUNGARIAN-MIX**  
**BODY & MIND SPECIALIST, HEALTH & FITNESS TRAINER, MASSAGE-THERAPEUT, LIFESYTL E COACH.**

## \*BOOKING & CONTACT

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