

icqaz

to Mark International Women's Week!

The Ultimate Wellness Escape
BARCELONA
November 18th-20th 2016



*Almiral de la Font - Masia
Sant Pere de Ribes
Barcelona
Spain*



Liberate yourself from the stresses encountered with modern-day living and discover new reserves of energy, a deeper sense of self and reconnect with your passion for life!

Get away to the peaceful sanctuary of Sant Pere de Ribes - Barcelona on our 1st annual Wellness retreat. Be guided and inspired by what this exotic location has to offer, with Tessa Sanderson six times Olympian and gold medallist and her specialised team of wellness experts in Pilates, yoga, and fitness.

This life enhancing experience will bring people together, awaken your senses, discover new sources of energy and vitality for 3 nights of healthy eating, boot camps, nutrition, beauty workshops and energising aerobics Brazilian samba style. Open to both experienced and those new to Pilates and yoga. Join us on this journey and do as much or as little as you desire with other like-minded fun people for our comprehensive retreat, get pampered from head-to-toe with an amazing programme.



Your Pilates, Yoga and Wellness Retreat packages include:

- 3 nights' accommodation in the luxurious masia, *Almiral de la Font*.
- Daily breakfast, dinner and a health buffet lunch.
- Boot camps.
- Nature walks and evening relaxation activities.
- Salsa dancing and music entertainment.
- Spa.
- Nutrition, body care, beauty, image and style

workshops

- Transfers to and from the Masia
- A welcome drink upon arrival.



(prices do not include flights)



Itinerary

Arrive Friday during the day to settle in and relax

Saturday 19th March

- 8.00 Morning and networking breakfast
- 9.00 Registration
- 10.00 Welcome – Tessa Sanderson White
- 10.10 Spa and Massage – (all day – by appointment only)
- 10.20 Pilates and or Aerobics
- 11.30 Boot camp and yoga/meditation
- 13.00 Lunch and Networking
- 14.00 Workshop 1 - BEAUTY AND BODY/SKIN CARE – Q&A
- 14.45 Workshop 2 - MARY KAY BEAUTY AND MAKE UP TIPS – Q&A
- 15.30 Workshop 3 - NUTRITIAN AND HEALTH - Q&A /MORINGA OR KANGE

WATER

- 16.15 Aerobics (Brazilian Samba Style) and or Pilates
- 17.00 End of the 1st day – close by Tessa Sanderson White

Downtime/free-time

Swim or Jacuzzi to unwind

- 19.30 Evening dinner
(Classes and workshops attendance are optional)

Sunday 20th March

- 8.00 Morning and networking breakfast
- 9.00 Spa and Massage – (all day – by appointment only)
- 9.30 Workshop 1. Beauty and Body skin Care Q&A (Theatre)
- 10.45 Pilates and yoga/meditation
- 11.00 Workshop 2- HAIR Products and Treatment Main Divas
- 12.00 Lunch
- 13.00 Motivational seminar – Tessa Sanderson White (Pathway to Glory) - Q&A
- 13.30 Workshop - NUTRITIAN AND HEALTH/MORINGA SUPPLEMENTS Q&A
- 14.15 BOOT CAMP / Aerobics Brazilian style Samba
- 15.00 End of retreat
- 19.00 Evening dinner

Downtime/free-time

- Swimming/Jacuzzi
- Salsa lessons
- Wine tasting
- DJ and dancing
(Classes and workshops attendance are optional)

Monday 21st March

Free day! Before leaving to go home





Rooms and prices:

1st Floor

*West wing - Sleeps 3 in total
£900 (double bed) for 1 person
£600 for the other 2 this room will sleep 3 people
£500 (2 sharing double bed)*

*Margallo - Sleeps 2 in total
£800 for each person sleeps 2 people*

*Classic suite - Sleeps 1 in total
£700 for 1 person
£500 (2 sharing double bed)*

*Japanese room - Sleeps 2 in total
£650 each (single beds) for 2 people*

*Ochre room - Sleeps 2 in total
£650 each (single beds) for 2 people*

*Bali room - Sleeps 1 person
£700 (double bed) for 1 person
£500 (2 sharing double bed)*

*East wing - Sleeps 2 in total
£550 (double bed) for 1 person
£450 (single bed) for 1 person
£450 (2 sharing double bed)*

2nd Floor

*Mediterranean - Sleeps 1 person
£1200 (double bed) 1 person
£600 (2 sharing double bed)*

*The Gold suite - Sleeps 2 in total
£800 (double bed) for 1 person
£600 (single bed) for 1 person
£600 (2 sharing double bed)*

*Montserrat room - Sleeps 1 person
£700 (double bed) for 1 person
£500 (2 sharing double bed)*

*Casita (the small cottage at the back) -
Sleeps 3 people in total
£900 (double bed) for 1 person
£900 (double bed) for 1 person
£600 (single bed) for 1 person*

(Prices includes entries to all the activities)





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BARCELONA

March 18th – 21st 2016

Booking Form

Mrs Ms

Name:

Surname:

Job Title:

e-mail:

- | | No of people |
|---|--------------------------|
| <input type="checkbox"/> <i>West wing - Sleeps 3 in total</i>
£900 (double bed) for 1 person
£600 for the other 2 this room will sleep 3 people
£500 (2 sharing double bed) | <input type="checkbox"/> |
| <input type="checkbox"/> <i>Margallo - Sleeps 2 in total</i>
£800 for each person sleeps 2 people | <input type="checkbox"/> |
| <input type="checkbox"/> <i>Classic suite - Sleeps 1 in total</i>
£700 for 1 person £500 (2 sharing double bed) | <input type="checkbox"/> |
| <input type="checkbox"/> <i>Japanese room - Sleeps 2 in total</i>
£650 each (single beds) for 2 people | <input type="checkbox"/> |
| <input type="checkbox"/> <i>Ochre room - Sleeps 2 in total</i>
£650 each (single beds) for 2 people | <input type="checkbox"/> |
| <input type="checkbox"/> <i>Bali room - Sleeps 1 person</i>
£700 (double bed) for 1 person
£500 (2 sharing double bed) | <input type="checkbox"/> |
| <input type="checkbox"/> <i>East wing - Sleeps 2 in total</i>
£550 (double bed) for 1 person £450 (single bed) for 1 person
£450 (2 sharing double bed) | <input type="checkbox"/> |
| <input type="checkbox"/> <i>Mediterranean - Sleeps 1 person</i>
£1200 (double bed) 1 person £600 (2 sharing double bed) | <input type="checkbox"/> |
| <input type="checkbox"/> <i>The Gold suite - Sleeps 2 in total</i>
£800 (double bed) for 1 person £600 (single bed) for 1 person
£600 (2 sharing double bed) | <input type="checkbox"/> |
| <input type="checkbox"/> <i>Montserrat room - Sleeps 1 person</i>
£700 (double bed) for 1 person £500 (2 sharing double bed) | <input type="checkbox"/> |
| <input type="checkbox"/> <i>Casita (the small cottage at the back) -</i>
Sleeps 3 people in total
£900 (double bed) for 1 person £900 (double bed) for 1 person
£600 (single bed) for 1 person | <input type="checkbox"/> |

Payment methods

Bank transfer:

A/C Holder: Tessa Sanderson Foundation and Academy

A/C Number: 17018368

Sort code: 30-94-31

Reference: Your name or company name:

Credit Card:

Please debit my credit card VISA Card MASTER Card

Card Holders Name

Card Number

CVV secure code: Expiry Date

Signature:

4% surcharge will be applied on all credit card bookings. Cheque payments accepted by arrangement.
Terms and conditions of payment: Please note that payment in full is required to accompany your booking. Any cancellations not received prior to 14 days before the event will be subject to payment of a full fee. Substitute guests are welcome if we are informed in writing at least 5 working days prior to the event. We reserve the right to amend or cancel your booking at any time. If your booking is cancelled by us, we will refund any fees paid.
Rooms will only be confirmed on the terms and conditions. Payment must be made within 7 days of booking.

To book a place at this event please sign and email the form to joyce@tsfa.co.uk or for further information please call 0208 257 4505

