

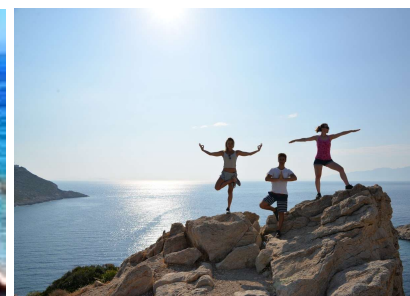
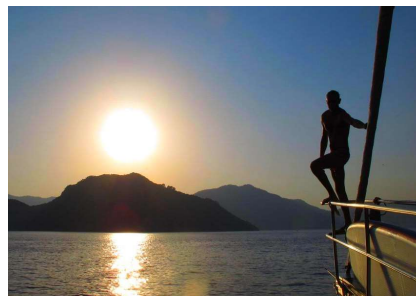
Wellness Retreat for Ladies Greek Islands

07-14. September 2019



On the Wellness boat your activities will be:

- Yoga stretching and breathing every Day
- Aqua Gym in the sea
- Swimming with at the sunrise
- Trekkings and discovering beautiful villages
- Visiting cities
- Greek Dancing class
- Relaxing
- Enjoying..



Some Cruise Details. Places to visit

- Descend into the extinct crater of the youngest volcano of the **Aegean**, the origin of Aphrodite
 - **Symi** one of the most beautiful islands of all Greece and its multicoloured dwellings
 - Discovering incredible islands **Nysiros, Knidos, Thilos** and **Gyali**
 - **Rhodes** the capital of medieval Europe with its giant and its wonders of architecture
- A sparkling cruise and some paradise corners to be discovered over the water and more



This Wellness tour is for you if :

- You want to relax and not to think about anything..
- And same time staying active during all the days of this travel
- You would like to discover yoga and taking care of yourself
- You love to swim in the sea, maybe with the sunrise..
- You want to enjoy time with your friends or / and to meet new people on board
 - You appreciate to eat delicious fresh food
- You like walking in small beautiful villages and trekking through incredible surroundings
 - You enjoy snorkeling and water activities as Agua Gym
 - You just love to travel and to take care of yourself



Who will be your guide to yoga & water activities on the boat?

Maria Zavarina

Certified Yoga Teacher in Bordeaux

Organizer of tailor made retreats all over the world

Future Nutrition and Wellness Coach 😊



For more information and to book your voyage

Contact me:

WhatsApp +33 7 68 64 00 95



Payment conditions and Prices

- **2 twin rooms** – (room with 2 beds) – price per person **1550 Euros**
 - **5 snl room** (with one bed) - price per person **1890 Euros**

To book your voyage you need to send a prepay of 300 euros (not refundable) latest by 20.07.19 and to make full payment prior to 10.08.19

* The tour will be done if all cabins are pre -booked. In case of cancellation of the tour all prepayment will be sent back to the participants



Important information:

- **07.09.2019 Your arrival to the airports in Turkey:** either Dalaman (1,10 h to the boat by taxi) or Bodrum-Milas (1,30 h to the boat by taxi)
 - **Boarding on your Boat in Marmaris from 16:30**
- **07-13.09 Your Wellness Retreat** (more detailed program can be sent by request)
 - **13.09 arrival** at the port of Marmaris around 17:30
 - **14.09 Check out from** the boat latest by 09:00 a.m.
 - **Flight back**
- **passenger information. Depending on Greek legislation,** international navigation regulations in Greek waters may change (international board). The Greek board may, optionally, request the "face control" of our passengers in the Maritime Customs Service (formalities not more than 20 minutes), the first or last day of your presence on a Greek island on your cruise. You just have to have your passport or your identity card to satisfy it. The captain is responsible for all the paperwork.
 - **This cruise is organized according to following itineraries:** From Marmaris to Marmaris.
- Description of the itinerary with embarkation and landing Marmaris. The chronology of the steps can be modified but the program is respected (depending on the winds).

For more information and to book your cruise contact me:

Maria Zavarina

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See you on Board

on the 07 of September 😊

