WELCOME on Health Retreat with Living Food / rawfood & Yoga in La Herradura Spain

The trip is led by Annelis W Sahlberg, A well educated Lifestyle Consultant with over 22 years of experience, She will share how to live a vibrant green life in all situations .Please visit www.livingpower.info and read more.

A healthy life with 100% quality of life. With us we have a wonderful yoga instructor

By operating exercise breathing mental balance and high quality nutrition. Sun and invigorating environment, we will strengthen ourselves.

Journey's theme - Living on rawfood / live food in all circumstances, is it possible?

Maximum 10 participants in total. Minimum 5 pcs participants

The course runs September 28 to October 5 and 6 October to 13 October 2016. You can choose to stay for 1 or 2 weeks. Depending on when your flight arrives it is possible to book xtra accommodation / day before the course starts..

The flight is not included in the price. But we are happy to help book if you want. Transfer is included if you arrive/leave on 28/9 5/10,6/10 or 13 /10 We will pick yoiu up at the airport if you arrive on any other time at an xtra cost . just let us know, or if you rent your own car.

The trip includes

Accommodation 1 or 2 weeks September 28 to October 5, 6-13 October 2016

Accommodation is in a large villa with pool and lovely surroundings close to the sea

Live / Raw food full board - breakfast, lunch and supper / dinner, smoothies, wheat grass, nutritional shoots

all inclusive

Daily food preparation together

Lectures o course of Nutritional & Health stress Learning by doing, Kurskompendie,

Yoga class / and options based training every morning with our talented instructor (not departureday)

Pool, Internet

Excursions / activities, hikes, etc.,

Possibility to book spa / massage, etc.

Accommodation: Part of dubbelrum- supplement for single room

Approx Price: 12000 /pers./vecka

Air travel will

If you are interested. & want to book please email to info@livingpower.info. And/or telephone 073-6973398.

Registration fee 2000 SEK paid within one week of confirmation and is not refundable.

The remaining fee paid 60 days before depatrure

Transfers to and from the retreat included the 28/9 and 5/10 and 6 / 10and 13/10. Other days / times will arrive / depart will be a cost for pickup / drop off at the airport

For those of you who already live in Spain and want to participate without accommodation please contact us for price information

For more information, call! On the trip, you get support and help to live a healthy life, see, hear, smell, taste Tips and ideas, guidance to enrich your life and give you 100% quality of life. E-mail: info@livingpower.info Tel: 0515-188 01, 073-697 33 98 www.livingpower.info

Best Regards

Glada hälsningar

Annelis

Annelis W Sahlberg

Lifestyle councellor

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