

# Health & beauty in Tuscany Programm



## **ANTICO BORGO POGGIARELLO**

Weekly Programms or long weekend:

yoga & natural teraphies

A week of health and beauty.

# Standard Week



## Timing :

**7 days, 6 nights**

**Arrival : Sunday afternoon**

**Departure: Sunday morning**

**The Standard Pack incloses:**

- *4 Yoga lessons and Meditation (aprox.2h)*
- *3 Massage/Theraphy: Shiatsu, Energetic Massage with Oil, Craniosacrle (aprox 50 m. every one)*
- *1 Eco-trekking environmental awareness all day.*



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# Week Programm



Day	SUNDAY	MONDAY	TUESDAY
<i>Morn.</i>		10.00-12.00 YOGA	10.00-12.00 YOGA
<i>Aftern-</i>	<i>Arrival</i>  <i>Free Day</i>  <i>Afternoon:</i> <i>meeting with the</i> <i>Coordinator to</i> <i>present the</i> <i>activities</i>	<i>FREE TIME</i>  <i>Personal</i> <i>Meeting with</i> <i>the Coordinator</i> <i>to see individual</i> <i>situations and</i> <i>possible extra</i> <i>Treatments</i>	<i>TRAETMENT</i>  <i>SHIATSU</i>

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# Week Programm



THURS.	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
TREKING	10h/12h YOGA	10h/12h YOGA	CRANIOSACRA LE TREAT.	Depart.
TREKING	FREE TIME or  Extra treat.	TREATMENT Energetic Massage	FREE TIME or  Extra treat.	

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## Meals

Breakfast - Lunch - Dinner

Vegetarian diet, biologic diet  
or natural tuscan food by  
request.

## Rooms

Appartaments from two to four rooms by  
request.

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# STANDARD WEEK PRICES

Health Standard week  
Bilocal appartement.

800€ ( per person )

Breakfast/Lunch / Dinner ( opcional)

420€ ( per person )

1) From two or more people the price for the rooms has a discount.

2) Ask information and prices for the people that may accompany the wellnes week client.

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