

# PILATES & CHI KUNG HOLIDAY

10-13TH MAY 2022  
PUERTO DE POLLENSA,  
MALLORCA



## Summary

- 10-13th May 2022
- 5 Chi Kung sessions
- 5 Pilates sessions
- Venue: Hotel Galeon Suites
- Location: Puerto de Pollensa, Mallorca
- 2 nights Half Board
- 1 night B&B (we will eat out in town that evening)
- **€555 euros** per person (based on 2 sharing)
- €75 single person supplement
- 50% is required upon booking to reserve your space

## Not included

- Flights & transfers
- Lunches & refreshments during the day



## Overview

Your chance to enjoy stunning surroundings whilst improving posture, strength and energy levels. Learn to relieve tension and boost your immune system in a calm and relaxed environment.

## Location

Puerto de Pollensa is in a beautiful part of Mallorca on the coast with ambient temperatures in October. View Galeon Suites Hotel here: <https://www.galeonsuites.com/en>

## Hotel features

- Swimming pool
- Wellness centre
- Sauna
- Wifi
- Full breakfast each morning

## Travel

### Flights:

There are flights from Geneva to Palma airport and from the UK as well. Remember, it is cheaper to book flights well in advance.

### Transfers:

From Palma airport the transfer takes 40 minutes and is €80 taxi for 4 people, one way. If we are over 5 people the cost of a minibus is €120 one way.





## About Chi Kung & Pilates

**Chi Kung** is an ancient Chinese art involving movement forms which follow the Chinese meridians. It facilitates movement using minimal muscle activity to perform sport or maintain a still posture as well as finding ideal posture and balance. Helping you relax and be more aware of your areas of tension, it will also change your energy levels.



**Pilates** is a complete fitness method, suitable for all ages and abilities, from first time exercisers to sports people wishing to improve fitness and prevent injury; also for those suffering with back problems. Pilates targets the deep postural muscles, building strength from within; re-aligning, toning and reshaping the whole body. The results are visible within a short time leaving your body longer leaner, stronger and more supple. Pilates also helps to relieve stress and tension.

## Your Tutors



**Susan Reed** is a British qualified Chartered Physiotherapist, Craniosacral therapist and teacher of Chi Kung. She has been practising since the late eighties working with skiers and athletes, specialising in the nervous system and related problems. She studied for four years with the College of Elemental Chi Kung in 2003 and has gone on to teach.



**Sarah Sissons** Since moving to the French Alps in 1990 Sarah has built up her list of therapies to include reflexology, massage and pilates. Constantly updating her professional development and skills she now provides services in Val d'Iserre, Ste Foy and Bourg St Maurice.

To Book your place or if you have any queries please contact:

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