

PILATES & CHI KUNG HOLIDAY

30 APRIL - 04 MAY 2024
POLLENCA, MALLORCA



Summary

- 30 April - 04 May 2024
(Start 16:30 on 30 April)
(End 11:00 on 04 May)
NB: No classes on last day
- 6 and half hours Chi Kung
- 6 and half hours Pilates
- Venue: Hotel son Sant Jordi
- Location: Pollenca, Mallorca
- 4 nights B&B
- **€700 euros** per person
(based on 2 sharing)
- 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

Pollenca is in a beautiful part of Mallorca and temperatures are ambient in May. You can see the hotel here www.hotelsonsantjordi.com

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. There is a regular bus service or 40 minute taxi (price to be confirmed on booking as it depends how many people are sharing).





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'Isere, Ste Foy and Bourg St Maurice.

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

Sarah Sissons: info@mountainequilibre.com

Susan Reed: info@ilrespirodellavita.it

