

June 10-June 17, 2018 in Southern Portugal, Holiday Resort Reguengo



Let it Flow 3. Surf & Soul EVENT

Our offer

Rich and nourishing

... that is the delicious vegetarian buffet in Reguengo but also all the other offers waiting there for you: surfing & dancing, mindfulness & massages, walking & hiking, tennis & horse riding and of course yoga & breathwork. We will slow down with silent walks and in the evenings we link body, mind and soul with the help of connected breathing. Of course you can also just bathe in the silence or spend an evening with the others while enjoying a nice glass of wine.

The program

SPECTACULAR flows, moves and relaxation

We start each day with a nicely vitalizing vinyasa yoga or fun fitness or dance class. We will spend most afternoons directly on the beach where we focus on the sun, surfing and doing some partner exercises. You are a beginner? Don't worry, we always have variations at hand and offer a beginners workshop on day one and two if necessary. There will be two evening sessions of either Yin Yoga or Thai Yoga Massage, and two cultural evenings out.

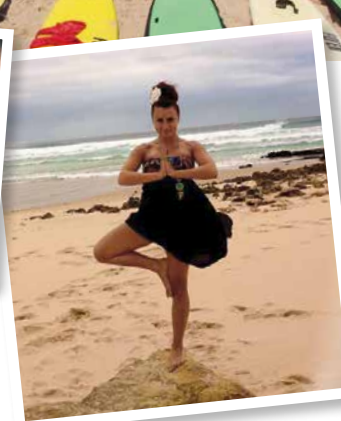
wellBEing team

Donna Danton & Natasha Speck

It is with a lot of energy and humor that Donna and Natasha will lead you through dynamic yoga and/or dance classes. This is a unique mother and daughter team, both holding a Bachelor in Health Sciences, a 200 hour Yoga certification from Lord Vishnu Couch in Cologne, and have a combined 40 years of experience and passion for teaching, fitness, dance and yoga.



The Let it Flow „surfers“



The location

Reguengo: Holidays with friends

Not far from the Atlantic Ocean, surrounded by the rolling hills of the Monchique Mountains in the South of Portugal lies the holiday resort Reguengo. Electricity and warm water are gained directly from the sun. Our meals are cooked in an open kitchen and all produce is regional and organic. The owners' warm hospitality invites you to keep on coming back 'home' to Reguengo.

More information: www.reguengo.de.



Donna Danton
wellBEing



Scan QR-CODE
for our YouTube-Video
or
https://youtu.be/_1BgHmZ5DwY



All in Price: 1060 Euro

All you need to know

- Costs for activities of yoga, fitness and dance: 499 Euro
 - 7 x morning workout of yoga, fitness or dance
 - 3 x beach sessions of yoga, meditation, massage or dance
 - 1 x spectacular happy final of yoga and dance
 - 1 x surf lesson (every additional two hour session: 35 Euro)
- Costs accommodation:
from 561 Euro for a double or triple room
(30 EUR surcharge for a single room)
 - 7 nights
 - 7 x breakfast buffet
 - 5 x dinner buffet / 1 x picnic package
- Limited to 18 participants
- Flight and accommodation have to be booked individually
Book in 2017 and thereby make sure you get a low-priced ticket!
(we are happy to help)
- For registration and further information please contact:
mail@donnadanton.de
- For detailed information please go to: www.donnadanton.de



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