

# We find our *rhythm* in Palma

8-12 June 2016

Reunited at your own pace, stretch out your face, Let's Train drawing on the energies issuing this Balearic island. In one of the most beautiful historic buildings in the heart of Palma, an intensive course in respect of the search for the **rhythms** of each of us.

## Detailed plan

### Wednesday, June 8

H16.35 unless -arrival delays for those flying Ryanair from Rome.  
Transfer at the apartment-Palma Airport.  
Welcoming accommodation in the rooms.

H19-20 first relax with Gyrokinesis - Giulia Crucitti

Free evening

### Thursday, June 9

Awakening slow breakfast

H 10-11: 30 we relax our face Let's Train smiling FOCUSING FACE - Alessandra De Castro

Up to h19 free day

Opportunity to visit the city or go to the beach

H19-20 Gyrokinesis - Giulia Crucitti

Free evening

### Friday, June 10

Awakening slow breakfast

H 10-11: 30 looking between the expressions of our face FOCUSING FACE - Alessandra De Castro

Up to h19 free day

Opportunity to visit the city or go to the beach or in the mountains

H19-20 Gyrokinesis -Giulia Crucitti

H21: 30 gig with the Hang Stefano Grossi on the patio sipping a glass of vino tinto biological Majorcan

### **Saturday, June 11**

Awakening slow breakfast

H 10-11: 30 FOCUSING FACE - Alessandra De Castro

Possibility of a group outing to the ancient Alberca possession with Roman aqueducts with walk and meditation (provided the opportunity to lunch with reimbursement for transportation and lunch forfeit)

If the adhesions are 100% you can opt to predict Gyrokinesis lecture at this residence

Return to Palma

Free / evening readings in the Patio by Stefano Grossi

### **Sunday, June 12**

Awakening slow breakfast

H 10-11: 00 FOCUSING FACE - Alessandra De Castro

Organization baggage apartment Release

Palma-airport transfer

Return to Rome flight with RYANAIR 13:55

Recall that on booking you can do the following treatments:

Kobido 50e

SHIATSU 40e

REFLEXOTHERAPY THE FOOT 40e

AYURVEDIC YOGA 65e

Yamuna BODY ROLLING individual 25e

FIT & FACE individual 25e

Participation fee: € 280

It includes:

Stay with breakfast

Face Focusing course (Fit & Face Yoga Face, About Face)

Lessons of GYROKINESIS (afternoon)

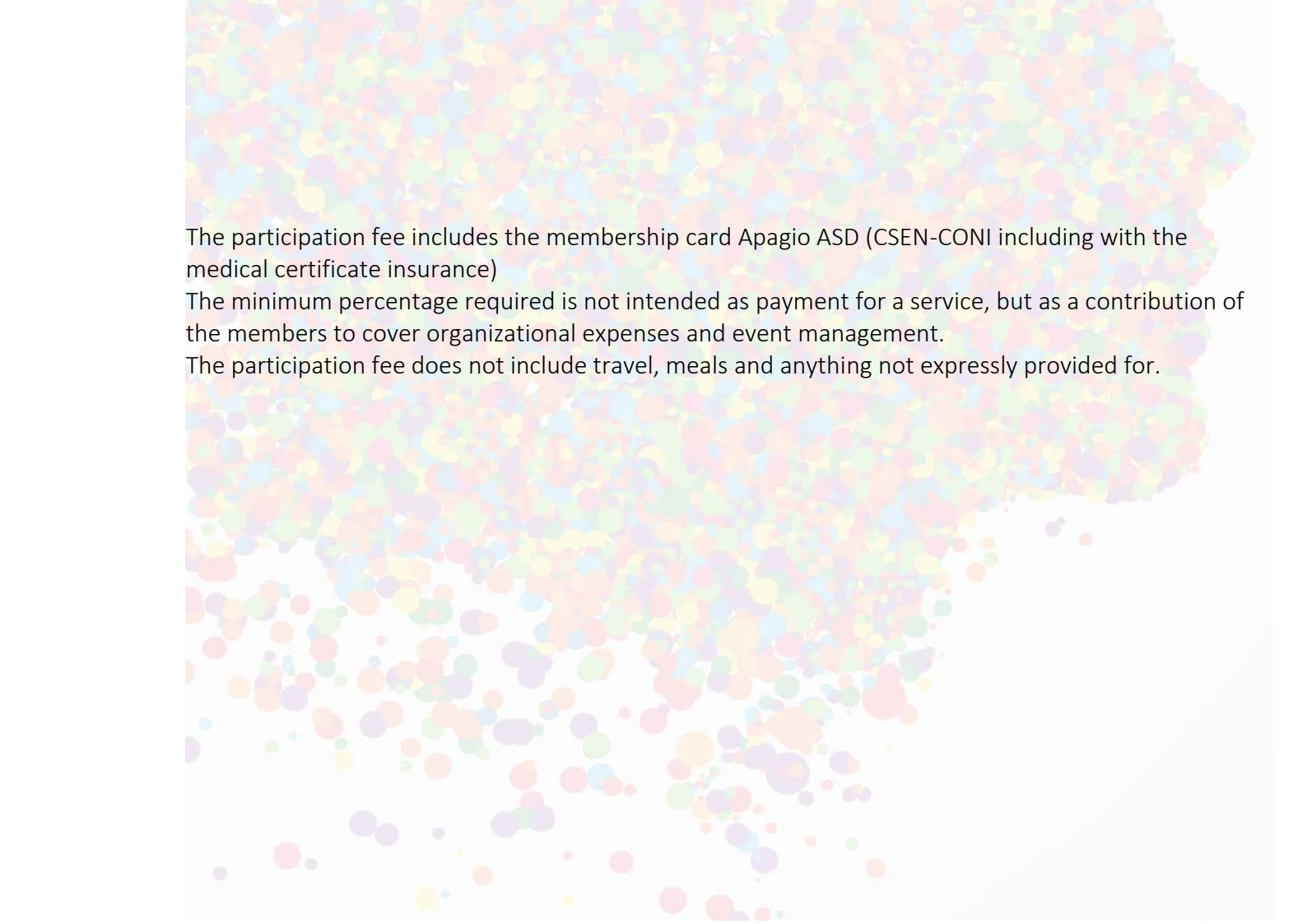
A vino tinto evening biological Majorcan to the hang sound

Readings

On request: Shiatsu, Kobido, Ayurvedic-Yoga Massage, Reflexology, Reflexotherapy foot and Yamuna Body Rolling individual sessions.

Reservation required by 10 March 2016 with an advance payment of € 80





The participation fee includes the membership card Apagio ASD (CSEN-CONI including with the medical certificate insurance)

The minimum percentage required is not intended as payment for a service, but as a contribution of the members to cover organizational expenses and event management.

The participation fee does not include travel, meals and anything not expressly provided for.