

Sunny Escape near Barcelona

13–20th of June 2018

PLAN B ESCAPES

It's time to Relax, Recharge, Reboot!

After a long winter it's time to treat yourself to a fun summer escape in the sun and the sea

Treat yourself to a summer with a smile:

Practice different types of yoga, inc Acro and YOMU

Get fit and energy boost with our top fitness trainer

Eat delicious meals prepared by a live-in, organic chef

Explore the nature and beautiful surroundings



The accommodation is in a cute villa in a beautiful, quiet setting near Sitges in Catalonia – just as well known for its beaches as its nightlife. As we are close to the beach this time we'll include trips to the sea and also check out cute local villages and castles:

- visit el Castell d'Olèrdola
- climb to the Pic de L'Àgila
- La Facu, rock climbing wall
- horse riding at Hípica la Tikotta
- day visit to Sitges and it's famous beach
- visit churches, art museums Vila-nova and Vilafranca

Read more: [facebook event page](#)

contact : info@planbescapes.com

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Our plan includes:

Barcelona Airport Transfers

A beautiful countryside villa

3 delicious organic meals a day

Smoothies/fruit/snacks

2/3 Yoga classes inc YOMU

Fitness class

Meditation

Seminars on nutrition and other topics

Local trekking and sightseeing

You will have 7 relaxing nights in lovely accommodation:

- all rooms have en-suite bathrooms

- small kitchen area with a private fridge in each room

- designated yoga room for the sessions, although you are free to have them outside in the sunshine too

We will also have a physiotherapist and nutritionist at your disposal for any queries you may have about your diet and to ease out any muscle strains



Conditions:

Price for the week 1190 €

Based on couples or two people sharing a twin room.

Single occupancy supplement is 350€

Check prices for short-stay options

Not included:

Flights to Spain

Treatments from massage therapist

Horse riding

**Get your 100€ early bird discount
until the the end of February!**

Get in touch for detailed holiday information such as travel, activities, shorter stay options.

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