

*Peaceful Escape
in Catalonia Mountains*

2 - 9th May 2018

PLAN B ESCAPES

Leave the stresses of work and busy city-living behind

Join us for a week long escape, nestled in the mountains near Berga in Catalonia

practice yoga or work out surrounded by stunning peaks.
eat delicious meals prepared by a live-in, organic chef
explore the natural beauty of the local area
while staying in a traditional Spanish villa.



Our modern Spanish villa is located in the Bergueda region of Catalonia, near Barcelona. It is a national park with plenty of beautiful sight-seeing spots:

great views of Pedraforca,
Can Rosal/Pedret,
Santuari de Queralt.

Berga's medieval centre,
Santuari del Guardia,
Montserrat.

All of our team members are experts in wellbeing, nutrition, personal training and physiotherapy, so whatever your wellbeing goals are, you will be in good hands!

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 daily Yoga classes inc YOMU
Meditation
Local trekking and sightseeing

You will have 7 relaxing nights in lovely accommodation:

- all rooms have private, modern en-suite bathrooms.
- the house has a large outdoor area, pool and a big hot tub
- large living room for relaxing and movie night



Conditions:

Price for the week is 990 €

Based on couples or two people sharing a twin room.
Single occupancy supplement is 350€

not included:

Flights to Spain
treatments from massage therapist

**Get your 50€ early bird discount
until the the end of January!**

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

contact : info@planbescapes.com