

HOLA@BETTERINVALENCIA.COM

#BETTERINVALENCIA

Growth & Relax

Rebalance & Refresh Retreat

with Olga Frankow

OCTOBER 11-15



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Program

01 DAY 1 Monday

- **15:00 CHECK-IN**

You'll stay an unbeatable location in the centre of Valencia, in the city's most trendy neighbourhood, Ruzafa. Depend on your arrival time you have the afternoon to relax and settle in.

- **20:00 WELCOME DINNER**

We'll combine Mediterranean flavors with... the colours of Menorca.

02 DAY 2 Tuesday

- **09:00 SOOTHING YOGA CLASSES ON THE TERRACE**

- **10:00-11:00 DELICIOUS SPANISH BREAKFAST**

A healthy breakfast consisting of: Fresh country bread, quality Spanish ham, seasonal fruit, cereal, coffee, tea and freshly squeezed Valencia orange juice.

- **11:00-13:00 LIFE COACHING WORKSHOPS WITH OLGA**

- **17:00 GUIDED OLD TOWN TOUR and...**

Uncover the secrets of Valencia Old Town in a 1.5 hour tour

- **19:00 TAPAS & WINE EXPERIENCE**

You'll enjoy a specially-designed tapas menu of local ingredients accompanied by prizewinning regional wines

03 DAY 3

Wednesday

- 09:00- 10:00 MORNING YOGA CLASSES ON THE TERRACE
- 10:00-11:00 DELICIOUS SPANISH BREAKFAST
- 11:00-13:00 LIFE COACHING WORKSHOPS WITH OLGA
- 14:00 BOHO PICNIC IN TURIA GARDENS
because... "Life should not only be lived, it should be celebrated!"
- 20:00 DINNER
Let's visit other great and tasty place on Valencia culinary map.

04 DAY 4

Thursday

- 09:00-10:00 DELICIOUS SPANISH BREAKFAST
- 10:00-12:00 LIFE COACHING WORKSHOPS WITH OLGA
- CHILL ON PATACONA BEACH

Time for relax on one of the most beautiful local beaches in Valencia.

- 15:00 LUNCH

Lunch at a restaurant with the seaview. Walk back along the promenade to the beach Malvarossa.

- 17:00 YOGA CLASSES ON THE BEACH (OPTIONAL)
- 21:00 HOW WAS IT?

Farewell dinner with a mediterranean twist.

05 DAY

Friday

- 08:00-11:00 SPANISH BREAKFAST, CHECK OUT

Depend on what time you have your flight, this day is for you.

Comments

1. **THE TIMETABLE FOR EACH PARTS OF THE PROGRAM IS ESTIMATED APPROXIMATELY.**
2. **ARRIVAL/DEPARTURE DAY** Due to the different flight times, there are no additional activities on these days. The first day starts with dinner, the last day ends with breakfast.
3. **CHECK IN/OUT IN HOTEL** Check-In: 3:00 PM Check-Out: 11:00 AM
4. **CHANGES IN THE PROGRAM** We reserve the right to changes in the program (due to random situations, force majeure, weather conditions, actions of third parties).
5. **MEALS** usually includes DIA MENU or TASTING MENU (starter, main course, dessert), water, coffee, glass of wine or beer.
6. **WE STAY IN TOUCH** During a whole stay we stay connect in a WhatsApp group.

You can participate in all activities, but you don't have to.

It all depends on you, this time is for you.

I want you to feel relaxed and comfortable.

OCTOBER 11-15 2021

Package price

685 € (in a double room)

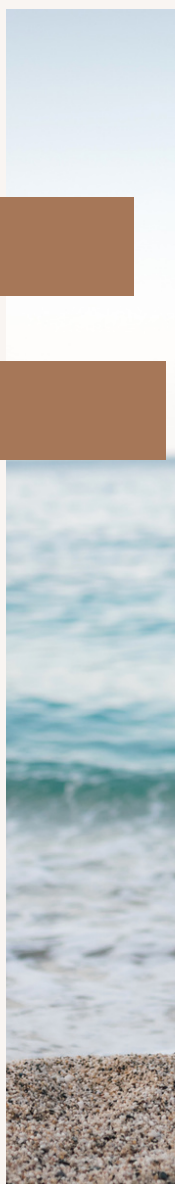
795 € (in a single room)

Included in price:

- 4 nights accommodation
- all meals included in the program
- all activities included in the program

Not included in price:

- flights/airport transfers
- travel insurance
- personal expenses



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On the website and in your confirmation email you will find our
booking& cancellation policy

www.betterinvalencia.com

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Are you ready for
a few relaxing days in Spain?

I can't wait to meet you
See you soon!

Kasia Krous



hola@betterinvalencia.com

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