

PILATES & CHI KUNG HOLIDAY

JUNE OR OCTOBER 2016
NORTHERN ITALY

Your chance to enjoy stunning surroundings whilst improving posture, strength and energy levels. Learn to relieve tension and boost your immune system in a calm and relaxed environment.



Summary

- 9th - 13th June 2016 or 13th - 16th October 2016
- 6 hours of Chi Kung classes
- 6 hours of Pilates classes
- Venue: 4 star Hotel QC Terme
- Location: Pre St Didier, Italy
- 3 nights Half Board
- 3 visits to Spa with light buffet lunch included
- Travel & drinks not included
- **€625 euros** per person (based on 2 sharing) with €100 deposit on booking
- €40 single person supplement



Hotel Features

- Spa
- Wellness centre
- Sauna
- WiFi internet access



The Itinerary

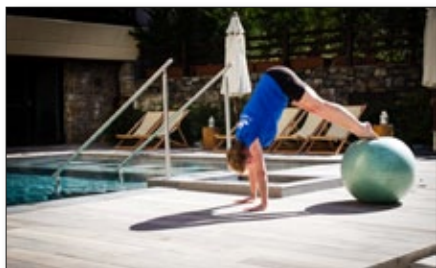
- **Day 1**
Arrival pm at the hotel & settle into rooms.
16:30 Pilates class 1 hr
17:45 Chi Kung class 1 hr
19:30 Welcome drinks
20:30 Dinner
- **Day 2**
Pre breakfast Pilates class 1 hr (time to be decided)
Breakfast
10:30 Chi Kung class 1 hr
Time to visit the Spa
17:00 Pilates class 1 hr
18:00 Chi Kung class 1 hr
20:00 Dinner
- **Day 3**
Pre breakfast Pilates class 1 hr (time to be decided)
Breakfast
10:30 Chi Kung class 1 hr
Time to visit the Spa
17:00 Pilates class 1 hr
18:00 Chi Kung class 1 hr
20:00 Dinner
- **Day 4**
Pre breakfast Pilates class 1 hr (time to be decided)
Breakfast
10:30 Chi Kung class 1 hr
Time to visit the Spa
Departure time as desired from the Spa





About Chi Kung & Pilates

Chi Kung is an ancient Chinese art involving movement forms which follow the Chinese meridians. It facilitates movement using minimal muscle activity to perform sport or maintain a still posture as well as finding ideal posture and balance. Helping you relax and be more aware of your areas of tension, it will also change your energy levels.



Pilates is a complete fitness method, suitable for all ages and abilities, from first time exercisers to sports people wishing to improve fitness and prevent injury; also for those suffering with back problems. Pilates targets the deep postural muscles, building strength from within; re-aligning, toning and reshaping the whole body. The results are visible within a short time leaving your body longer leaner, stronger and more supple. Pilates also helps to relieve stress and tension.

Your Tutors



Susan Reed is a British qualified Chartered Physiotherapist, Craniosacral therapist and teacher of Chi Kung. She has 28 years of experience working with skiers and athletes, specialising in the nervous system and related problems. She studied for four years with the College of Elemental Chi Kung in 2003 and has gone on to teach.



Sarah Sissons Since moving to the French Alps twenty six years ago Sarah has built up her list of therapies to include reflexology, massage and pilates. Constantly updating her professional development and skills she now provides services in Val d'Isere, Ste Foy and Bourg St Maurice.

The Location

QC Terme Monte Bianco. beautifully elegant Italian hotel in the Aosta valley at the foot of the Col du Petit Saint Bernard. An area of outstanding natural beauty with fabulous walks and scenery. The world famous Spa is known for its natural underground warm water supply full of natural minerals and healing properties. The nearest airports are Turin & Geneva.

To Book your place or if you have any queries please contact:

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