

# Girls Go Strong Fitness amp Wellbeing Retreats in the sun 2017



Location

South East, Middlesex

<https://www.freeadsz.co.uk/x-429967-z>



Girls Go Strong 2017 retreats in the sun • Girls Go Strong are pleased to be offering it's first Health, Fitness & Well-being Retreat in the beautiful Costa Brava. Located in Girona just outside Barcelona, the Girls Go Strong week retreat offers an amazing opportunity to get away from it all, spend time on you and your body at a luxurious villa, with our personal chef cooking all your healthy breakfasts, lunches and dinners. This health, fitness and well-being retreat is about recharging your mind, body and soul.

The retreat offers an all in one experience of fitness, great food and amazing company, this includes daily yoga, fitness workouts and trips planned about the Costa Brava; you will find yourself on the most healthy holiday in the sun you've ever had. Take time out to recharge or even kick start your fitness journey, you don't need to be super fit to come along, all you need to be is ready to focus on you, your health and well-being. Spend time with some great like minded women who want to make their bodies stronger. The Girls Go Strong 2017 Summer Wellbeing Retreat is located in Girona near Barcelona. You will be staying in a stone-built villa completely renovated and decorated in a typical Catalan style with a capacity of 40 people.

The villa is set in the midst of beautiful country and forests area in Riudarenes, just 19 min to the Costa Brava beaches and 50 min away from Barcelona. The villa is well connected to surrounding villages and major rail and road networks. Riudarenes and the surrounding towns offer many different services that you may need like supermarkets, health care centre or restaurants. This is an enclosed villa is made up of two attached and stone-built houses, with a total surface of 700m2. Each house has its own outdoor area with screen conservatory, bath area, playground and car park area. The outdoor dining area has space for 40 people and great BBQ. There is an abundant mediterranean vegetation with plenty of fruit

trees, the enclosed grounds consist of 6 000m2 contributing to the rural charm of this amazing place.

The villa is a shared accommodation and is very comfortable and luxurious. It includes breakfast, lunch and dinner for the whole week. The villa is a stone-built villa, completely renovated and decorated in a typical Catalan style with a capacity of 40 people.

Daily health and wellbeing programme, details will be sent 2 week prior to arrival

Girls Go Strong 12 week programme PDF details will be sent 2 week prior to arrival

Bottled water during all physical activity and throughout the day What's Not Included

\* Flights to and from Spain

\* Travel Insurance

\* Airport transfers to and from the villa

\* Transport to and from any cities, towns or attractions



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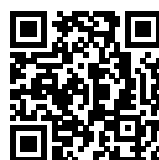
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\* Tickets to any attractions

\* Alcohol

\* Meals at any restaurants, there is no subsidy for meals outside the villa, we will be providing a cooked gourmet meal during breakfast, lunch and dinner at the villa <https://event.bookitbee.com/8995/girls-go-strong-costa-brava-health-and-wellbeing/>