



**Location** **Yorkshire and the Humber, West Yorkshire**  
<https://www.freeadsz.co.uk/x-550504-z>

Welcome to Boutique Mind & Body Retreats by ATTITUDE FITNESS worldwide. We host relaxing, engaging breaks planned to help you de-stress and strengthen, enabling you to maintain a healthier self. The courses are a balance of exercise, relaxation and fun, our aim is to give you the skills, understanding and knowledge of safe activities to keep your body fitter for longer while also gaining lifelong friends and having a great time.

Our next retreat will be the beautiful island of Kefalonia, Friday 18th May to Friday 25th May 2018. It's going to be fun as well as challenging with varied workshops, a minimum of two a day, as well as free time to explore the beautiful island of Kefalonia.

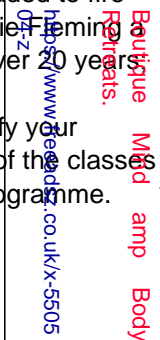
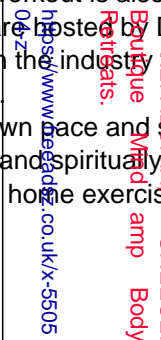
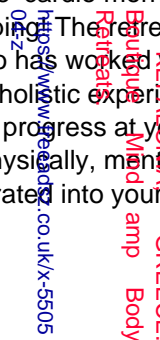
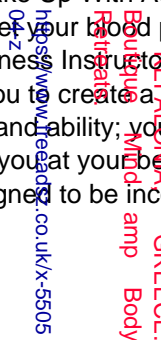
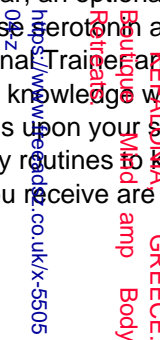
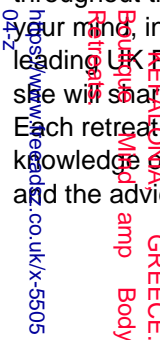
The accommodation is a farm house which sleeps 10 so you'll be sharing a room. A continental breakfast every day and two restaurant evening meals at Auntie Maria's the famous local restaurant is included in the package.

You'll be picked up from the airport and then it's a minibus ride with your fellow Boutiquers to get to know each other. If you'd like to hire a small car for your time on the island this can be arranged for you and delivered to the farmhouse.

The price for the 7 day Greek retreat is £550 and can be paid in instalments, a deposit of £100 per person at the time of booking then £100 before 1st January 2018. After that it's monthly instalments of £117 per month for three months. The £200 deposit is non refundable but if something comes up and you can't make it you can transfer your deposit to a friend who will pay the balance. Payments will be made through PayPal with this email address making it safe and secure.

I'm partnered with an online travel agency, Trust Our Travel, who will be able to organise flights for you and can even offer a discount for group bookings.

Our retreats are designed to fit into your lifestyle and so are an essential 'day' in your weekly 'Retreat' schedule. Each week, we offer a 3-day Retreat, a 5-day night-to-day Body Connection Retreat, and a 7-day Pilates, Yoga and Meditation Balancing Retreat designed to reduce stress, improve healthy living and keep you fit throughout the year. An optional 'Wake Up With Attitude' cardio morning workout is also included to fire up your mind, increase serotonin and get your blood pumping! The retreats are hosted by Debbie Fleming, leading UK Personal Trainer and Fitness Instructor who has worked within the industry for over 20 years and she will share her knowledge with you to create a truly holistic experience. Each retreat builds upon your skills and ability; you will progress at your own pace and solidify your knowledge of daily routines to keep you at your best physically, mentally, and spiritually. All of the classes and the advice you receive are designed to be incorporated into your own home exercise programme.



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