

WELNESS WEEKEND IN ANDORRA

17 until 20 October

Reload your energy and relax in the mountains !!!



Beautiful landscape of Andorra

In this weekend you have all the possibilities to relax and reload your batteries in Andorra, the beautiful country of the Pyrenees.

The following workshops are included in the program:

Yoga, (Power Pole) Nordic Walking, Mindfulness Meditation, Reiki, (Belly or Yoga Trance) Dance and Massage&Foot Reflexology. You do not need any experience. Bring your own yoga mat and a (meditation) cushion to sit on.

The workshops are given by Coco Bliss and Bianca Meeuwissen. Coco Bliss has her own studio in Amsterdam and is qualified in yoga and massage. She is passionate about dance. She gives workshops at the Yoga Festival in the Netherlands and retreats in Andorra and at Ibiza.

Bianca Meeuwissen has followed the trainings for Reiki en Foot Reflexology. She is a certified Nordic Walking instructor. She lives and works already for more than 15 years in Andorra. She is also the director of Original Andorra, the specialist of Andorra.

Besides the program you have the following options (not in the price included): massage, visit to medieval churches, tax-free shopping in the capital of Andorra, and other excursions.



Hotel Ski Plaza in the mountains of Andorra

Welness Days: 205 euro (included all workshops, full boarding, double bedroom).

Included in this price are: 3 nights lodging and full boarding (based on double bedroom, minimum of 10 participants) in the 5-star spa hotel Ski Plaza in Canillo in the mountains of Andorra, all workshops and a visit to the spring water wellness centre Caldea.



Wellness centre Caldea

The 5-star hotel Serrat is situated in the mountains and has a very friendly staff, a reception, lift, restaurant, wireless internet and a terrace. You can make free use of the fitness place, swimmingpool , jacuzzi and sauna. All meals are included.

Transport is not included. Look for flights on:
www.vliegtickets.nl; vliegtarieven.nl; www.budgetair.nl;
www.ebookers.nl; etc. Or look at the sites of low cost airlines,
like Vueling, Ryanair (from Eindhoven).

For Andorra you can fly to: Barcelona, Girona, Reus
(Tarragona) or Toulouse (France), because there are daily bus
connections to Andorra.

Keep in mind that the bus to Andorra takes about 3 hrs so
that you arrive Sunday 17 October in the afternoon/evening in
Andorra (Andorra la Vella). And you can leave Wednesday 20
October in the afternoon from Andorra to catch a connecting
flight from Barcelona, Reus or Gerona. For times and
information for bus to Andorra: www.andorrabybus.com; You
can also come with your own car and park at the hotel. For
more information about transfer, excursions or a longer stay in
Andorra/Barcelona/Spain look mail your wishes to
original@andorra.ad

If you want to join the Wellness Days or Wellness Week in
Andorra, you can subscribe yourself on the homepage of my
website (www.cocobliss.nl) and click on 'form'. Please mention
Wellness Days or Week in Andorra and your special wishes. Or
if you have any questions, please do not hesitate to mail or
call me.

Hope to welcome you soon,

Coco Bliss



www.cocobliss.nl
info@cocobliss.nl