

Wellness Coaching Retreat Series

A partnership with



longevity

WELLNESS RESORT

MONCHIQUE | ALGARVE



Find balance and gain resiliency in these turbulent times.

Optimize Your Health & Happiness with this 7-day all-inclusive Wellness Coaching Retreat Series offered in a luxury nature resort setting – Longevity Wellness Resort Monchique – in sunny Algarve.

About Longevity Wellness Resort Monchique

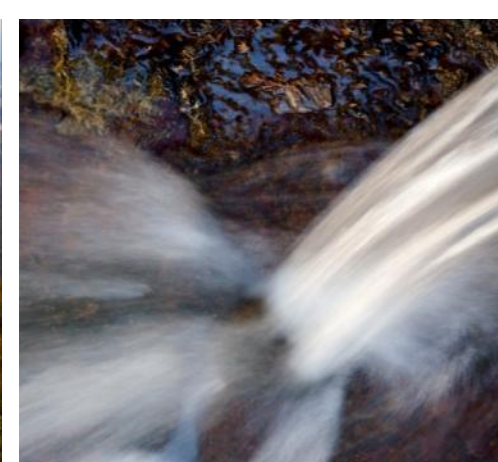
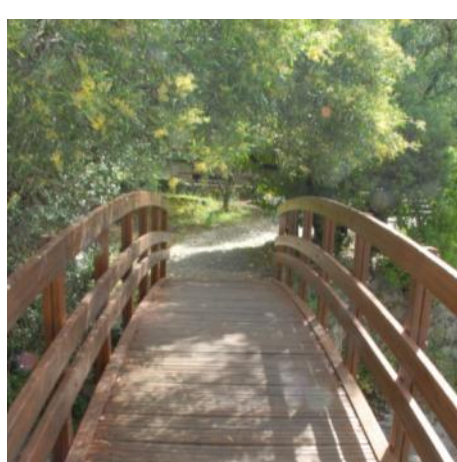
Longevity Wellness Resort is an inspired fusion of luxurious holiday resort and cutting-edge medical spa. A health-focused hotel offering every upscale amenity and facility is integrated with the most advanced wellness programmes and services. The resort's integrated and personalised approach to wellness and health addresses the total you – your lifestyle, your quality of life, your future.

The visionary approach was heralded at the prestigious World Travel Awards with a nomination for World's Leading Medical/Wellness Spa.

About Linda Coppack

Linda has 25 years experience of working with individuals and companies in areas of personal development and training.

Her educational background is in Psychology, Human Development, Leadership, and she is an experienced business practitioner in NLP.



MONTHLY

RETREATS

Dates | Themes

September 16 - 23, 2012

"Coaching for Total Health & Wellbeing"

October 14 - 21, 2012

"Find Meaning and Balance in your life"

November 11 - 18, 2012

"Transform Your Life, Increase Vitality & Energy"

December 9 - 16, 2012

"Succeed In Turbulent Times"

January 20 - 27, 2013

"Optimal Performance for Executives"

Minimum of 3 participants and maximum of 12 participants per retreat .

Arrival on Sunday, departure on Sunday.

English Speaking Retreat

Include

- 7 Night accommodation in luxury spacious suites
- 5 Coaching Workshops (max. 12 people)
- Wellness Meal Plan - buffet breakfast, lunch and dinner (drinks excluded)
- 1 Longevity Deep Relaxing Massage Ritual (Full body, 60 minutes)
- Spa Access (gym, indoor heated pool, sauna, Turkish bath, sensation showers, robe, slippers and towel service)
- Access to Vitality Activities (morning and sunset walks, pilates, yoga, stretching, wellness workshops, among other group classes)
- Transfers from and to Faro International Airport

Rates per person/per night in Euros

September and October dates:

Single Occupancy: 313 € | Double Occupancy: 251€

November, December and January dates:

Single Occupancy: 366 € | Double Occupancy: 288 €



RETREAT



SCHEDULE

Sunday: Check in

Wellness Buffet Breakfast: 7:30 – 9:30

Monday to Friday Coaching Sessions: 10:00 to 12:00

Wellness Lunch: 12:30 – 14:00

Personal Time (Spa & Vitality Activities): 14:00 – 19:00

Wellness Dinner: 19:30 – 21:00

Sunday: Check Out

Coaching Workshops:

Day 1: **Physical Wellness**

- Diet
- Dietary Questionnaire
- Fitness
- Health Habits
- Self Care

Day 2: **Social Wellness**

- Interactions with others
- Communication
- Communication using NLP practices
- Sense of Belonging
- Cultural Identities

Day 3: **Spiritual Wellness**

- Values & Beliefs
- Direction & Meaning
- Peace & Well-being
- Meditation & Yoga

Day 4: **Emotional Wellness**

- Managing Stress
- Expressing Feelings
- Emotional Balance
- Mental toughness

Day 5: **Intellectual Wellness**

- Self Exploration & Self Improvement
- Lifetime Learning
- Exploration
- Creativity & Innovation



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