

SALON ANDS RINGO TERAI

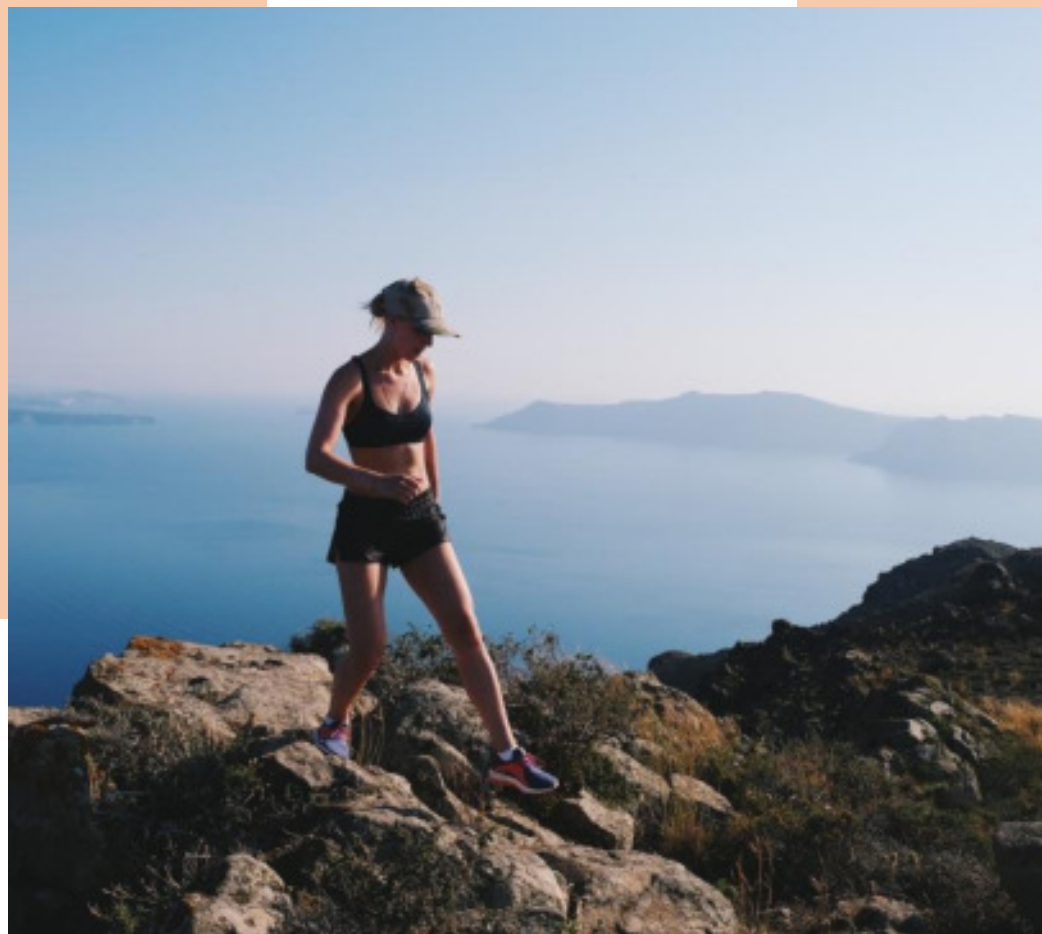
15/10/2024 - 15/10/2024





This Retreat ...

Keeps refreshing
your mind with
new and interesting
hiking adventures
and healthy your
regime. ••• Retiree
focus on building
strong and energetic
weight loss path
and to face a more
comfortable
and healthy approach



What will you experience?

An exercise schedule incorporating the beautiful surrounding nature, the retreat, and the instructors encourage you to relax and enjoy the luxurious 77 Tees. An experienced personal trainer will create a network of your individual needs and give you an excellent program to adapt your workout in different surroundings.

There will be a local hike, a trail run and an exclusive trip to the top of Mount Ararat where you will be guided through nature camps and take part in a mountain and fitness seminar in the Ararat National Park.



Enjoy the fitness sessions
tailored specifically to our
retirees in our outdoor gym
overlooking the ocean.

Accompany a 30 minute
personal consultation session
with a massage.

Recharge your health with
the nutritious, organic and
satisfying local cuisine from
our restaurant during your
stay.

To experience all enjoyment to
the coast.

Get complimentary
massage where you can enjoy
complete relaxation and
nourishment of the body and
mind.

Daily Schedule



Friday 12 October

17:00-18:30 Evening
Live & Streaming

Saturday 13 October

07:00-08:00 Live & Streaming
08:00-09:00 Live & Streaming
09:00-10:00 Live & Streaming
10:00-11:00 Live & Streaming
11:00-12:00 Live & Streaming
12:00-13:00 Live & Streaming
13:00-14:00 Live & Streaming
14:00-15:00 Live & Streaming
15:00-16:00 Live & Streaming
16:00-17:00 Live & Streaming
17:00-18:00 Live & Streaming
18:00-19:00 Live & Streaming
19:00-20:00 Live & Streaming
20:00-21:00 Live & Streaming
21:00-22:00 Live & Streaming
22:00-23:00 Live & Streaming
23:00-00:00 Live & Streaming

Sunday 14 October

08:00-09:00 Live & Streaming
09:00-10:00 Live & Streaming
10:00-11:00 Live & Streaming
11:00-12:00 Live & Streaming
12:00-13:00 Live & Streaming
13:00-14:00 Live & Streaming
14:00-15:00 Live & Streaming
15:00-16:00 Live & Streaming
16:00-17:00 Live & Streaming
17:00-18:00 Live & Streaming
18:00-19:00 Live & Streaming
19:00-20:00 Live & Streaming
20:00-21:00 Live & Streaming
21:00-22:00 Live & Streaming
22:00-23:00 Live & Streaming
23:00-00:00 Live & Streaming

Monday 15 October

08:00-09:00 Live & Streaming
09:00-10:00 Live & Streaming
10:00-11:00 Live & Streaming
11:00-12:00 Live & Streaming
12:00-13:00 Live & Streaming
13:00-14:00 Live & Streaming
14:00-15:00 Live & Streaming
15:00-16:00 Live & Streaming
16:00-17:00 Live & Streaming
17:00-18:00 Live & Streaming
18:00-19:00 Live & Streaming
19:00-20:00 Live & Streaming
20:00-21:00 Live & Streaming
21:00-22:00 Live & Streaming
22:00-23:00 Live & Streaming
23:00-00:00 Live & Streaming

ROOM TYPES



Payment terms:

100% in advance

30% in advance before departure for the rest of the stay
with a final payment 15 days before departure

1

CLASSIC RETREAT 960€

2

CLASSIC RETREAT SHARED 600€

3

SUPERIOR RETREAT 1060€

4

SUPERIOR RETREAT SHARED 650€

5

SUPERIOR RAW RETREAT 145€

6

SUPERIOR RAW RETREAT SHARED 885€

7

SUPERIOR RAW RETREAT WITH POOL 1790€

8

SUPERIOR RAW RETREAT WITH POOL SHARED 880€



What is included:

- 1 x 10ft Acacia wood exercise rack/shelf
- 20 x Kettlebells
- 20 x medicine balls (training balls) (10 x 10 lbs)
- A mounting post (10 x 10 ft) to the top of the rack/shelf with a quick release to fit these systems
- Acacia wood has been selected for this system
- Useful at various gym and fitness, including the equipment used
- Its construction of strong, durable, space-saving, and well-suited for outdoor use