

present:
THE FIJI YOGALATES IMMERSION

14 - 18 MARCH 2018



Join well-known yogalates instructor Nicky Mann at the beautiful five-star Paradise Cove Resort in the Yasawa Islands, Fiji.

Your Trip...

Early morning and late afternoon yogalates classes to help you...

Day 1 Relax - dissolve tension and stress

Day 2 Release – physical knots and blocks. Stretch and unwind

Day 3 Rejuvenate – cleansing and toning

Day 4 Rebuild strength, rebalance your system and realign your body

Day 5 Resume life with new awareness, reconnected and revitalised



Nicky Mann



4 NIGHTS FROM \$2,990 PER PERSON, TWIN SHARE
(airfares additional)

Relax - Release - Rejuvenate - Rebuild - Resume



Enjoy twice daily yogalates classes, where East meets West in a perfect fusion of yoga and pilates. Strengthen your body, stabilise your mind, calm your senses and grow self-awareness in one of the world's most exquisite locations.

Come join us! Gift yourself this blissful, five-day yogalates immersion in stunning surroundings as you work towards a healthy body and a healthy mind. This is a small group tour; numbers are strictly limited.

Paradise Cove

Paradise Cove is a breathtaking, five-star resort in the Yasawa Islands Fiji, nestled in a stunning cove on quiet and peaceful Naukacuvu Island. Enjoy the champagne sand and crystal clear ocean, just steps from your villa.

Discover cultural connections with the local village, explore amazing reefs and snorkel just off-shore with stunning sea life.

The island has been specifically chosen for this exclusive Yogalates Immersion Tour for its quiet ambience, providing relaxation in a luxurious environment.

Inclusions

- Return speedboat transfers from Vuda Marina to Paradise Cove Resort
- Eight yogalates group sessions (2 x sessions daily)
- 1 x 30 minute personalised individual yogalates session or discussion
- 1 x 90 minute lomilomi or Paradiso massage
- Fresh and healthy breakfasts, lunches and dinners served daily (vegetarians and all food intolerances catered for)
- 4 nights' twin share accommodation in the luxurious Paradise Cove villas (single room price on application)
- Daily resort entertainment
- Exclusive evening use of Paradise Cove's adult-only sanctuary, 'The Cove'
- Unlimited access to resort activities including stand-up paddleboard, kayaks, snorkeling, guided hikes, village visits, and more!
- Complimentary wifi (for those who need it)

DESTINATION *Fiji*

Excludes airfares, pre and post-accommodation and travel insurance. Please contact Destination Fiji for a quotation for airfares, pre & post accommodation options & travel insurance or talk to your favourite NZTB travel broker. Per person costs are in New Zealand dollars and are based on twin-share accommodation. (A cost for a non-shared room is available upon request.) Prices are based on a minimum of 16 people travelling with a maximum of 20 in the group. If minimum numbers are not booked, we reluctantly reserve the right to cancel the tour. This will be discussed with booked participants prior. A non-refundable deposit of NZ\$250 per person is required at the time of booking. The balance is required in full by 01 February 2018. Payment can be made by cheque, Eftpos or credit card. We welcome all major credit cards but a credit card processing fee will apply. Amendment and cancellations fees apply. While every care is taken to accurately present the information and pricing we reserve the right to correct any errors and omissions or adjust pricing due to currency fluctuations.

For more information,
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Join Nicky Mann at
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