

WHAT DOES THE DANCE & FITNESS WEEK IN THE SOUL HOUSE INCLUDE?

12.05.22 - 19.05.22

6 DAYS FITNESS MIND PROGRAM WITH DIFFERENT INSTRUCTORS AND TRAINERS OVER:

- DANCE AND FITNESS CLASSES (ZUMBA, DANCEMOVES, STRONG NATION, CORE&GLUTES)
- AQUA CLASSES (AQUA ZUMBA)
- YOGA CLASSES AND MEDITATIONS (PLEASE BRING YOUR OWN MATS!)
- MASSAGES (1 MASSAGE 90 MIN. INCLUDED)
- WORKSHOP ON HEALTHY EATING
- MINDFULNESS IN EVERYDAY LIFE/ STRESS AND TIME MANAGEMENT
- DAILY CLASSES ON THE BEACH
- FULL SHUTTLE SERVICE // AIRPORT - HOTEL // HOTEL - AIRPORT - HOTEL SWIMMING POOL
- 10 MINUTES BY CAR FROM THE BEACH
- ALL COURSES OPTIONAL - FREE CHOICE POSSIBLE
- SPECIAL DAY/ EXCURSION/ THEME NIGHT

HALF BOARD SOUL HOUSE:

Half board (without drinks) SOUL HOUSE:

- Healthy breakfast and dinner
- Vegetarian and meat-free dishes - focus more on fish instead of meat
- Small snacks at lunchtime - Freshly squeezed green juices every day for a small surcharge
- Aperitivo every evening
- Room and towel service
- Queen size beds
- Double room occupation possible - Please contact dance@urbanize.com ST SERVE:

ACCOMMODATION SOUL HOUSE// FIRST COME-FIRST SERVE:

The SOUL HOUSE is the location where the event will take place.

Since the SOUL HOUSE can be booked out quickly for single occupancy, I would like to point out that not every booking guest can be guaranteed a room in the SOUL HOUSE. The guests who book first will secure a room in the main SOUL HOUSE building.

Don't worry, the other accommodation is not far from SOUL HOUSE and a shuttle will shut-

INFO ARRIVAL

- May 12, arrival only, May 19, departure only -No courses
- Price does not include a flight - Airport: Faro 80 km, Lisbon 230 km, Seville, 230 km
- Shuttle only possible from Faro
- Every guest is picked up and taken to the airport on departure
- Flight times on arrival will be communicated in advance by email to dance@urbanize.com
- Covid-19 vaccination strongly recommended

STORNIERUNG:

- KOSTENLOSE STORNIERUNG BIS 12.APRIL MÖGLICH!
- BEI STORNIERUNGEN NACH DEM 12. APRIL WERDEN 50% DER GESAMTKOSTEN EINBEHALTEN (FÄLLT WEG BEI REISERÜCKTRITTSVERSICHERUNG)
- BEI ERSCHWERTEN EINREISEBESTIMMUNGEN NACH PORTUGAL AUßERHALB EU-STAA TEN

KOSTENLOSE ERSTATTUNG.

REISERÜCKTRITTSVERSICHERUNG:

199,- € PRO PERSON UM ALLE KOSTEN IN JEDEM FALL ERSTATTET ZU BEKOMMEN.
(NICHT STORNIERBAR)

COSTS

EARLY BIRD

17.12 - 23.12.: 1.490€ per person (double room discount not included in earlybird)

REGULAR PRICE: 1.790€ per person (for double occupancy, 200,- € deduction from the total price for 2)

WEEKEND BUCHUNG (DO-SO) : 1090 €

(weekend guests will be accommodated elsewhere!) - daily shuttle to the soul house

2. PERSON (PARTNER) IM DZ (OHNE TEILNAHME): 799€

This offer is valid only for a 2nd person in a double room booking.

The participation in the DANCE & FITNESS program is not allowed.

DAY-PASS (without accommodation + meals, bookable for a maximum of 3 days): 149€

PAYMENT:

70% IMMEDIATELY DEPOSIT ONLINE.

30% REMAINING AMOUNT OF THE TOTAL AMOUNT TO PAY AT THE HOTEL FOR SERVICE / TOURIST TAX. MORE INFORMATION IN THE BOOKING CONFIRMATION