

HEALTH & WELL-BEING

Breathwork

21-23 FEBRUARY 2025
BREATHING & CONSCIOUSLY HEALTHY

Therapist Els Vercruyse

Physical education instructor. Fitness trainer.
Physiotherapist and respiratory therapist. Osteopath.
Personal and Intermittent Lifestyle Coach.

*Workshop:
Always energy. Use your breath.*

Personal coaching and exercises.
Forest meditation, hiking, cycling, and cooking.
Themes: Respiration, improved sleep, nutrition, stress control, relaxation, maintaining joint flexibility through exercise, physical fitness.

A maximum of 8 participants.
Friday at 3 PM - Sunday at 5 PM.

PRICE: € 648
PER PERSON,
INCLUDING VAT

*Location: Villa La Verdoyante
The Ardennes. Lierneux.*

Unique retreat stay, breathtaking views.
Two nights. Maximum of 2p/room. Single beds.
Unlimited access to luxury indoor and outdoor wellness.
All meals, water and coffee included.
High-speed internet.

RESERVE NOW

 **Erria 79A, 4990 Lierneux**
 **+32 495 459 022**
 **www.elsvercruyse.be**
www.laverdoyante.be
info@laverdoyante.be

