

HEALTH & WELL-BEING

Breathwork

21-23 FEBRUARY 2025
BREATHING & CONSCIOUSLY HEALTHY

Therapist Els Vercruysse

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



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