

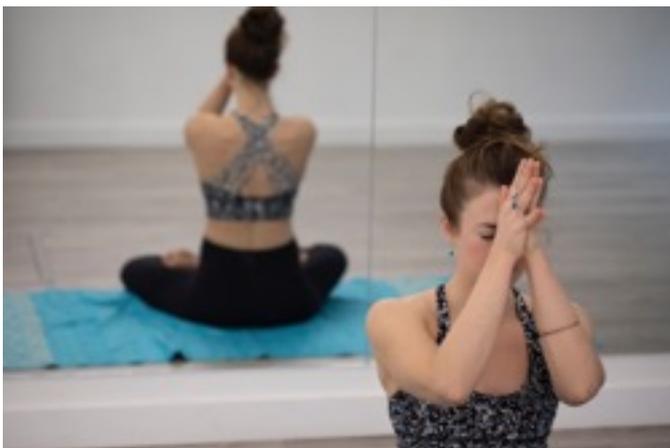
# \*Kefelonia Retreat 14-20th October 2019\*

Reset, Restore, Retreat with Robyn and Alice

FZEEN



Alice Dean & Robyn McEvoy



Alice and Robyn have twenty years experience combined in the Health and Fitness industry. Together they have worked in some of the most renowned health clubs and exclusive Personal Training companies in London.

Alice's career in health and fitness stemmed from her passion and dedicated dance background. With over ten years experience in the industry as a Personal Trainer and a 500 hour experienced yoga teacher her morning meditation and sunrise yoga classes will leave you feel revived and energised.

Robyn's health and fitness journey began at an early age when football was her number one passion. She has played for Millwall and Tottenham ladies and started personal training at the age of eighteen. Her extensive knowledge in strength and conditioning will be reflected in her technical classes whilst also motivating you to exceed your personal limitations.



Our philosophy is not only to take you away from your normal routine and daily stresses so you can indulge in a week of self care and connect with other like minded people but we all strive to share our knowledge and educate during this week long Retreat. We want you to leave with a new understanding of training, your body and how to implement this into your every day life.

We will be leading daily workshops on Anatomy, technique and yoga so that you feel inspired and confident to continue a healthier regime..after all education is the best form of motivation!

Workshops will be announced closer to kick off, but be sure you'll get a well rounded and variety of fun and hands on classes.



### Daily Schedule:

14th Arrival - meet and Greet :)  
Evening Yoga

6am: Wake up and Tea

6.30-8am: Daily Meds and Yoga

8.30am: Breakfast

10.30-12pm: Daily Workshop (*optional*)

12-3pm: Lunch/Free time and full use of  
FZeem facilities

3.30-5pm: Group Training

6.30pm: Dinner

*Food is included in the price excluding the  
last evening meal where will be dining at a  
local restaurant.*





### Prices:

Garden Classic Single Person- £1580

Garden Classic Double- £1370 (pp)

Classic Single- £1895

Classic Double- £1440 (pp)

Superior Single- £2025

superior Double- £1505 (pp)

*To reserve your spot a 30% deposit is required. The remaining balance must be cleared 2 months prior*

### Whats included:

- ~ Airport transfer each way by taxi
- ~ Excursion to Melissa Cave and Antisamos beach
- ~ 6 nights at 5\*luxury hotel
  - ~ Daily Yoga
  - ~ Daily group PT
  - ~ Daily Workshops
- ~ breakfast, mezza lunch and three course dinner each day. (exc dinner on the 20th)
- ~ Complimentary use of SUP boards, sea kayaks and bicycles.
- ~ 10% off of spa treatments and purchases from the boutique

To reserve your space please email [RAretreats@mail.com](mailto:RAretreats@mail.com). We hope you can make it, Robyn and Alice x