



Fit & Flow Retreats

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F Zeen Retreat Hotel

Kefalonia, Greece

Tuesday 1st - Sunday 8th October 2019



Fit & Flow Retreats encompass luxury health and fitness retreats set in the most tranquil settings around the world

Created by **Kim Hartwell** (a Personal Trainer & Yoga Teacher) and **Katie Gray** (a Personal Trainer & Pilates Instructor) their signature package allows you to leave the daily stresses of home life behind and escape to a world of wellbeing.

Nourishing the mind, body and soul through a combination of fitness, nutrition and ultimate relaxation. You can be sure you will leave feeling rested, rejuvenated and restored.





The Location

Fit & Flow Retreats have partnered with F Zeen Retreat Hotel to bring you the perfect wellness getaway. Set on the idyllic Greek island of Kefalonia, F Zeen Retreat is a boutique adults-only hotel, encompassing panoramic views of the Ionian Sea, set in luxurious surroundings, alongside the warmth and friendliness of the local culture.



What's included:

- Your 5 night stay in F Zeen Retreat Hotel
- 2 workouts a day, tailored to your preference including HIIT, Pilates and sunrise/sunset yoga delivered by top London trainers, Kim Hartwell & Katie Gray.
- Full board - buffet breakfast, lunch and dinner all locally sourced and served in a beautiful setting
- 'Pick-me-up' smoothies, freshly made nourishing juices, infused herbal tea and coffee
- 1 x 60 minute spa treatment at the hotel's Idor Wellness Spa.
- A wonderful scenic hike of the island.
- Plenty of time to relax and unwind. Dinner, chats and mentoring
- Airport transfers

Optionals & Extras:

- Additional spa treatments with a 10% discount
- Greek Cooking Lesson
- Guided Kayaking
- Stand up paddle boarding
- Jeep Safari of the island
- Final farewell dinner at local restaurant
- Flights



Kim & Katie appreciate that this is your holiday. They will be there as much or as little as you need them to be. They are on hand to provide support and guidance throughout your wellness retreat.





A typical retreat day...

- **8am** Morning training session
- **9.30am** Nutritious wholesome breakfast
- **10:30-12:30pm** Free time to relax, enjoy the island, read, swim or do what you please.
- **1pm** Locally sourced lunch buffet
- **2pm** Free time, optional excursions (e.g. hike, kayaking, massage)
- **5.30-6.30pm** Yoga Flow in our tranquil open air yoga hut
- **7.30pm** Drinks on the terrace and deliciously nourishing dinner

*Note this is just one of the many schedules on offer with each day changing to ensure you get the best out of your stay



Accommodation & Pricing

- **CLASSIC GARDEN – SINGLE - £1,550**
- **CLASSIC GARDEN – DOUBLE - £1,200**

These rooms feature their own private terrace that leads out onto our well-kept garden. With incredible proximity to the beach, you will fall asleep to the sound of the waves.

- **CLASSIC - SINGLE -£1,650**
- **CLASSIC - DOUBLE - £1,300**

Featuring sea front balconies with elevated panoramic views of Lourdas Bay. With incredible proximity to the beach, you will fall asleep to the sound of the waves.

- **SUPERIOR - SINGLE - £1,800**
- **SUPERIOR - TWIN - £1,500**

With breathtaking sea views and spacious balconies, the 30 sq. meter Superior Retreats are an oasis of comfort and luxury.

Note: 90 percent of retreaters come alone and always end up making great friends! So, don't feel like you need to bring a buddy to join in on the fun. We make a supportive community, that feels like home from home.

Booking Information

We can't wait for you to join us in October 2019! To book your space please email hello@fitandflowretreats.com.

The deposit is 50% to secure your place and the remaining balance 2 months before the beginning of the retreat (1st August, 2019).

