

WE DO THE PLANNING SO YOU DON'T NEED TO



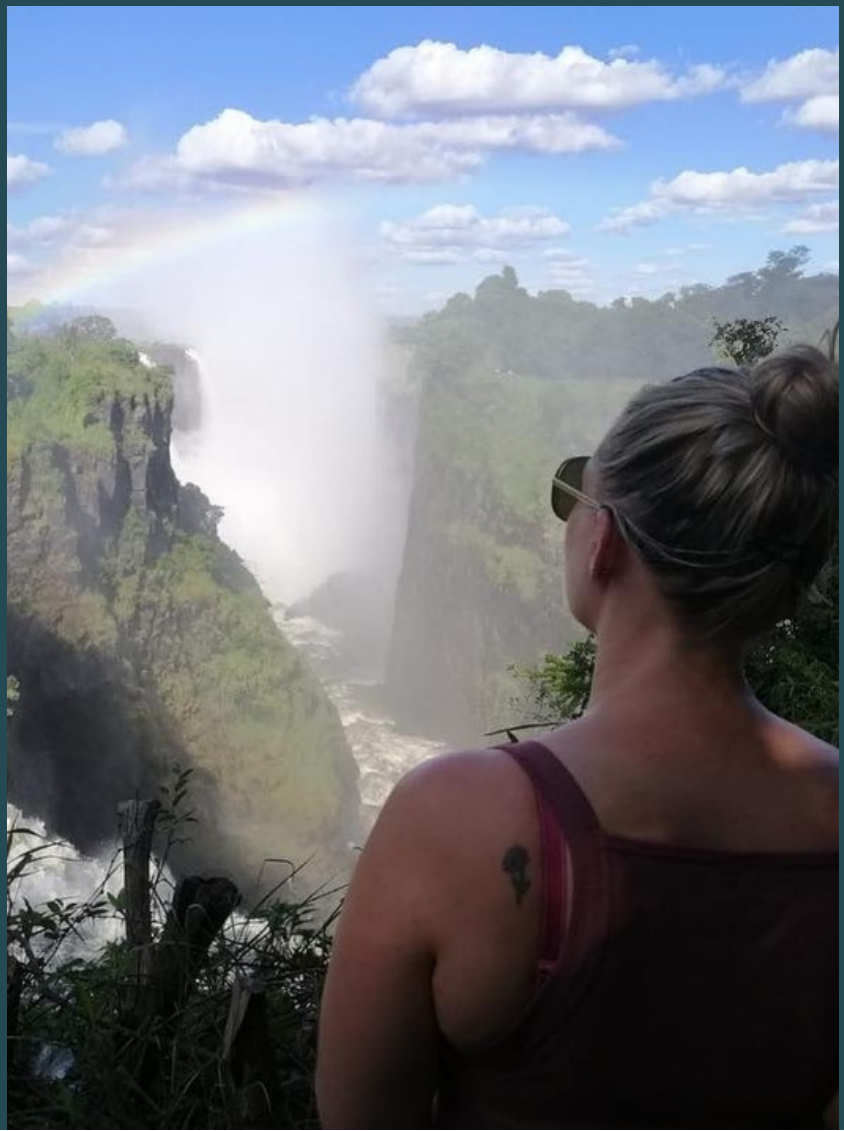
# WELLNESS BREAKS

# ABOUT ME

Hello! My name is Kelly and I am an Independent Travel Advisor. I am the face and travel expert behind Dream Discover Travel. Travel is not only my passion but it is a way of life. I love the whole process of planning, arranging, booking and then the best part, the travelling! My favourite type of holidays will always include wildlife. I have been lucky enough to explore the wilds of the Azores, Canada and Africa, as just some of my highlight locations. That being said, who doesn't love the chance to just while away a few hours on a sun lounger by the crystal clear waters of the sea or pool.

Whatever you are looking for in your dream holiday, I'm here to help you through every part of that process and my service doesn't stop until you are back home safe and sound. Even then we'll be looking ahead to booking your next trip!

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Luxury

# FITNESS DETOX & RETREAT



This all-inclusive 6-night luxury boot camp and detox retreat, set in a beautiful coastal resort complex on the Costa Blanca near Alicante, will leave you relaxed, invigorated & pampered with daily yoga, Pilates, core, HIIT, circuits at the beach, guided hikes plus delicious nutritious food

## EXPERIENCE HIGHLIGHTS

- Access to the on-site spa, sauna, indoor & outdoor pools and gym
- Pre & post-retreat support for maximum results
- Enjoy luxury accommodation at award-winning venue and spa

## WHATS INCLUDED

- 6 nights of luxury accommodation
- Private 1-2-1 health & wellness check upon arrival
- Arrival day welcome dinner & 5-day full light detox board with breakfast, lunch, dinner and snacks
- 5-day targeted fitness program including daily yoga, pilates, circuit training at the beach, HIIT, core strength training, swiss ball, BOX FIT, stunning guided walks/hikes and meditation class
- Unlimited water, herbal infusions and organic teas
- Complimentary use of the on-site Wellness Spa with pool, sauna, jacuzzi, treatment rooms and gym
- A scheduled return airport transfer

[WWW.DREAMDISCOVERTRAVEL.CO.UK](http://WWW.DREAMDISCOVERTRAVEL.CO.UK)



# WILD SWIMMING & BREATHWORK

Dive into a happier you. Teach your body and mind to beat sadness, be more resilient, more robust, boost your immune system and your happiness

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The meditation is very relaxing in preparation for the immersion.

## EXPERIENCE HIGHLIGHTS

- Feel intensely relaxed
- Beautiful local swimming spots with stunning scenery
- Profoundly inspired to bring more vitality into your lifestyle

You'll be guided to a beautiful swimming spot and taught the best ways to enjoy wild swimming in all its glory.

We will return to the meeting point to warm-up with hot drinks.



# WELLNESS SAFARIS

## DISCOVER YOUR DREAM SAFARI

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### Set within the Greater Kruger National Park

our purpose is to open your heart and soul to the wonders of safari and the wild beauty of the Greater Kruger Park. You'll wake with the birds and feel the sun warm the earth, and sleep to the sounds of nature as the night sky dances silently with the stars

### Yoga & Holistic Wellness

Guests can indulge in daily yoga and holistic wellness sessions on the yoga deck, led by an experienced instructor tailoring classes to all experience levels. Additional offerings include breathwork, meditation, and sound healing sessions upon request



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### Africology Spa and Wellness Centre

Wellness Centre harmonises with the four elements of nature: earth, water, air, and fire.

Each element is thoughtfully incorporated to create a serene and grounding atmosphere, providing guests with natural wellness.

The Wellness Centre offers an array of facilities, including:

- Three treatment rooms including a couples therapy room
- A state-of-the-art infrared sauna
- Fully equipped Gym
- Yoga deck hosting daily yoga sessions
- Rim flow pool and sun loungers for pre or post-treatment relaxation
- A wellness juice bar offering healthy and delicious cold-pressed juices and shots.

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# WINTER WELLNESS IN WALES



Start the new year off in a healthy and positive way on a sustainable winter wellness retreat in beautiful Wales. Perfect for solo travellers or bring along a friend to share this small group experience



Escape to the beautiful eco-sanctuary of the Centre for Alternative Technology. Allow yourself to slow down and reconnect, with daily yoga classes, mindfulness sessions, delicious food and immersive nature experiences

During your 4 days you will enjoy:

- 5 yoga sessions
- 1 yoga nidra meditation
- Guided mindfulness walk
- Hike into the Dyfi Forest
- Tea foraging and tasting experience
- 3 breakfasts, 2 lunches and 3 evening meals
- 3 nights eco accommodation at the world renowned Centre for Alternative Technology
- Voluntary trail clean in association with
- Trash



You must be 18 years or over to join this adventure



# OUR HABITAS

RESTORE & RECHARGE YOUR MIND

## OUR HOME IN THE WILD



Lost among a 51,000-hectare nature reserve, where rare and majestic wildlife roam free, we discover a way of life that looks to the earth beneath our feet and the stars above for knowledge. We adventure out to the depths of the bush to rekindle our creativity and curiosity, in awe of the human connection that happens along the way. In this wild and untouched space, we are empowered to craft a better world for ourselves, others and our planet



## Restore and recharge

Our wellness invites us reconnect with ourselves through restorative activities. Our therapies combines the best techniques and ancestral practices from different parts of the world, led mainly with a strong influence of the indigenous culture native to Namibia



## Bush Meditations

Practice stillness in the bush, surrounded by Namibia's flora and fauna. We invite you to sit down, take a breath in and out and be present

# DREAM DISCOVER TRAVEL

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