



HERACLEA'S HAPPINESS & HEALTH LUXURY RETREAT



Hvar, Croatia, October 5th – October 12th 2019

Heraclea's Happiness & Health retreat is uniquely designed to help you make life-long health and fitness changes without having to sacrifice a luxury fun holiday in the process. Yes, our retreat is heavily fitness focused with a nutritious healthy diet and daily yoga sessions. However, we also believe having a luxury holiday experience is just as important to your overall health, happiness and stress levels. Heraclea isn't a relentless fitness boot camp where we will be counting every calorie you eat. We do have our resident personal trainer who will be pushing you to your limits (however inexperienced or advanced those may be). But unlike many other fitness camps you aren't trapped in one villa. We want you to experience all of Hvar's beauty so we also provide access to a local 5* spa hotel to get treatments or relax as you wish. To further immerse you into the Mediterranean lifestyle, we arrange a private boat transfer to a nearby beautiful local island where you will enjoy lunch. We also ensure enough free time to explore the popular holiday destination as you see fit. And with this being a luxury holiday we may even throw in a glass of wine or two for good measure.

If you want somewhere to get fit, eat well, de-stress *and* still have a luxurious holiday experience — Heraclea is the place for you.



EXCLUSIVE PACKAGE INCLUDES

The villa retreat accommodates a maximum of 9 people and is suitable for group bookings, shared rooms and solo guests; prices include:

- Luxury accommodation at the stunning 5* [Villa Heraclea](#) which is located right in the heart of Hvar.
- All accommodation includes: private pool, spa, and garden located.
- Private transport from Split Airport to Villa Heraclea.
- Daily morning wake-up yoga and warm-up exercises.
- Two outdoor group-training sessions per day with personal trainer, overlooking the beautiful backdrop of Hvar's Adriatic Sea (suitable for all fitness abilities).
- Sunset yoga classes every night (Sun-Fri).
- Daily mindfulness exercises.
- Free access to SPA and all its facilities in 5*luxury hotel Adriana.
- Constant access to personal trainer and mindfulness mentor James Ingham - jamesinghamfitness.com
- An exclusive Breakfast, Lunch and Dinner Nutrition Class with private Chef from local 5* Hvar hotel (Guest will enjoy three different 90 minute classes, split between three different days throughout the week)
- Healthy breakfast, lunch and dinner at Villa all other days
- Private boat trip to the beautiful Palmizana Island where guests will enjoy a stunning lunch before having free time to explore.
- Daily free time to enjoy Hvar at their own leisure.
- A personalised training program for guests to take home.
- Other basic services included in the price (the use of all facilities – swimming pool, sauna, etc., towels changed on a daily basis, soaps, shampoos, shower gel, daily cleaning, luggage delivery from the parking lot to the house and vice versa)

Prices of the package are:

Fortress Room – 1940 Euro/1735 GBP (double use) // 2640 Euro/2360 GBP (single use)

- *king size bed
- *en-suite bathroom
- *[gallery](#)

Lodge Room – 1765 Euro/1580 GBP (double use) // 2290 Euro/2045 GBP (single use)

- *king size bed
- *en-suite bathroom
- *[gallery](#)

Cathedral Room - 1765 Euro/ 1580 GBP (double use) // 2290 Euro/2045 GBP (single use)

- *can be double bed
- *en-suite bathroom
- *[gallery](#)

Arsenal Room – 1695 Euro/1515 GBP (double use) // 2150 Euro/1925 GBP (single use)

- *en-suite bathroom
- *[gallery](#)

Theatre Room - 1695 Euro/1515 GBP (double use) // 2150 Euro/1925 GBP (single use)

- *can be double bed
- *en-suite bathroom
- *[gallery](#)

If you still have a question, or have decided to join us this summer, we will be happy to speak with you and provide you even more details:

Matea matea@heraclea.hr

James james@jamesinghamfitness.com

Or contact us via [Instagram](#)

* Payment conditions

In order to book your accommodation in Villa Heraclea, please send us an inquiry by email, or call us. As a rule, we will reply to your inquiry within 24 hours. After we have confirmed the reservation, we will send you an invoice for payment of the 30% advance; we kindly ask you to make the payment within 8 days in order to guarantee your reservation, and send us the bank payment confirmation. Otherwise, your reservation will be cancelled without prior notification. Please pay the balance of the entire amount 60 days prior to your arrival at the latest. We will issue a written confirmation of every payment.

