

Hellenic Healthy Holidays

2014 WEEKLY SCHEDULE & INFORMATION

WWW.HELLENICHEALTHYHOLIDAYS.COM



Hellenic Healthy Holidays Programme

- ▶ Hellenic Healthy Holidays schedule is packed full of different options every day to deliver you expert knowledge and results. Our action packed programme delivers highly successful results and after just 1 week you will return home refreshed, de stressed and feeling amazing.
- ▶ Unlike other retreats, we only use a small and dedicated team of highly regarded experts to ensure our focus stays on you 100% of the time. Therefore the number of people on each retreat is limited.
- ▶ Hellenic Healthy Holidays are suitable for absolute beginners as well as the more experienced.

The Team of Experts

- ▶ Henlu van der Westhuizen – Head of PT & Founder
- ▶ Jacqui Porjes – Yoga, Pilates & PT Instructor
- ▶ Alan Wichert – Executive Health/Detox Chef
- ▶ Jon Orum – PT Instructor/Esalen Massage
- ▶ Tanya Camilleri – PT Head Instructor from REEBOK
- ▶ James Larkin – PT Instructor
- ▶ Kate Walker – Yoga Instructor
- ▶ Christina Howells – PT Instructor
- ▶ Hajni Varadi – Yoga/ Reflexology Instructor



Emelisse Art Hotel, Kefalonia

- ▶ The 5 star Emelisse Art Hotel is situated along the rugged shoreline of the emerald Ionian Sea. It sits in a spot of supreme serenity amongst acres of native cypress and cedar trees on the beautiful island of Kefalonia. The pools and outdoor restaurants provide front row seating for an unparalleled display of nature's splendor.
- ▶ Featuring 3 swimming pools, secluded Emblissi beach, state of the art air conditioned fitness centre, tennis & squash courts, Elemis spa and 3 dining locations with stunning views of the Ionian sea.



Here's what's included on your Hellenic Healthy Holiday

- ▶ Daily Yoga or Pilates Class - Yoga mats provided as well as purified water
- ▶ Morning Runs/Walks or Bike Rides
- ▶ One-to-One Personal Training Session
- ▶ Group Training Classes
- ▶ 3 Stunning Morning Hikes
- ▶ 2 Spa Bookings – and 1 outdoor E-salen massage with Jon Orum
- ▶ An Afternoon Detox Cooking Class with Chef Alan Wichert
- ▶ A One Day Trip to a Neighboring Island – usually in the middle of the week
- ▶ Aquarobics
- ▶ 3 Amazing Detox meals per day - portioned controlled for optimal weight loss, and served Al Fresco weather permitting
- ▶ All snacks & water, juices, smoothies, detox teas, snack packs
- ▶ Amazing 5 star accommodation
- ▶ Laundry service, housekeeping and twice daily turndown
- ▶ Transfers from/to Kefalonia Airport
- ▶ A personal take home training programme with recipes from Chef Alan
- ▶ Access to our staff for any healthy questions
- ▶ Other FUN activities such as Tennis, Squash, Snorkeling, Bike Riding
- ▶ Unlimited use of the air conditioned fitness centre

Sample Menu – 1500 calories per day

All meals are portioned controlled for optimal weight loss

Breakfast

- ▶ Fresh green alkalising juice
 - ▶ Lemon and ginger tea
- ▶ Goji berry, cinnamon & almond milk smoothie
- ▶ Quinoa flake porridge with fresh berries and rice milk
 - ▶ Free range smoked salmon dill frittata
 - ▶ Gluten free toast
 - ▶ Tahini and nut butter
 - ▶ Selection of nuts and seeds
 - ▶ Cucumber and mint water



Sample Menu – 1500 calories per day

All meals are portioned controlled for optimal weight loss

Lunch

- ▶ Marinated free range lemongrass chicken skewers
 - ▶ Cashew nut ginger satay sauce
 - ▶ Brown rice nasi goreng
- ▶ Indonesian cucumber peanut salad
 - ▶ Mixed green & rocket salad
 - ▶ Asian slaw with lime & sesame
- ▶ Carrot beetroot & coconut salad
 - ▶ White bean lime tamari dip
 - ▶ Selection of healthy dressings



Sample Menu – 1500 calories per day

All meals are portioned controlled for optimal weight loss

Dinner

- ▶ Home made beetroot gravlax
- ▶ Cappuccino of pumpkin & coconut soup
- ▶ Tuna mango avocado quinoa sushi
- ▶ RAW detox lasagne taster
- ▶ Herb crusted sea bass fillet with sauce vierge
- ▶ Asparagus, steamed spinach, roasted peppers
- ▶ Gluten free apple berry crumble



Hellenic Pure Bliss Sample Schedule

Here is an example of a typical week's schedule. The schedule might change according to the local weather conditions.

Day 1 – Saturday

Cold lemongrass towels, fresh fruit smoothies & bottled water await you for the airport transfer to the 5 Star Emelisse Hotel.

After checking in, the first of many amazing lunches await you dining Al Fresco with stunning views of the Ionian Sea.

We will then do a team introduction and discuss the weekly schedule.

After lunch we will do a 30 minute guided tour of the property.

The afternoon is yours to relax and settle in.

17.15 Walk to the beautiful Emblissi beach

18.00 Yoga and stretching class

19.30 Dinner



Day 2 – Sunday

07.45	Breakfast
08.45	3.5 hour hike
13.00	Lunch
15.00	Personal training / Kayak Session / Relax at pool
16.00	Afternoon tea and healthy snack
16.30	Massage / Tennis / Squash / Swimming
17.15	Circuit Training
18.00	Restorative Yoga / Pilates Class
19.45	Dinner

My overall impression was excellent and I have come away from the week energised and motivated. Thank you and I will be back as a result!

Karen - 2013
London, UK



Day 3 – Monday

- 07.10 Herbal teas & fruit
- 07.30 Run, walk, jog and or cycle ride
- 08.30 Breakfast
- 10.30 Group X-training
- 11.30 Fresh green detox juice, Personal Training / Relax at pool
- 13.00 Lunch and Detox Seminar
- 15.00 Personal training / Kayak Session / Relax at pool
- 16.00 Afternoon tea and healthy snack
- 16.30 Massage / Tennis / Squash / Swimming
- 17.15 Group Fitness Training
- 18.00 Restorative Yoga / Pilates Class
- 19.45 Dinner

I can wholeheartedly recommend a week's holiday in Greece
A great way to kick-start new health resolutions.

Joanna - 2013
London, UK



Day 4 – Tuesday

- 07.45 Breakfast
- 08.45 3.5 hour hike
- 13.00 Lunch and cooking chat with your chef Alan
- 15.00 Personal training / Kayak Session / Relax at pool
- 16.00 Afternoon tea and healthy snack
- 16.30 Massage / Tennis / Squash / Swimming
- 17.15 Aqua-Aerobics / Fitness Option
- 18.00 Restorative Yoga / Pilates Class
- 19.45 Dinner

Such a great week! The place is simply stunning as is the scenery of the hikes. Lovely healthy food cooked by super-chef Al.

Couldn't recommend it more highly. I will be back!

Vanessa - 2013
Sweden



Day 5 – Wednesday

- 07.10 Herbal teas & Fruit
- 07.30 Run, walk, jog and or cycle ride
- 08.30 Breakfast
- 09.45 Boat trip / Day excursion: Visit neighboring Islands
- 13.00 Lunch on boat or Local Island
- 16.00 Return to the Hotel
- 16.30 Afternoon tea and healthy snack
- 17.15 Circuit Training
- 18.00 Restorative Yoga / Pilates Class
- 19.45 Dinner at the wood fired oven restaurant

I felt absolutely great after the week and learnt so much about health and fitness. Thank you Hellenic Healthy Holidays, I will be back!

Leandra - 2013
Zurich, Switzerland



Day 6 – Thursday

- 07.45 Breakfast
- 08.45 3.5 hour hike
- 13.00 Lunch and nutrition talk
- 14.00 Hands ON Cooking class with Chef Alan
- 15.30 Afternoon tea and healthy snack
- 16.00 Massage / Personal Training / Kayak Session
- 17.15 Group Fitness Training
- 18.00 Restorative Yoga / Pilates Class
- 19.45 Dinner

I would certainly recommend Healthy Holidays and look forward to returning soon!

Wendy - 2013
London, UK



Day 7 – Friday

- 07.10 Herbal teas & Fruit
- 07.30 Run, walk, jog and or cycle ride
- 08.30 Breakfast
- 10.30 Group X-training
- 11.30 Fresh green detox juice - Personal Training / Relax at pool
- 13.00 Lunch
- 15.00 Personal Training / Kayak Session / Relax at pool
- 16.00 Afternoon tea and healthy snack
- 16.30 Massage / Tennis / Squash / Swimming
- 17.15 Group Fitness Training
- 18.00 Restorative Yoga / Class
- 19.30 Farewell Dinner

It was very well organised, a good balance of hiking, biking, exercise and games with very good food and some relaxation by the pool. I will be back for more!!!

Diana - 2013
London, UK



Day 8 – Saturday

- 06.45 Herbal teas & fruit
- 07.00 Optional run, jog, walk and or cycle ride
- 08.00 Breakfast
- 09.30 Depart for the airport, healthy lunch included



Dates & Prices 2014

www.hellenichealthyolidays.com

Tel: (+44) 07970008727

www.emelissehotel.com

www.henlupt.com

April 12th – April 19th

- ▶ Twin/Double Share 1695 GBP per person
- ▶ Single 2295 GBP per person

May 17th – May 24th

- ▶ Twin/Double Share 1695 GBP per person
- ▶ Single 2295 GBP per person

September 27th – October 4th

- ▶ Twin/Double Share 1695 GBP per person
- ▶ Single 2295 GBP per person

▶ Early Bird Special:

Book before 28th February and get 100GBP off per room

- ▶ **Please Note Flights Are Not Included**