

Yoga and Spa Weekend with Joanna at Champneys Springs



22-24th September 2017 - £369 Sharing £399 Single

Indulge yourself in a fantastic Yoga and Spa weekend with Joanna at Champneys Springs in Leicestershire! The weekend includes all meals, use of facilities, yoga as scheduled with Joanna, one thalassotherapy session and up to 20 other classes a day.

This weekend begins at 2 pm on Friday and completes at 4 pm on Sunday, You can relax in the steam room and Jacuzzi, take a dip in the huge swimming pool, visit the fully equipped gym or participate in some of the many classes that take place each day. Classes range through hula hooping, spinning, aqua classes and Pilates

Each of our guests has one Thalassotherapy session included in the cost of the weekend. A mineral rich warm pool with hydrotherapy jets to stimulate and tone tired aching muscles. Excellent for treating cellulite, arthritis and general muscular and joint aches and pains. N.B This is a group treatment

ACCOMMODATION Rooms are designed with your comfort in mind. All rooms are en-suite (with a complimentary collection of mini toiletries), have a flat screen television and DVD, kettle, hairdryer, telephone and wifi. A robe and slippers are provided for you to wear during your stay.

FOOD-- The food is plentiful, delicious and served buffet style in the restaurant. You may have breakfast and lunch in your robe, please wear regular/more formal clothes for dinner (i.e. not your robe or yoga clothes). Should you feel 'peckish' outside of mealtimes there is a small coffee/tea lounge in the conservatory.

CHAMPNEYS SPRINGS only one hour from Leicester and Sheffield and one and a half hours from Liverpool, London and Manchester, Champneys Springs offers modern luxury. Everything has been designed with relaxation in mind, from the beautiful water walkway to the spacious lounge areas. Surrounded by open park lands, Springs combines light, airy spaces with a warm and friendly atmosphere. To make the most of the breathtaking grounds you can enjoy a bike ride, guided ramble or power walk, a game of tennis, or go jogging. Please book bikes and tennis courts with reception.

Includes: Accommodation, full board beginning with dinner on Friday evening and ending with lunch on Sunday, yoga classes as scheduled, one Thalassotherapy treatment, use of the facilities and open classes

Not included: Travel insurance, transport and transfers, drinks and snacks other than those included with dinner, lunch or breakfast, therapies, massages and treatments other than Thalassotherapy treatment as listed above

**For more information please contact Jilly @ www.freespirituk.com
or call on: 01273-564230**