



The logo consists of a central green circle containing the text "LSA FIT" in a blue, stylized font. Below this circle, the words "Fitness Retreats" are written in a green, cursive font, following the curve of a white circular border.



Turkey  
2024



## ● Introduction

I am so excited to announce our next round of Fitness and Wellness retreats in Turkey for Spring 2024.

You may have heard of these amazing health and detox retreats started by Kate Marriott 10 years ago which I have now taken over adding fitness to the program!

Our aim is for you to spend five days where you are able to focus solely on yourself and at the end feel renewed, reset and revitalised.

I can assure you that you'll return home feeling a new person in mind and body!



## ● Location

We will be based at the edge of the turquoise Aegean Sea, on a private beach in a lovely hotel that focuses on wellness.

Being kind to yourself and relaxing in comfort is the key to a successful retreat. All of our rooms are well appointed, with jaw dropping views and spacious balconies.

The facilities are excellent. From the spa, private beach with its sea pontoon, to the sprung walking track and three indoor pools. With a comprehensive timetable of classes you will never run out of things to do.





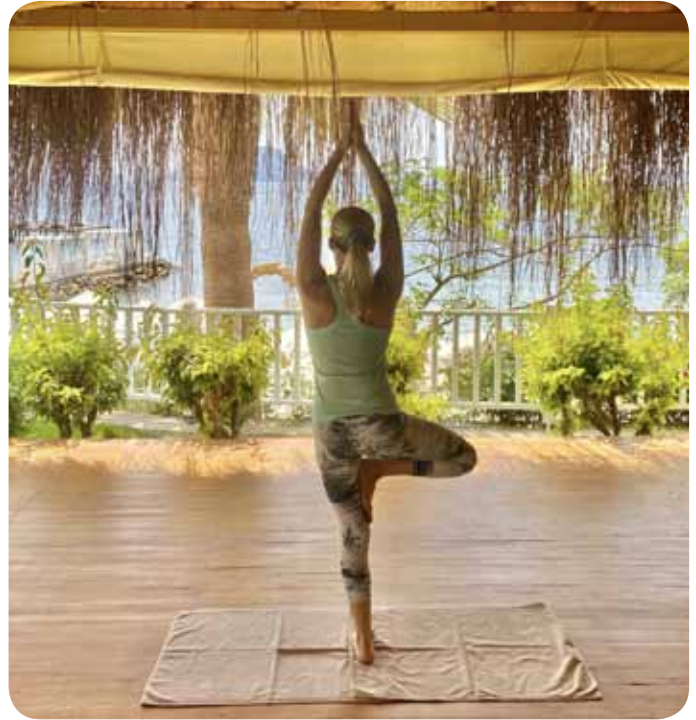
## The programme

I have put together a programme of classes including HIIT, strength, circuits, abs/core and stretching. Our workouts will target full, lower and upper body using resistance and bodyweight. The main focus of our classes is to help you feel fitter, stronger, healthier and to improve your wellbeing.

We also have yoga, pilates and nature walks on the schedule and of course the famous shopping trip to Bodrum for handbags!

The hotel has two tennis courts, a fully equipped gym and non-motorised water sports on a complimentary basis. We encourage a daily swim in the sea so that you can absorb lots of magnesium from the mineral rich sea which will help you relax and sleep better.

You are not obliged to do anything - you may prefer to take a swim or lie by the sea and read a book. All we ask is that you don't miss any meals or juices as the timetable is carefully thought out to prevent dips in blood sugar or tiredness.



## A typical day

- 08.00 - HIIT
- 09.30 - Circuits
- 10.30 - Yoga
- 12.00 - Pilates
- 15.00 - Aquagym
- 18.00 - Full body stretch



## ● Diet Options

During the day you can follow the nutritious organic raw food and juice plan or the juice-only plan. In the evening we will eat a low calorie, high protein supper.



## ● Information

### ● Dates

Sunday 29th September - Friday 4th October 2024

### ● Price

£1,450 for 5 nights including group transfers on selected flights. The price includes food, juices, supplements, classes, group transfers and a 1-1 fitness consultation with me.

£350 deposit on booking with the balance to be paid 8 weeks prior to departure.

Flights are at your own expense.

### ● Flights: EasyJet

#### **Sunday 29th September**

Depart Gatwick 06.50 - Arrive Bodrum 12.55

#### **Friday 4th October**

Depart Bodrum 14.20 - Arrive Gatwick 16.35

**For more information please contact me on:**

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