

SARAH MAXWELL RETREATS

A LUXURIOUS AND EXCLUSIVE RETREAT FOR WOMEN

Sarah Maxwell a renowned UK fitness and lifestyle expert and La Calma, a luxury boutique hotel in the heart of beautiful Northern Spain, have jointly developed and host a luxurious, exclusive and women-only Fitness Retreat several times during the year.

Our approach is different to the many army type boot camps that have become very popular over the past few years. Instead of a quick fix with short term results, our aim is to help you achieve a long-term change that will make you look and feel amazing! Also as part of our commitment to help you achieve this we provide online and phone support to keep you on-track and motivated.

Sarah Maxwell Retreats will offer you a holistic experience covering mind, spirit and body. Over the six days at La Calma, you'll tone up, lose weight, eat wonderful food, find your inner calm and learn life-skills you can apply to every day life.

To ensure that our retreats retain an exclusive and personal feel, we limit places to a maximum of 8 participants. This is core to our offering as during your stay you will enjoy fitness group activities but will also have private sessions with us where we will develop a fitness, relaxation and nutritional programme tailored to your needs and lifestyle.

THE PROGRAMME

Sarah Maxwell Retreats provides a full-day programme which combines a variety of group exercises and outdoor activities including trekking, horse riding, kayaking, quad biking and more. Each day also includes private sessions on fitness, nutrition and relaxation and will be pampered with a wide range of massages including Swedish, Aromatherapy, Reiki and Sports Massage.

A typical day at ...

7.30	Smoothies
8.00	Group Fitness Class
9.00	Breakfast
10.00	Outdoor Activity e.g. Trekking or Kayaking down the river Sella for 3-4 hours with packed lunch
14.00	Rest Time
15.00	Fun Activity horse-riding, quad bikes, paintball, etc
16.00	Snack Time
16.30	Private Sessions and Massages
18.30	Group Meditation Class
20.00	Dinner at a stylish Restaurant

NEXT DATES IN 2011 : 5TH – 10TH OF JUNE / 2ND – 7TH OF OCTOBER



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ACCOMMODATION & LOCATION

Sarah Maxwell Retreats take place in a variety of intimate, luxurious and special settings around the world. However our main European location is La Calma, a rural boutique hotel located in Ribadesella, at the heart of beautiful Asturias in Northern Spain.

La Calma is a traditional Asturian house constructed of stone, granite and wood surrounded by beautiful countryside and located 3 minutes from the sea. The bedrooms are all en-suite, stylishly designed and with stunning views over the countryside and mountains. The rooms also include comforts such as nespresso machines, L'Occitane toiletries, Plasma TVs, DVD players (with complimentary DVD library), free Internet access and more.

Asturias is famous for its breathtaking natural scenery combining mountains, rivers and the sea, which is evident all around La Calma. At La Calma we will be ideally positioned to take advantage of all that is on offer including the magnificent Picos de Europa, the unspoilt beaches, the stunning countryside and the lovely local towns.

FOOD

During your stay you will enjoy delicious and nutritional food. We don't believe in extreme diets so you will not be starved.

We will start the day making our own smoothies, after morning exercise you will have breakfast, later you will have a healthy packed lunch, a snack and will finish the day with a lovely dinner in a fancy restaurant. Our aim is that during your stay you can learn how to eat healthier and still be able to enjoy food.

THE PACKAGE

The price for our exclusive and luxurious retreat is £1,800 for sole occupancy or £1,400 for two people sharing a room. The price includes :

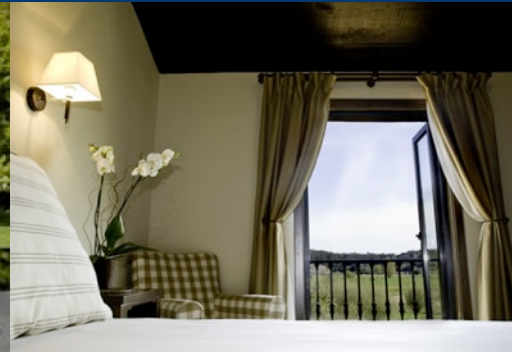
All airport transfers to and from Asturias airport
Full board accommodation for five nights at La Calma
All daily group and outdoor activities
At least 2 different types of massages
Private sessions with tailored take away programmes covering fitness, nutrition and relaxation
Optional Reiki 1 attunement so you may do self-healings
2 weeks online and phone support

All you need to arrange is your flight to Asturias Airport. There are daily direct flight from London Stanstead with Easyjet or you could fly to Madrid or Barcelona and make an internal connection to the Asturias Airport.

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Sarah Maxwell
Lifestyle & Fitness



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ABOUT US

The Sarah Maxwell Retreats are run by Sarah and Morelia, which are good friends.

We have developed this retreat because we recognize that women sometimes need to get away and have time to focus on themselves in order to regain a balance in their lives.

We are just like you ! We have demanding jobs, demanding families and demanding lifestyles!

As a team we compliment each other perfectly and will offer you our expertise in nutrition and fitness as well as help you achieve a sense of peace and happiness.

Sarah Maxwell is a fitness and lifestyle consultant with more than 15 years experience, both in the UK and overseas. In London she offers a boutique-style service to help her clients achieve their goals naturally and healthily. She has also trained many celebrities in the UK and is recognized today as one of the top personal trainers in the country.

Sarah is also Nivea's International Fitness and Lifestyle Expert and spokeswoman, developing fitness programmes to compliment their skincare product ranges.

Morelia Bueno created La Calma, a rural boutique hotel in Ribadesella, Asturias after leaving her stressful London advertising career. She has been practicing and learning reiki, meditation and various massage techniques for more than 10 years all over the world. She now follows her true dream of helping people find a balance and happiness in their lives.

CONTACT US

To get more information or to reserve your place in one of our Sarah Maxwell Retreats contact us at :

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