



Active Health Weekend Retreat 13, 14, 15 september 2019

We offer a space for the art of movement, singing, dancing to welcome you into the new stretching season and relax in a beautiful and natural venue.

We will:

- ...care for ourselves through meaningful stretch movement
- ...practice concentration and meditation to create a flexible mind
- ...sing and dance joyfully through body awareness
- ...enjoy delicious & healthy food and connecting to nature and each other

Price all-in:

240 euro; camping in your own tent.

270 to 285 euro; in a 4-5 person loft or Pipowagen.

The program starts Friday 13:00 h. until Sunday around 16 h. and will include;
5 stretch movement classes and meditation bij Lillith Turk; www.activehealthcenter.nl
2 voice workshops with mezzosopraan Henriette Schenk; www.henrietteschenk.nl
1 biodanza workshop with Joanna Duregger; www.biodanza-amsterdam.nl

Our venue is Landgoed Ottermeer, a little paradise in Brabant with 20 hectare forest, horse meadows, natural camping and accommodation with view on the swim lake and sunrise and sunset. Ottermeerweg 2, Wouwse Plantage www.landgoedottermeer.nl



For signing up and further information, please see other side >>>>>

Sign up information:

Please book your place in the retrait before 31 august, through an E:mail with your name and mobile phone number to Heleen; termorsj@xs4all.nl.

Fee for the retrait is 210 euro and will be payed separate from the accommodation or camping. Minimum number of participants is 20, maximum is 30.

Accommodation:

Please book and pay your place on the camping or in an accommodation through an E;Mail to the Ottermeerhoeve; camping@ottermeerhoeve.nl with name, address and phone nr.

Prices per person for 2 nights:

Loft (4 persons in single bed, when sharing the double bed 5 persons); 75 euro.

Pipowagen (4 persons in double beds) ; 60 euro.

Zonnewagen (2 persons in double bed); 60 euro.

Camping; 30 euro

If you are a group, please book as a group to assure you can stay together..

**Food:**

All meals will be vegetarian, with use of dairy products. If you have any food allergies, please bring your own diet products.

Family:

The Ottermeerhoeve is a great place for children to play and enjoy. When you bring children or family, you are responsible for organizing/ bringing childcare and food, while enjoying the Active Health program.

