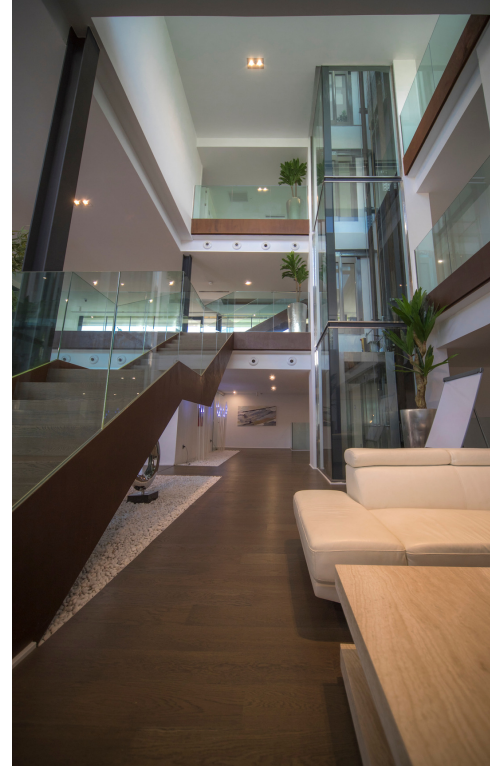


EQUATION TRAINING

ALL INCLUSIVE LUXURY FITNESS RETREAT AT SILVER FIELD VILLA

-
GRANADA, SPAIN



5* ACCOMMODATION
OUTDOOR CROSSFIT GYM
CITY EXCURSION
MORNING YOGA
BIKE TOURS & HIKING

31ST OCTOBER- 5TH NOVEMBER 2019
HOSTED BY CHARLIE FRANCIS & NATE EVANS

TWO POOLS
PANORAMIC VIEWS
NUTRITIOUS FOOD



THE RETREAT

CHARLIE AND NATE ARE SUPER EXCITED TO HAVE PUT TOGETHER THIS UNIQUE RETREAT, HOSTED AT THE INCREDIBLE SILVER FIELD VILLA, BASED AT THE FOOT OF THE SIERRA NEVADA MOUNTAIN RANGE.

THE HOUSE ITS SELF IS A SUPER MODERN CONTEMPORARY BUILDING BOASTING AN OUTSTANDING RANGE OF FACILITIES INCLUDING TWO GYMS, AN INDOOR AND AN OUTDOOR SWIMMING POOL, SAUNA, GAMES ROOM AND LUXURY BEDROOMS.

SEE THIS VIDEO FOR A FULL TOUR!

[HTTPS://M.YOUTUBE.COM/WATCH?
V=56INDBBBMLI](https://m.youtube.com/watch?v=56INDBBBMLI)

WE HAVE WORKED HARD TO PUT TOGETHER AN EXCITING FEW DAYS TO MAKE A UNIQUE AND MEMORABLE HOLIDAY.



MORE DETAIL

WHO IS THE RETREAT FOR:

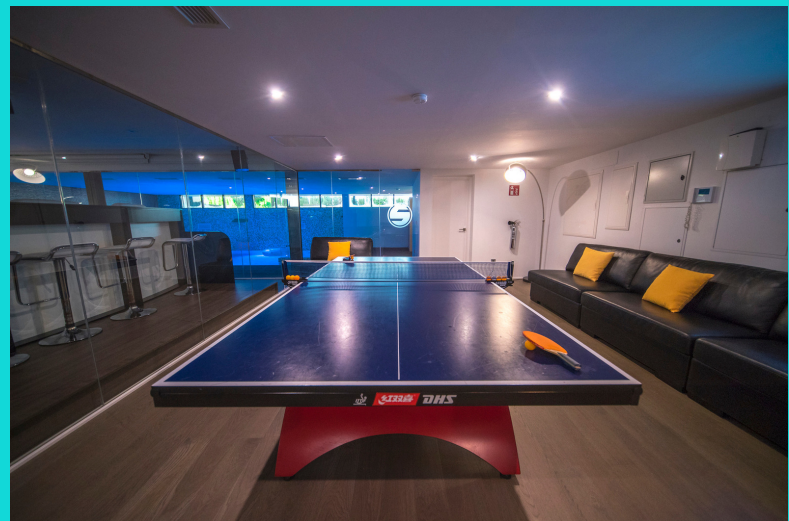
THE RETREAT IS PERFECT FOR SOCIABLE INDIVIDUALS, COUPLES OR GROUPS OF FRIENDS WHO LOVE THE SUN, OUTDOORS AND FITNESS.

THERE IS NO FITNESS LEVEL REQUIREMENTS TO COME AWAY ON THE RETREAT AND ALL SESSIONS ARE OPTIONAL TO PARTICIPATE IN.

WE HAVE A RANGE OF LUXURY SUITES AND ROOMS WHICH VARY IN PRICE TO SUIT YOUR BUDGET.

ITINERARY DAY EXAMPLE:

7.30AM YOGA
9AM BREAKFAST
10.30AM FITNESS SESSION 1
1PM LUNCH
4PM FITNESS SESSION 2
7PM DINNER
8PM PING PONG TOURNAMENT



WHAT'S INCLUDED

FOOD

WE ARE LUCKY ENOUGH TO BE BRINGING CHEF MICHEAL MALLET ALONG WITH US WHO IS A PROFESSIONAL CHEF WORKING AT JAMIE OLIVERS FIFTEEN ALONG SIDE RUNNING HIS OWN HEALTHY MEAL PREP BUSINESS WITH HIS PARTNER, THE CORNISH LUNCH BOX. MICHEAL (KNOWN AS MALLET) WILL BE PROVIDING A HEALTHY BREAKFAST, LUNCH AND DINNER FOR ALL THE GUEST THROUGHOUT THE STAY.

WE ALSO HAVE SNACKS AND PROTEIN SHAKES PROVIDED BY PROZIS, EUROPE'S LEADING SPORT SUPPLEMENT BRAND.

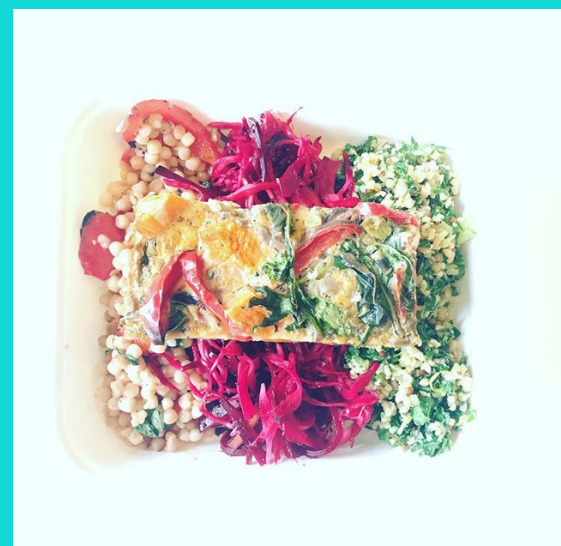
DAILY WORKOUTS AND YOGA

WE WILL FIT IN ONE TO TWO FITNESS SESSIONS EVERY DAY UTILISING THE FULLY EQUIP CROSSFIT STYLE OUTDOOR GYM. ALL SESSIONS WILL BE LEAD BY NATE OR CHARLIE WHO ARE EXPERIENCE STRENGTH AND CONDITIONING COACHES.

WE WILL ALSO BE RUNNING A YOGA CLASS EVERY MORNING, WITH CHARLIE WHO IS A 500HR YOGA TEACHER, ON THE TOP BALCONY WHERE THERE IS AN INCREDIBLE VIEW!

CYCLING AND HIKING

WE WILL BE RUNNING EXCURSIONS, HIKING AT THE BASE OF THE MOUNTAIN AND USING THE MANY CYCLING ROUTES TO TAKE IN THE SCENERY.



WHAT'S NOT INCLUDED

FLIGHTS

THE BEST AIRPORT TO COME TO WOULD BE MALAGA AIRPORT WHERE THERE WILL BE AN ARRANGED PICK UP AND DROP OFF FOR THE FLIGHT DETAILS BELOW.

SOME AIRPORTS WILL FLY DIRECTLY TO GRANADA AIRPORT WHERE WE CAN PICK YOU UP.

FLIGHTS WITH NORWEGIAN AIR INTERNATIONAL ARE CURRENTLY £65 ON SKYSCANNER.NET

TRANSFERS

WE DO NOT SUPPLY TRANSFERS IN THE TOTAL COST OF THE RETREAT. HOWEVER, WE HAVE ORGANISED A TRANSFER GOING FROM MALAGA AIRPORT TO THE ACCOMMODATION AT 2PM ON THE 31ST OF OCTOBER AND AT 7.30AM ON 5TH NOVEMBER. THIS WILL REQUIRE BOOKING THE FOLLOWING FLIGHT:

31ST: GATWICK AIRPORT 9:15, ARRIVING AT MALAGA AT 13:00 (2.45MIN FLIGHT)

5TH: MALAGA 11:20, ARRIVING AT GATWICK AIRPORT AT 13:00 (2.40MIN FLIGHT)

THIS RETURN FLIGHT IS CURRENTLY £65 ON SKYSCANNER.NET SO BOOK IT QUICK!

AS THIS WILL BE A GROUP BOOKING FOR THE TRANSFER IT WILL MAKE IT ABOUT £30-£40 PER PERSON RETURN WHICH IS MUCH CHEAPER THAN BOOKING AN INDIVIDUAL TRANSFER.

WHAT'S NOT INCLUDED

TRANSFERS CONTINUED...

PLEASE NOTE IF YOU CHOOSE TO BOOK A DIFFERENT FLIGHT WHICH ARRIVES AT A DIFFERENT TIME YOU WILL BE RESPONSIBLE FOR BOOKING YOUR OWN TRANSFERS.

WE ARE HAPPY TO ASSIST OR ARRANGE GROUP BOOKINGS IF THERE ARE A NUMBER OF YOU GETTING THE SAME FLIGHT.

THERE IS ALSO THE OPTION OF GETTING THE TRAIN FROM MALAGA TO GRANADA. WE ARE HAPPY TO PICK UP ANYONE FROM GRANADA WHO WOULD LIKE TO USE THIS OPTION.

IF YOU HAVE ARRANGED YOUR OWN TRAVEL AND TRANSFERS TO THE VILLA PLEASE INFORM US.

TRAVEL INSURANCE

WE WILL KEEP YOU AS SAFE AS POSSIBLE AT ALL TIMES BUT UNFORTUNATELY ACCIDENTS CAN HAPPEN SO WE WANT YOU TO BE COVERED!

YOU WILL BE RESPONSIBLE FOR PURCHASING YOUR OWN TRAVEL INSURANCE. WHEN PURCHASING, MAKE SURE YOUR INSURANCE COVERS SPORTING ACTIVITIES INCLUDING HIKING AND BIKING.

ONE EVENING MEAL

WE WILL BE TAKING YOU INTO THE CITY OF GRANADA FOR AN EVENING FOR A MEAL! YOUR TRANSFERS TO AND FROM THE CITY ARE INCLUDED HOWEVER YOUR FOOD AND DRINKS AT THE RESTAURANT ARE YOUR OWN RESPONSIBILITY TO PAY FOR.

ACCOMMODATION

THE ROOMS

WE HAVE A RANGE OF DIFFERENT ROOMS AT DIFFERENT PRICES TO SUIT YOUR BUDGET.

THE DOUBLE ROOMS

THE DOUBLE ROOMS ARE REALLY SPACIOUS WITH A DOUBLE BED WHICH CAN BE SEPARATED INTO TWO SINGLE BEDS. PERFECT FOR A COUPLE OR TWO FRIENDS WISHING TO SHARE. EACH DOUBLE ROOM HAS A 60" TV, A SEPARATE TOILET AND SHOWER AS WELL AS A WALK IN WARDROBE.

THE ROOM FEATURES BLACK OUT BLINDS AND PRIVACY BLINDS AS WELL AS LED LIGHTING AND A HEATING AND COOLING SYSTEM WHICH CAN BE ACCESSED VIA THE WALL MOUNTED CONTROL PANEL.

YOU WILL HAVE YOUR OWN ROBE, SLIPPERS AND TOWELS.

£1020 PER PERSON



ACCOMMODATION

THE QUAD ROOM

THE QUAD ROOM FEATURES 4 SINGLE BEDS SO ITS PERFECT FOR A GROUP OF FRIENDS OR SOCIABLE INDIVIDUALS WHO ARE HAPPY SHARING A ROOM. THERE IS A SEPARATE SHOWER AND TOILET AS WELL AS A WALK IN WARDROBE.

THE ROOM FEATURES BLACK OUT BLINDS AND PRIVACY BLINDS AS WELL AS LED LIGHTING AND A HEATING AND COOLING SYSTEM WHICH CAN BE ACCESSED VIA THE WALL MOUNTED CONTROL PANEL.

YOU WILL HAVE YOUR OWN ROBE, SLIPPERS AND TOWELS.

£950 PER PERSON



ACCOMMODATION

THE BUNK ROOMS

THE BUNK ROOMS CONTAIN 6 FULL SIZE SINGLE BEDS IN BUNK BED STYLE. PERFECT FOR GROUPS OF FRIENDS OR FOR SOCIABLE INDIVIDUALS WHO ARE HAPPY SHARING A ROOM. THERE IS A SEPARATE SHOWER AND TOILET; AS WELL AS A WALK IN WARDROBE.

THE ROOM FEATURES BLACK OUT BLINDS AND PRIVACY BLINDS AS WELL AS LED LIGHTING AND A HEATING AND COOLING SYSTEM WHICH CAN BE ACCESSED VIA THE WALL MOUNTED CONTROL PANEL.

YOU WILL HAVE YOUR OWN ROBE, SLIPPERS AND TOWELS.

£880 PER PERSON



READY TO BOOK?

SO YOU WANT TO JOIN US? GREAT NEWS!

**ALL YOU HAVE TO DO IS EMAIL:
INFO@EQUATIONTRAINING.COM**

WITH THE FOLLOWING DETAILS:

**NAME:
EMAIL ADDRESS:
PHONE NUMBER:
REQUESTED ROOM:
PROMO CODE (OPTIONAL):
DIETARY REQUIREMENTS:
ANYTHING ELSE WE NEED TO KNOW
ABOUT:**

**WE WILL THEN BE IN CONTACT WITH YOU
WITHIN 48 HOURS TO TAKE PAYMENT.**

**YOU HAVE THE OPTION TO PAY THE FULL
AMOUNT OR YOU CAN PAY A 50% DEPOSIT
TO RESERVE YOUR SPACE AND THE REST
WILL BE DUE BY THE 20TH OF AUGUST
2019.**

**IF YOU WOULD LIKE MORE INFO OR HAVE
ANY QUESTIONS PLEASE LET US KNOW.**



IMPORTANT ADDITIONAL INFORMATION

WHAT TO BRING?

WE WILL SEND YOU A DETAILED PACKING LIST ABOUT 2 MONTHS BEFORE.

WHEN PACKING REMEMBER NO SHARP ITEMS CAN BE CARRIED IN YOUR CASE. ONLY 100ML OF LIQUIDS ARE ALLOWED IN YOUR HAND LUGGAGE. THE REST MUST GO IN YOUR CHECK IN CASE.

YOU ARE RESPONSIBLE FOR MAKING SURE YOU ARE AT THE AIRPORT ON TIME FOR BOTH YOUR OUTBOUND AND INBOUND FLIGHTS. IT IS USEFUL TO DOWNLOAD THE APP OF THE PREFERRED FLIGHT OR OPT FOR EMAIL NOTIFICATIONS ABOUT FLIGHT CHANGES TO YOU KNOW ANY ALTERATIONS.

IF THERE IS A NO DEAL BREXIT, YOU WILL NEED TO HAVE 6 MONTHS ON YOUR PASSPORT ON THE DATE OF YOUR RETURN HOME. SOME COUNTRIES WILL REQUIRE MORE SO CHECK. YOU MUST ALSO HAVE 2 EMPTY PAGES IN YOUR PASSPORT FOR VISAS IF REQUIRED.

VACCINES. DEPENDING WHERE YOU ARE TRAVELLING, YOU MAY NEED TO GET VACCINATIONS. CHECK WITH YOUR DOCTOR.

VALUABLES. EACH ROOM HAS A LOCKABLE DRAW WITH A KEY WHICH YOU ARE RESPONSIBLE FOR TO STORE YOUR BELONGINGS.