



breathing place
yoga

www.breathingplace.com



Weekend of Yoga & Relaxation in Budapest 24 – 26 April 2010

A 3-day weekend of yoga, thermal spa and relaxation based in the Hungarian Capital – Budapest, famous for its thermal spas and stunning architecture.



Thermal Water:

Hungary has the biggest surface thermal water resources in the world after Iceland. Rich in minerals and warmed by the heat of the earth's interior, thermal spring water helps thousands to preserve their health. The thermal water is particularly effective in the treatment of rheumatism, mobility disorders and of course relaxation by bathing for 20-30 minutes and resting.

Breathing Place Yoga is offering you the opportunity to exploit the benefits of the thermal water and enjoy a weekend of yoga practise in this truly magical city.



What's included:

The group will stay at the 4 star **Health Spa Resort HÉLIA** situated on the Pest side of the city overlooking the Danube with views on the Buda Hills and Margaret Island. Modern and spacious rooms are on a twin share basis with en suite facilities. The hotel is within easy reach from the city centre with access to public transport.

You depart Dublin airport at 07.30am on Saturday 24th April and arrive back in Dublin at 9.20pm Monday evening 26th. The **3 day Budapest package** includes:

- 🌀 Return full service flights between Dublin and Budapest with Malév Hungarian Airlines.
- 🌀 20 Kilo checked baggage allowance.
- 🌀 Two nights twin share hotel accommodation in the 4 star Hélia Hotel.
- 🌀 Daily American buffet breakfast
- 🌀 1 dinner and 1 buffet lunch in the hotel
- 🌀 Daily 2-hour yoga class with Ger
- 🌀 Full use of the hotel's thermal spa including swimming pool, sauna, thermal baths, steam bath, whirlpool, Danubius Premier Fitness Club, local tax and VAT.
- 🌀 1 Relaxing or Revitalizing Massage (25'), Wine cream massage (25'), refreshing foot massage (20'), relaxing head and neck massage (15') or Hot Roll relaxing back massage (20')
- 🌀 1 Relaxing/Refreshing Fragrant Bath or Cleopatra Bath with milk and honey
- 🌀 15% discount at the beauty salon (for weekend treatments appointments until Saturday 2 pm)
- 🌀 Return airport transfers
- 🌀 Airport taxes

Therapies at the Hélia Hotel are based on the utilisation of natural thermal water pumped to the hotel spa from springs on the nearby Margaret Island.

Cost per person sharing €399 as outlined above, single supplement €65

Travel insurance and personal expenses are not included. Subject to min numbers.