

Corporate Wellness package

Unleashing the potential within



FANCOURT
SOUTH AFRICA



STARTING FROM
R3715 PER PERSON
SHARING
AND R4450 SINGLE
FOR 3 DAYS AND 2 NIGHTS
ALL INCLUSIVE

VALID FROM
01 MAY – 31 SEPT 2016

WITH OUR NEWLY DEVELOPED WELLNESS PACKAGE, STRESS WILL SOON BE SOMETHING OF THE PAST. OUR HIGHLY TRAINED WELLNESS STAFF WILL NOT ONLY FACILITATE THE DISSOLUTION OF ANY TENSION YOU ARE CURRENTLY EXPERIENCING — THEY WILL COACH YOU INTO MAKING STRESS-FREE LIVING A PART OF EVERYDAY.

Our package includes

- Eight masterclasses presented by Dr Torsten Henschel & Dr Lydia Altini
- All meals
- Return airport transfers
- Two on site activity sessions

Activities:




- Stress management
- Speakers that will motivate and inspire
- Masterclasses that will teach you “how to”
- Specialty treatments
- Extra tools to put it in practice

Dr Torsten Henschel and Dr Lydia Altini will facilitate a

3-day workshop including topics such as

- Mastering wellness: from knowledge to skill
- The Science of wellness: facts and myths
- Transform limiting habits and beliefs
- Mindfulness and stress reduction
- ‘If I don’t look after my body, where will I live’
- Build sustainable and rewarding relationships
- Create your personal coaching program

“Taking good care of you means the people in your life will receive the best of you rather than what’s left of you.”
Carl Bryan

   Terms and conditions apply

Reservations 044 804 0020 or groupreservations@fancourt.co.za

www.fancourt.com



THE LEADING HOTELS
OF THE WORLD®