



**SILVERWEEK**<sup>TM</sup> · HEALTHY MIND

MIND, BODY & SOUL

**L**et us help you to get the most out of the best future investment that you can make: YOUR HEALTH. Our exclusive healthy holiday **SILVERWEEK™ experiences** combine the support of specialists with the unique features of the Costa del Sol to generate great experiences that you won't be able to forget. You will also learn new habits that will change your life.

Our proposal **to enjoy a quality, long and independent life** is based on programmes that are specifically designed to generate emotions and positively motivate you in four key areas:

- Healthy body
- Healthy relationships
- Healthy mind
- Healthy eating

In order to age in an active way, not only do we have to be informed about how to improve our health, but we have to change our lifestyle.

We can begin this change by understanding that first we have to get rid of our bad habits. Once this has been done, we can start to learn and acquire new habits related to the four key health pillars.

Join us and embark on this new journey. Come to the Costa del Sol to receive that dose of health and wellbeing that you need so badly!



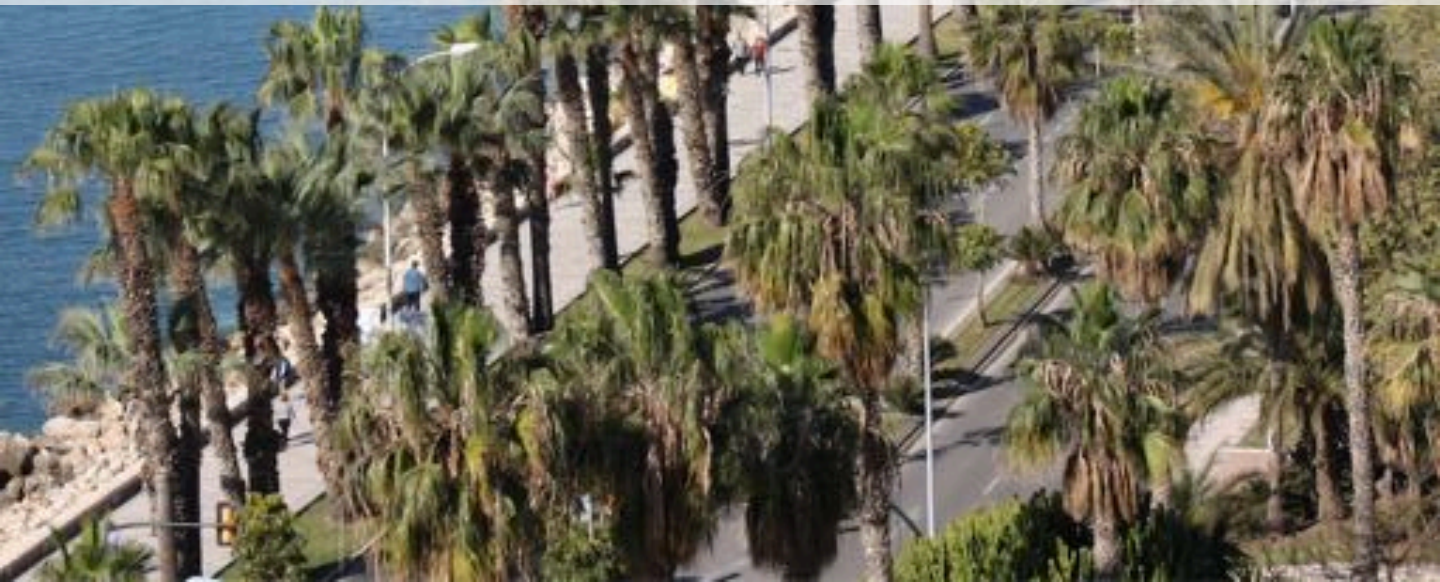
• MIND, BODY & SOUL **SILVERWEEK**<sup>TM</sup> •

SILVERWEEK™  
• **MIND, BODY & SOUL** •

Our objective is to help you to broaden your knowledge about the four key health pillars through our platform and our healthy holiday SILVERWEEK™ experiences. For one week, we will focus on all four of the basic pillars on which our health and wellbeing are based: Healthy body, Healthy relationships, Healthy mind and Healthy eating. The MIND, BODY & SOUL SILVERWEEK aims to strengthen your mental skills and capacity to enjoy a full life.



· COSTA DEL SOL ·



## COSTA DEL SOL · **MIND, BODY & SOUL**

All of our healthy holiday SILVERWEEK™ experiences are developed on the COSTA DEL SOL. The Costa del Sol is a unique spot in Europe. It has an extremely mild climate with an average annual temperature of 19°C and over 300 days of sun each year.





· DETAILS ABOUT THE EXPERIENCE ·

## UPCOMING DEPARTURES :

---

### **Birmingham**

23<sup>rd</sup> of October  
8<sup>th</sup> of January  
19<sup>th</sup> of February

Flights from Birmingham airport.

### **Bristol**

30<sup>th</sup> of October  
15<sup>th</sup> of January

Flights from Bristol airport.

### **Manchester**

6<sup>th</sup> of November  
22<sup>nd</sup> of January

Flights from Manchester airport.

## HOTEL ★★★★★:

---



### BOUTIQUE HOTEL ★★★★★ LA VIÑUELA

It is located on the bank of the Viñuela reservoir, in a marvellous and quiet natural setting, surrounded by typical white Andalusian villages. It's a place where each room transmits positive emotions and sensations.

### RECENT REVIEWS

#### CHARMING PLACE

It's perfect for a break. The staff at the hotel are fantastic and they helped made me feel comfortable and very welcome for the time that I spent there.



#### AN OASIS OF PEACE

It's a hotel for you to enjoy yourself. Leave your troubles and worries behind and soak up the beauty and peace that surrounds you.



### IMPORTANT INFORMATION

- We reserve the right to alter the timing and/or order of the trips programmed in the itinerary under exceptional circumstances. However, we will always respect the content of the programme.
- Hotel extras such as the individual use of rooms, items purchased from the mini bar, telephone calls made from the room etc. are not included in the price and should be paid for separately at the end of the SILVERWEEK™ Experience.
- We cannot be held responsible for missed flights that have not been communicated to us with sufficient warning by the airline carrier.



## IS THIS TRIP FOR ME?

---

Style of trip  
CALM

Meditation, mindfulness, positive psychology and unique experiences and locations on the Costa del Sol to recharge your batteries.

Physical Rating  
MODERATE

Exercising the body also strengthens the mind. One session a day with our personal trainer and a couple of hikes will help us to get our legs moving whilst enjoying the beautiful natural landscape of the area.

What's included?  
UNIQUE SERVICES

4★ hotel in a special and relaxing location, private transport, full board at the hotel and at selected restaurants, guides and professional trainers. Continued contact and information from our local health influencer.

Who will I be travelling with?  
SMALL GROUPS

To encourage interaction with other people who have similar interests to your own. Maximum 26 people.

# YOUR SILVERWEEK™ ITINERARY:

---

## Day 1

### Welcome

Flight to the Costa del Sol  
and welcome dinner.

#### ARRIVE IN MALAGA

The SILVERSPAIN bus will be waiting at a specific location to take you to your hotel (*transfer 60km-45min*).

The room will be prepared. Check-in, get settled and start to explore. In the afternoon, a meeting is planned with your local health influencer who will be your group's host for the week.

The meal will be held at the hotel with a special menu designed by specialists in healthy lifestyles, taking advantage of the best of the Mediterranean cuisine.

#### LA VIÑUELA BOUTIQUE HOTEL★★★★

It's much more than a simple hotel, it's a special place where you can enjoy peace and quiet. It has 37 exclusive suites, areas where you can relax, a great restaurant and other facilities. It has 15,000 m<sup>2</sup> of beautiful gardens where each sunrise and sunset is a fantastic experience.

Address: Carretera Velez-Alhama s/n Viñuela, Málaga- España.

Telephone: (+34) 952 519 193

Website: [www.hotelvinuela.com](http://www.hotelvinuela.com)

## RECENT REVIEWS

#### RELAX IN THE AXARQUIA AREA



A beautiful hotel where you can unwind in a very pretty natural setting. It has great facilities with large, modern rooms. The hotel also has a great quality restaurant.

#### LOVELY HOTEL



Gorgeous hotel. Very large room and a terrace with views of the reservoir. It was well decorated and extremely clean. I would give the restaurant 10/10.



# YOUR SILVERWEEK™ ITINERARY:

---

Day 2  
Let's get  
started!

Begin your  
SILVERWEEK™

## ADJUSTING TO THE RYTHM

We begin with a series of exercises led by our personal trainer. Following this workout, taste the natural energy with the smoothie of the day, a healthy habit that you will love. This is also included in the hotel breakfast.

We take a short trip by our private bus (12km/25min) to discover a truly unique place, the **STUPA DE KALACHAKRA**, which symbolises universal peace and helps to contribute to the unification of all people. From its privileged location, you can see the landscape of the Sierras de Tejeda and Almijara Natural Park, with a sprinkling of white villages from the Axarquia area and the Maroma mountain dominating the view, with a height of more than 2,000m. It's an ideal location for a guided meditation session with our expert.

We will then head to Velez-Malaga (10km/25min), to enjoy the creations of the chef at the **EL CONVENTO Restaurant**, starting with an olive oil tasting session with an exclusive selection of olive oil from the province of Malaga.

After lunch, we will head to **FRIGILIANA** (28km/35min) which is without a doubt one of the most charming white villages in Malaga. It has whitewashed walls, narrow, winding streets, and a historic centre that is full of Moorish history. Frigiliana was given the title of "Historic Artistic Area" in 2014. Then it's back to the hotel where, after dinner, we will have live music to liven up the evening.

## RECENT REVIEWS

### INNOVATIVE TAPAS

The tapas at El Convento are truly surprising. They range from more traditional options to tapas that are innovative in their texture, shape and taste. There is always something new. The service is great too!



### THE FOOD IS GREAT

The food was all great, from the tapas to the main dishes. The restaurant itself is very cool. The staff are young, innovative and very enthusiastic.



# YOUR SILVERWEEK™ ITINERARY:

---

## Day 3

### On the move

We continue with your SILVERWEEK™.

#### **FOCUSING ON OUR OBJECTIVE**

We begin with a series of exercises led by our personal trainer. Following this workout, taste the natural energy with the smoothie of the day, a healthy habit that you will love. This is also included in the hotel breakfast.

We take a short trip by our private bus (80km/1h) to Alhaurín el Grande to visit the **KADAMPA MEDITATION CENTRE**. Here we will have a guided meditation session with the resident meditation teacher and enjoy a lovely vegetarian meal in this very special location.

We then head back to the hotel. In the afternoon we will have a workshop with our musical therapist on the use of the music and its elements (sound, rhythm, melody, harmony) to facilitate the movement of the body and mind. This session will help us to express our feelings, improve our communication techniques and learn from each other.

After dinner at the hotel, we will have a dancing session with the sounds of our DJ to round off our day of music.

## RECENT REVIEWS

### PURE LAND



The Kadampa Meditation Centre has some magnificent facilities, with an interesting collection of sculptures, well cared for garden areas and a beautiful swimming pool.



# YOUR SILVERWEEK™ ITINERARY:

---

## Day 4

### In full swing

We continue with your SILVERWEEK™.

#### **PATHS ARE MADE BY WALKING**

We begin with a series of exercises led by our personal trainer. Following this workout, taste the natural energy with the smoothie of the day, a healthy habit that you will love. This is also included in the hotel breakfast.

We take a short trip by our private bus (47km/1h) to go for a hike in the mountains of the Tejeda, Almjara and Alhama Natural Park. Our journey will lead us to discover **EL ACEBUCHAL**, a small hamlet located in a beautiful valley that was evacuated by the authorities during the civil war, and was restored 50 years later by the families of the last inhabitants. These families run a "Venta" (traditional Spanish restaurant in the countryside) and have transformed it into a magical place for visitors.

We then will take a short trip by our private bus (65km/1:15h) to the city of Malaga to discover the Nasrid tradition of Arabic baths at the **HAMMAN AL ANDALUS**. This complex has been designed to bring back to life the magic of the era in a relaxing and restful environment. A massage is also included in the price of your holiday. We will make the most of our visit to discover the rest of the city where our guide will take us to the most emblematic places following a route to eat in different traditional restaurants, trying a selection of delicious local tapas and wines.

## RECENT REVIEWS

#### UNBEATABLE

El Acebuchal is a very charming place, both due to its location and the family atmosphere. We let the waiter recommend some dishes and lucky we did, as everything was exquisite. However, the bread and the carrot cake have to win first prize.



#### EXTREMELY RELAXING

I have been to the HAMMAN Al Andalus various times and it always meets my expectations. An incredible experience, a beautiful place and very pleasant and professional staff.



## YOUR SILVERWEEK™ ITINERARY:

---

Day 5

Farewell

Flight back home.

### TIME TO SAY GOODBYE

At the end of the daily exercise routine, our personal trainer will give you some recommendations to keep you active at home. Some time for relaxation, our special smoothie of the day and breakfast at the hotel.

Before heading off, we will hold a meeting with our health influencer to analyse the experience together, what we have learnt and what we will take away, including new friendships with other people in the group.

The SILVERSPAIN private bus will then take you to the airport. We are already looking forward to welcoming you again soon!

OUR PLATFORM



DON'T FORGET TO VISIT OUR PLATFORM FOR A WEALTH OF INFORMATION ABOUT HEALTHY LIFESTYLE HABITS.



## PRICE

---

| Birmingham  
| From £699

| Bristol  
| From £699

| Manchester  
| From £699

### IMPORTANT INFORMATION

- The final price for the · MIND, BODY & SOUL · SILVERWEEK™ depends on the departure date. Contact us for a quote (without any obligation).
- The price of your experience includes return flights from the departure airport of your choice) transfers during your entire stay, meals and culinary experiences, accommodation and different activities included in the programme (unless otherwise specified).

## CONTACT US FOR MORE INFORMATION

---



JON MATTHEW SWITTERS  
*Health Influencer*

There are those who see ageing as something bad.  
I see it as an opportunity to have more time and  
resources to focus on what is really important to  
us.

### CONTACT ME

EMAIL

[JON@SILVERSPAIN.COM](mailto:JON@SILVERSPAIN.COM)

MY ONLINE PROFILE

[WWW.SILVERSPAIN.COM/JON](http://WWW.SILVERSPAIN.COM/JON)

### VISIT OUR PLATFORM

YOU CAN VISIT OUR PLATFORM AT ANY TIME AND  
ASK FOR ASSISTANCE VIA OUR FREE ONLINE CHAT.

## **BASIC SERVICES:**

---

### **PRIVATE TRANSPORT:**

A modern fleet of private buses which provide maximum comfort and comply with the European safety regulations.

### **CULINARY EXPERIENCES:**

All of our SILVERWEEK™ experiences include breakfast, lunch and dinner. Should you have any specific dietary requirements, please don't hesitate to contact our team.

### **GUARANTEED DEPARTURES:**

All of our SILVERWEEK™ experiences are subject to a minimum amount of participants. If the minimum amount of participants is not reached and the trip is cancelled, you will receive a full refund within 24 hours.

### **AIRPORT TRANSFERS:**

A private airport service will be provided for Silverspain clients between Malaga airport and your hotel.

### **EXPERIENCES:**

All of our SILVERWEEK™ experiences include excursions and experiences focused on physical, mental, nutritional and social health with a greater emphasis on the pillar on which your experience is based.

### **SPECIALIST GUIDES:**

Throughout your SILVERWEEK experience, a SILVER specialist will take care of the organisation of the trip.

### **FLIGHTS:**

Return flights are included in all experiences.

### **TRAVEL INSURANCE:**

All of the reservations include, without any additional cost, basic travel insurance.

### **24-HOUR ASSISTANCE:**

Our SILVER team will be available 24-hours a day for any emergency or problem you may have.

### **TRANSFERS:**

All of the SILVERWEEK™ experiences include return transfers to the location where the activities take place at the appropriate times.

### **HOTELS:**

Accommodation in 4 star hotels, in rooms with a bath and/or shower. In this leaflet, you can find additional information about the hotels.

## **TERMS AND CONDITIONS:**

---

### **ORGANISATION:**

The organisation of these services and trips has been carried out by SILVERSPAIN.

### **PRICE:**

The price of the services on offer has been calculated using the exchange rate, transport costs, fuel costs and taxes. Any variation of the price of the aforementioned costs could lead to a change in the final price of the trip.

### **FORM OF PAYMENT:**

When you make a reservation request, SILVERSPAIN does not require any advance deposit. Once the reservation has been made and confirmed, the client will have to pay the total price of the trip.

### **PERSONAL DOCUMENTS:**

Personal documentation should be valid at the time of departure and the client should check that their passport is valid for the country that they are visiting. Check with the corresponding Embassys and Consulates.

It will be the client's responsibility to obtain their own passport or to comply with any other requirements in place. If the documentation is rejected by an authority, the client is denied entry to a country for not complying with the necessary requirements or the client does not have the correct valid documentation, these will not be considered as reasons to cancel the contracted service and a refund will not be given.

### **FLIGHTS:**

The client is responsible for their belongings at all times. SILVERSPAIN cannot be held

responsible for the changes made by the airline.

### **TRANSFERS:**

If your luggage is lost during your flight, we ask you or a member of your party to inform the SilverSpain transfer team so that they can take the appropriate measures. A HEALTH INFLUENCER is not always present on the transfers.

### **LUGGAGE:**

The client's luggage and other personal belongings should be kept close at all times. SILVERSPAIN cannot be held responsible for the loss of any item during the trip.

### **CANCELLATION COSTS:**

The client can cancel their holiday without any fee when this cancellation is made (at least) 30 days before the date of departure. If the cancellation is made less than 30 days prior to departure, a fee of 50% of the total price of the trip will be charged. We recommend that you take out a private insurance in order to guarantee a full refund in case of cancellation, ensuring that this type of occurrence is covered by your policy.

### **EARLY RETURNS:**

SILVERSPAIN will not provide any refund or pay for new flights should an early return be needed.

### **THEFT:**

SILVERSPAIN will not be held responsible for any loss or theft that clients may suffer during the trip. These events should be communicated to the competent authorities of the destination country.

**Our  
Philosophy.**



## Healthy mind

The balance between a person and their sociocultural environment.



## Healthy body

The physical condition of the body.



## Healthy eating

Balance and variety are key to a healthy lifestyle.



## Healthy relationships

State of wellbeing related to the conditions of the surrounding environment.





# Healthy body

## **You control your body**

And not only the voluntary control of your muscles, but also the “involuntary” actions that we create as daily habits.

In order to look and feel better, you have to get moving. Get active by changing small routines such as going up stairs, walking to the shops or visiting Friends. Walk the dog, learn to dance Zumba or start doing a sport, when possible, outdoors.

There are thousands of fun and simple ways of doing exercise and improving your health. Chose your way.



# Healthy mind

**Always be  
positive**

Remaining young, keeping active and continuing to enjoy life is all in the mind. Happiness can be trained. Work on your health to keep your self-confidence strong and to develop more skills.

Our brains are prepared for continuous learning, to process new stimuli and experiences, to be open to creativity and emotions, to continue to grow and evolve as a person.



# Healthy eating

**Tell me what  
you eat...and I'll  
tell you how  
long you'll live**

Healthy food is the base for everything else. It is good for you to know what you eat, discover new foods and learn how to prepare them in such a way that they provide your body with what it really needs to work better and prevent illness.

Enjoy food, make the most of the advantages of the Mediterranean diet and feed your soul with the smells, colours and textures of a varied and balanced diet that will help you to be more healthy.





# Healthy relationships

**The joy of  
sharing  
experiences  
with other  
people**

We are social beings by nature. With the family, at home, at work, with friends... there is a continuous interaction with other people. We like to be considered as trustworthy people, and to have other people in who we can trust.

Enjoying people that are close to you, getting to know new people and establishing new bonds and relationships are all factors that make us active people in society.

**Would you like to  
know the secret  
to a long and  
healthy life?**



**THE ANSWER**  
**lies in our**  
**SILVERWEEKS™**



A HEALTHY BODY, HEALTHY RELATIONSHIPS, HEALTHY MIND AND HEALTHY EATING  
ARE KEY TO A QUALITY, LONG AND INDEPENDENT LIFE