



SILVERWEEKTM · HEALTHY MIND ·

MIND, BODY & SOUL

Let 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**TM •

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 · **WELLBEING** ·

All of our healthy holiday SILVERWEEKTM experiences are carried out 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 ·

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 outdoor walks 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 m² 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

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.

In the morning we will have a workshop with our **MUSICAL THERAPIST** on the use of 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.

We will then head to Velez-Malaga (14km/20min), 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 entertain us for 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 will have time to take advantage of the natural forces and peaceful environment before heading back to the hotel.

After dinner at the hotel, we invite you to join us for our live entertainment. .

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 have some free time in Malaga before heading back to the hotel for dinner and live entertainment.

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.

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.

Before heading off, we will enjoy a farewell lunch at the Hotel **LA VIÑUELA**, to celebrate we have met and recall the good moments of the week.

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

NOT READY TO GO
BACK YET?



WOULD YOU LIKE TO EXTEND YOUR SILVERWEEK EXPERIENCE?
CHECK THE NEXT PAGE FOR MORE DETAILS.

WHY NOT EXTEND YOUR SILVERWEEK™ EXPERIENCE?

Days 6 & 7

Toes up

Enjoy the weekend.

TAKE SOME TIME FOR YOURSELF

Would you like to extend your trip in Malaga? Simply contact us to include our "Toes Up" package, which will provide you with a few extra days to relax, unwind and continue to discover Malaga and the surrounding areas.

The Toes Up package offers you the chance to extend your SILVERSPAIN experience for as many days as you want. Simply contact us, tell us how many days you would like to extend your holiday by, and we will get back to you with a quote and a selection of 4* hotels to choose from.

The three options available include:

- Toes up in the city: Include a few extra days to discover the beautiful city of Malaga.
- Toes up on the beach: Include a few extra days to relax and unwind on the beautiful beaches of the Costa del Sol.
- Toes up in the countryside: Include a few extra days to discover the beautiful countryside of the Axarquía region in Malaga.

Bed and breakfast accommodation is included. There are no activities planned so that you can enjoy the Costa del Sol at your own pace. A perfect addition to your SILVERSPAIN adventure!

OUR PLATFORM



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

PRICE

Manchester
From £749

Birmingham
From £749

Bristol
From £749

London
From £749

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



REQUEST A CALL BACK

hello@silverspain.com



VISIT OUR PLATFORM

silverspain.com



REQUEST A FREE BROCHURE

hello@silverspain.com



TALK TO AN ADVISOR

077 0875 8015

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 for 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, and 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 interaction with others and with participation in society.



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