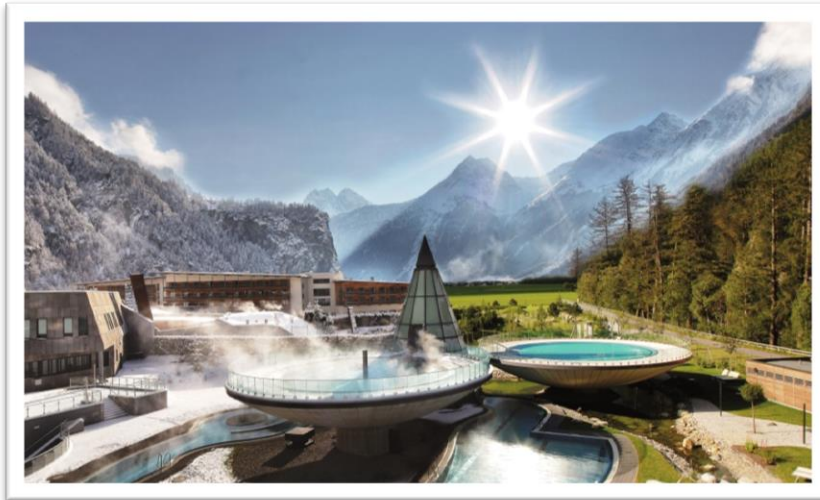




AQUA DOME'S THERMAL SPA IN THE ALPS



October 15, Saturday

9.00am: This morning you will be transferred from Kitzbühel via luxury motor-coach private transfer to Langenfeld.

The drive takes approximately 2 hours.

Welcome to Längenfeld!

Upon arrival check-in to AQUA DOME

AQUA DOME Tirol Therme Längenfeld,

Oberlangenfeld 140

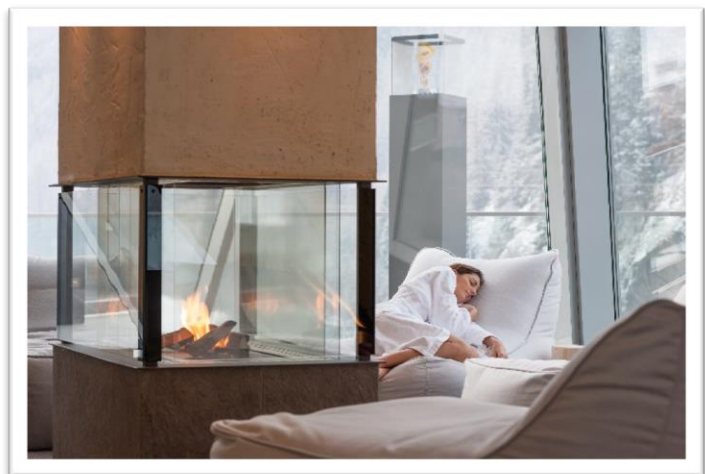
Phone: +43 5253 6400

www.aqua-dome.at

The biggest and most modern hotel in Tirol offers breathtaking views, outstanding 4 star service, fascinating outdoor adventures and relaxation in the only thermal spa bath in Tirol.

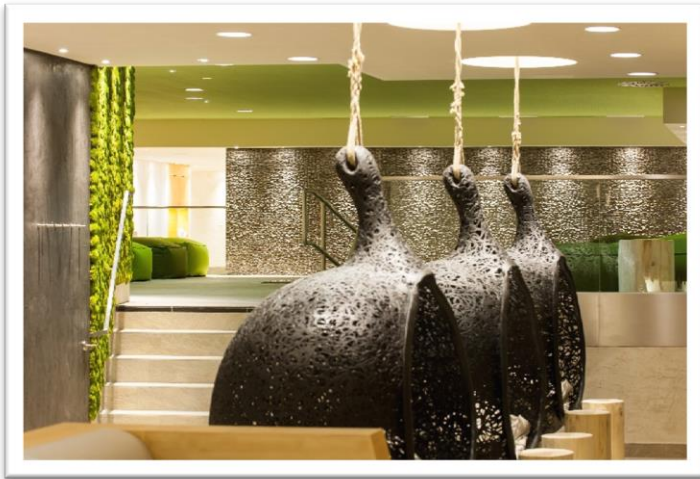
You will put on your bathrobe provided in your room so you will be comfortable and ready for the afternoon's activities! You will also be given a spa bag w/ sandals, a "sauna kit" and towels.

11:30am: Tour of the facilities





12:15: Light Lunch at the “Sauna Bistro” where we will experience healthy, low-carb delicious cuisine in our robes



1:30p Mix and match your individual WELLbeing and fitNESS program.

You may choose any three of the following six options below. Please note that there is an added fee for the WELLBeing Treatments. We will need your selections by September 30th to secure your space.

WELLbeing Treatments:

- Moon Wood Relax Massage with mountain pine oil which has soothing effects (50 minutes - €70 which is discounted 20%)
- Ötztal Herb Stamp Massage stimulates the metabolism, relaxes muscle and tissue tensions (50 minutes - €76 which is discounted 20%)
- Ötztaler Stone Massage which is a unique and unforgettable massage with hot and cold stones from the River “Arche” (50 minutes - €76 which is discounted 20%)

fitNESS Classes:

- Prana Flow Vinyasa Yoga – the aim is to strengthen your inner fire (Agnil), to open up and express yourself by feeling the mountains energy (50 min, complimentary)
- Outdoor Training – functional high intensity workout with a panoramic view (50 min, complimentary)
- Guided Imagery Program – a fantasy journey through the Alps uses your imagination along with breathing exercises to help you reach a state of deep relaxation 50 min, complimentary)

4:30pm We will all meet and do a specially arranged SAUNA AUFGUSS (or “sauna event” as the GWS calls it) with ingredients of the Ötztal Valley. This ritual has been arranged exclusively for our group. It will last for one and a half hours. Dress code is a “sauna-kit” (a very special sauna dress, or you may wear your bathing suit if you prefer). We will be accompanied by a “Sauna Master” who will do special



sauna infusions. This is sure to be an unforgettable experience and one that is not available outside of Austria!

6pm: Relax in a cozy bed in the SPA3000 or feel free to relax wherever your body and soul tells you to!

Change into casual wear for our evening's activities.

7:30pm Discover an Ötztal cocktail or another aperitif created by the AQUA DOME bartenders.

8pm We will be treated to a five-course dinner with Austrian wines created by the chefs of AQUA DOME. Our dinner key-note speaker will be Mr. Tom Bauer, CEO of VAMED Vitality World. Tom will tell us more about their operations and entertain us with some of his "insider stories!"

Sleep well!

October 16, Sunday

7:00am The early bird catches the worm . . .

Dress in hiking shoes or sneakers as well as comfortable clothing as we invite you to join us on a short hike to two of the most energetic places in this beautiful region: Lehner Wasserfall (waterfall) and Winkelbergasee (mountain lake). You will not believe how good your breakfast will taste after Austria's healing water and fresh air has opened up all your senses!!

Or feel free to sleep in, relax or visit the extensive fitness area featuring treadmills, spinning bikes, rowing machines, aqua cycling, functional strength training area, sling training, classes and yoga.

7 – 10:30am: Breakfast – an extensive selection of local as well as international treats

10:30am: Get into your walking or hiking shoes and meet Ewald Schmid in front of the hotel for an exclusive trip to the local spring! Ewald is the assistant director of the Ötztal Tourism Council in Längfeld with extensive experience as a leader in the tourism industry. You will be stunned by his knowledge!

12noon Time to check-out and head off to Kitzbühel for the Global Wellness Summit!



PRICING:

Single occupancy: EURO 385 per person

Double occupancy: EURO 350 per person

Included in pricing:

- *1 night accommodations at AQUA DOME Tirol Therme*
- *All rooms are equipped with a double beds with separate mattresses with balcony or terrace*
- *Extensive Breakfast buffet*
- *Lunch at the Sauna Bistro*
- *Participation in the SAUNA AUFGUSS (1.5 hour special "Sauna Event")*
- *Choice of three WELLness experiences (added fee – 20% discount offered) or three fitNESS experiences (complimentary)*
- *Exclusive Cocktail reception on Saturday evening*
- *Five-course gourmet dinner featuring international and traditional Austrian cuisine, either served or themed buffet with a talk by VAMED Vitality World CEO, Mr. Thomas Bauer*
- *Use of the SPA along with the sauna and fitness center over 20,000 sq meters*
- *Morning hike on Sunday*
- *Walk to local spring with local Tourism expert, Ewald Schmid*
- *20% discount off Spa Treatments*
- *Complimentary WiFi access throughout the hotel*
- *All private coach & driver services as per itinerary for transfers from Kitzbühel to AQUA DOME and back to Kitzbühel*
- *Tour Accompanied by Sallie Fraenkel*
- *All local taxes and VAT (except the local tax of Euro 3.00 per person, per night)*

Suites available upon request; subject to availability for an additional charge.

Please note if you wish to arrive directly to Aqua Dome from the Munich or Innsbruck airports, transfers may be arranged at an additional charge.



CANCELLATION POLICY

| | |
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| Cancellation up to 60 days prior to arrival | 25% of total tour price is non-refundable |
| Cancellation 30-59 calendar days prior to arrival | 50 % of total tour price is non-refundable |
| Cancellation within 30 calendar days prior to arrival | 100% of total tour price is non-refundable |

To reserve your spot, please email Sallie Fraenkel at sallie@mindbodyspiritnet.com

Please note:

This trip is quoted in EURO. USD pricing is determined at time of payment using the current exchange rate offered by American Express Foreign Currency services. **For payments by credit card please add 3% merchant fee to the total. Please ask for the rate of exchange before proceeding with payment.** A 25% non-refundable deposit is due at time of booking. Final payment is due 30 days prior to arrival or if it is already within 30 days, then full payment is due at this time.