



METEORA VEGAN FITNESS  
HOLISTIC HEALTH COACHING



GENERAL INFORMATION -  
METEORA VEGAN FITNESS

The programs are structured according to the number of individuals and tailored according to their personal needs. The dates are not predefined. We arrange dates that are convenient for both sides.

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## SERVICES

### # DAILY PERSONAL HOLISTIC HEALTH COACHING

Includes:

- Touring through the magical landscape of Meteora in trails for all fitness levels.
- Experiential connection to the relaxing and healing energy of the rocks.
- Theoretical seminars about the philosophy of body movement and health, healing and balanced nutrition, psychological bliss, emotional wellbeing etc.
- Personalized experiential seminars on physical exercises, breathing, relaxation techniques, etc.
- The Diet (mainly organic seasonal food & juices) and accommodation is provided free of charge if the visitor chooses this program. We hope you enjoy our delicious food suggestions, the relaxed hospitality in a renovated traditional house.
- Upon request we organize day trips to nearby destinations (forests and trails of Pindos Mountains, swimming in the crystal clear waters of Acheloos river, practice and theory sessions at Platia Ammos beach at the foot of Kissavos Mountain combined with natural sparkling sulphur infused red water SPA etc).

The cost of the service:

**100€/** per Day for one person

**200€/** per Day for two persons

For more than two persons, this personalized service is not effective, so the program is set up according to the number of people and the services they wish to choose.



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# For those who do not want to adopt the daily coaching they can choose the service:

### # ALTERNATIVE PERSONAL HEALTH COACHING.

This service is calculated hourly. The visitor selects the number of the hours he wishes and the content of the program. Each hour costs 20€/per person and does not include accommodation or nutrition. However, we can offer you information about beautiful and high quality choices in the local area.

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### # THE DISTANT GUIDANCE

I provide worldwide is offered in five-hour packages of hourly sessions in Greek and English language, through:

- Telephone
- Viber
- Whats app
- Skype

After our first contact we will book the appointments and the sessions will take place on different dates and times or on long hour sessions depending on your preference.

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# Finally there are also cheaper packages for **GROUPS** of people who simply wish to discover the footpaths of Meteora or follow a certain experiential or theoretical seminar.



Our programs are a lifetime investment in order to build a priceless goal, the life-long mental and physical health and balance !

I wish to meet you soon for a memorable alternative holiday experience.

For more information please contact me:

0030 6933 11 4545

or email me

[meteorafit@gmail.com](mailto:meteorafit@gmail.com)

if we are not available, leave us a message and we will contact you as soon as possible.

*Love & Health*

**CONTACT :**

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