

Weight Loss Trip: Bulgaria



We guarantee weight loss up to 7% of your weight or measurements.

We offer 2, 3 or 10-day weight loss programs. The purpose of the program is for your body to acquire a habit of a healthy diet and to get you back to active physical activities (everyday: aerobics, folklore dancing, and active-therapy).

Prices for the weight loss program

The winter sessions (the first 4 in the table) of the weight loss center take place in hotel "Vitalis", Pchleilnski bani (about 7 kilometers from Kostenets, in the direction of Borovets ski resort). The price includes 10 nights, a swimming pool and all services included in the basic package including Airline Ticket & Travel Insurance. The price for one person in a double room is KD650, in a single room add KD75 and in an apartment add KD150. The weight loss programs at the weight loss center takes place in groups of 15 people, at St. George Hotel, 15 minutes from Sofia, in skirts of mount Vitosha

All prices shown here are final and all-inclusive. There are NO hidden fees.

Check in 10:00 o'clock in the morning. Check out about 3:00 pm.



Season Winter 2010 hotel Vitalis, Pchelinski bani

	Price 10 days	Availability
7 March - 17 March	KD650	✗
21 March - 31 March	KD650	✗
5 April - 15 April	KD650	✗
18 April - 28 April	KD650	✗



Season 2010 hotel st. George, Vitoshka

	Price 2/3/10 days	Availability
2 April - 11 April	KD475/ 500/ 600	✗
16 April - 25 April	KD475/ 500/ 600	✗
30 April - 9 May	KD475/ 500/ 600	✓
14 May - 23 May	KD475/ 500/ 600	✓
28 May - 6 June	KD475/ 500/ 600	✓
11 June - 20 June	KD475/ 500/ 600	✓
25 June - 4 July	KD475/ 500/ 600	✓
9 July - 18 July	KD475/ 500/ 600	✓
23 July - 1 August	KD475/ 500/ 600	✓
6 August - 15 August	KD475/ 500/ 600	✓
20 August - 29 August	KD475/ 500/ 600	✓
3 Sept - 12 Sept	KD475/ 500/ 600	✓
17 Sept - 26 Sept	KD475/ 500/ 600	✓
1 Oct - 10 Oct	KD475/ 500/ 600	✓
15 Oct - 24 Oct	KD475/ 500/ 600	✓
29 Oct - 11 Nov	KD475/ 500/ 600	✓
6 Nov - 15 Nov	KD475/ 500/ 600	✓
12 Nov - 21 Nov	KD475/ 500/ 600	✓

The price is for one person only for the period shown accommodated in a double-suite, including food and therapy.

For single room accommodations price will vary accordingly to on KD500/ 515/ 675



The price of all weight loss packages include:

- ✓ Accommodation at a double-suite at St. George Hotel
- ✓ Special dietary food 5 times per day
- ✓ Aerobics
- ✓ Hiking
- ✓ Dancing
- ✓ Medical exam – blood-pressure, pulse, weight, body fat, blood sugar
- ✓ Medical control of both the physical and mental state
- ✓ Individual and group therapy for a maintenance and increase of the weight loss
- ✓ First aid medicines – aspirin, vitamin C and others,
- ✓ Raincoats

Available spots

Prices for additional services

- ✓ Sauna – KD2
- ✓ Jacuzzi – KD2
- ✓ Massage – classical, anti-cellulite, healing, & others. – The Entire Body – KD5
- ✓ Massage – classical, anti-cellulite, healing, & others. – Partial – KD4

Weight Loss Programs

The weight loss programs take place in groups of up to 15 people, at St. George Hotel, 15 minutes from Sofia, located in the skirts of mount Vitosha. The winter sessions take place in hotel "Vitalis", Pchleilnski bani (about 7 kilometers from



Kostenets, in the direction of Borovets ski resort). The hotel has two swimming pools (indoors and outdoors) filled with warm mineral water. There are no age and gender restrictions. You will feel

comfortable among people sharing the same problems, and your personal motivation to lose weight will increase.

This will be the daily regime:



Daily Schedule

1. Wake up - scales	8. Hike
2. Breakfast	9. Afternoon snack
3. 1st gymnastics session	10. Free time
4. Breakfast	11. Dinner
5. 2nd gymnastics session	12. Folklore Dances
6. 3rd gymnastics session	13. Free time
7. Lunch and free time	14. Bedtime



For the weight loss course, you need to have:

- ✓ comfortable sportswear for gymnastics/aerobics and hikes enough quantity and accordingly to the season;
- ✓ sneakers, gym shoes – for gymnastics;
- ✓ shoes according to the season – for walking, hiking, and free time;
- ✓ Jacket / sweatshirt depending on the season

- ✓ hat, scarf, head-band, mittens – according to the season;
- ✓ slippers, flip-flops, short socks (enough), towel, swimming suit;
- ✓ suitable backpack;
- ✓ healthcare card/policy.

Daily Regime



Gymnastics for weight loss and a toned body

It is headed by the sport instructor. The weight loss exercises are tailored for the problem areas where

usually our body stores fat – waist, thighs, hips, stomach, and arms. Moreover, it has a toning and health stimulating effect. We use different kinds of apparatuses – silicon balls, weights etc. The gymnastic exercises are approved by a doctor and coordinated with the group's abilities.

Therein-therapy – treks with a team leader

The treks take place every day.

The routes are matched with the people's abilities in the group. The distance is around 15 kilometers. The average length of a trek is about 3 hours.



Balanced Diet

5 times daily, according with the rules for portioned eating and devised by a nutritionist.

The daily menu includes fruits, vegetables, meat, fish, dairy products and tea. Our Chef Ms. Petkova, who has a degree in

nutrition, prepares the food. You will find out that nutritional food can be both filling and tasty.

Medical Control

You will go through two comprehensive medical exams – one at your arrival at the weight loss center and one after you have completed the program. Often, overweight people suffer from heart, breathing, mobility and other problems. The doctor will track your physical health during the program. It is often the case where by the end of the program people's complaints from shortness of breath, joint and back pains fade away or even disappear.



Dancing and Music

Every night a dance party takes place. You will have the ability to learn new moves, to remind us old and forgotten steps. Moreover, under the rhythm of music you shed the pounds much easier.

Free time

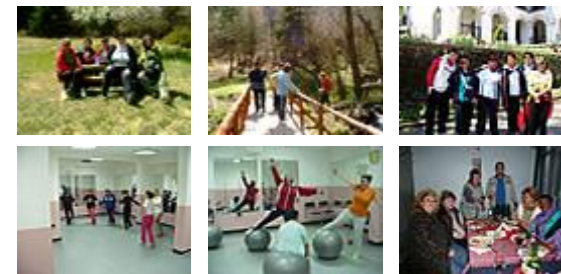
Things to do during your free time

These are additional services not included in the price of the Weight loss Program.

- ✓ Massage – classical, anti-cellulite, healing, & others. – The Entire Body - 1 hour
- ✓ Massage – classical, anti-cellulite, healing, & others. – Partial
- ✓ Sauna
- ✓ Jacuzzi

Accommodation - St. George Hotel

The Weight loss Programs are in Groups of up to 15 people, at St. George Hotel, 15 minutes drive from Sofia, located in the skirts of Mount Vitoshka .



Contact H. K. Tours. For any additional information.
Website: <http://hktours.org>

weight loss programs Everyday life in Center Alia



Accommodation - Vitalis Hotel

Vitalis Hotel is located in resort Pchelinski bani, 7 km from town Kostenev in the skirts of Mount Rila.

