

# SUNDANCE (Fitness, Dance, Aqua & Yoga) CAMP Tenerife

17<sup>th</sup> June – 24<sup>th</sup> June

Enjoy a day at the beach, walk along one of the trails that venture into the lush forests, discover impressive volcanoes and awe-inspiring landscapes that are almost otherworldly, and striking ravines and cliffs. Spend an evening gazing at the endless stars in good company or make that dream of seeing dolphins and whales swimming in the wild a reality...

Unravel the serene beauty and luxurious tranquillity of Playa del Camison, one of Tenerife's most exquisite beaches. Nestled amidst the golden allure of the island, prepare to be mesmerized by the elegant shores, captivating views, and the unique blend of luxury and tranquillity that awaits every visitor. From the azure waters to the green lawns and exquisite café experiences - every moment here is a slice of heaven.

Dive in, explore, and let the waves wash your worries away. □



Our accommodation is in the town Playa de Las Americas  
You will be accommodated in 4 stars beautiful (Coral Compostela Beach Golf –  
TBC) just few minutes' walk away from the sandy beach.

**The Hotel is fully equipped:**

- outdoor and indoor pool, a poolside bar, free wifi

- steam bath, sauna, wellness services for extra charge

**Rooms** are twin rooms for 2 people with a private balcony and equipped with:

- air-condition, electric kettle, mini fridge, TV, hairdryer

At the hotel's restaurant, you can taste local dishes, while drinks and cocktails are served at the bars of the hotel.

**Our prices include buffet breakfast only** but also you can add dinner to your package which offers ample catering and gastronomic experiences.

In case you need anything, else there is also an on-site supermarket.



## What awaits you in the camp?

1-4 workouts during a day:

- yoga classes
- swim, aqua fitness (education, training, or technical development)
- HIIT, Functional Training, Jomba Floor
- Dancing and Conditioning classes (Latin, Zumba -, Belly - dance)

Our **yoga** classes help you to learn to solve both physically and mentally your tension and release the everyday, or even the stored deep below the surface stress.

Healthy fatigue is ensured by interval type workouts. We can expand our dance skills and develop our stamina with fun but intense **JOMBA 'Floor'** ground exercises. Choreographed lessons based on high-intensity, energetic, dynamic, dancing routine movements that combine the practices of carnivals, martial arts and high-intensity, bouncing shredding exercises, based on music.

**HIIT**, high-intensity interval training is a type of interval training that generally combines short intermittent intense training with short rest phases or low intensity with training. **Functional training** treats the full body, it is more complex exercises, you always work several muscle groups at the same time. The basis of the exercises it is given by the movements that occur in everyday life, such as squats, deadlifts, pulling and pushing movements and their combinations.

**Swimming and water exercises** provide the atmosphere and foundation of the camp. They give you a smile and confidence, taking your time in the water to a new level. By the end of the week, we will face the sea and the bigger waves of everyday life with courage and safety in the water.

One of the specialties of our camp are the **Latin - and belly - dancing**, by which we can discover the secrets of our femininity and our body, the limits of them, and thus become more confident in our daily lives. This dance emphasizes the complex movement of the human body, which focuses on the waving and vibration of the hip and umbilical region, but the movements use every part of the body.

The informal, social form of It will make you movement much more feminine, elegant and sophisticated. It helps to harmonize female energies.

Our mission is to bring something new into people's lives and help you move out of the greyness of everyday life. That is why we have designed the program of our camp in such a way that you will not only return home with the memory of a pleasant holiday, but you will also be able to gain practical and theoretical knowledge that will help you change and develop day by day.



### Professional leaders of the camp:

**Andrea Kovács** – Personal Trainer at Task Human, JOMBA Jump, Zumba, Aerobics coach, Aqua & Swimming coach, Member of Olympic national team hopes, Ironman 2015 team champion

**Timea Percz** – Personal Trainer at Task human, Aerobics Trainer, Dynamic Yoga Instructor, Spine Trainer, Pre- and Rehabilitation Trainer, Belly Dance Instructor

## Price Camp participation fee:

**£850** (Early bird paid by 27<sup>th</sup> April), **£890** (Paid after the 27<sup>th</sup> of April)

A deposit of **40% (£340)** to secure your room has to be paid (in 5 days from your reservation) by the latest of 27<sup>st</sup> April and the full amount has to be paid the latest 27<sup>th</sup> May. (The cancellation fee is 10% of your deposit). The full amount has to be paid after the 27<sup>th</sup> of April and there is no guaranteed you will be accommodated at the same hotel.

If you want to participate in the camp with your family (children), e-mail us to [info@jomba.co.uk](mailto:info@jomba.co.uk) for details and discounts.

The rooms are twin or triple rooms, (if you like otherwise, please give us notes) have a balcony with inland view. Exact prices will be confirmed by 20<sup>th</sup> March.

Rooms with side sea view + £10/night TBC

Rooms with sea view + £15/night TBC

Single room available for +£39/night TBC

Dinner Buffet available for +£15/night TBC

## What does the price contain?

The price includes the cost of the way to the accommodations from the airport and back, accommodation, breakfast, as well as community programs and daily activities - Group sessions. Excludes the cost of the flight ticket to Tenerife (TFS) and all facultative programs and trips. You do not need to buy a ticket for parking or swimming in the village.

Meeting points for the minibus:

TBC

If those times, which we arrange are not convenient, please organise your trip individually. We cover £15/head/trip from your package.

For Application, discounts & more details please email to [info@jomba.co.uk](mailto:info@jomba.co.uk).

You can make a full payment or a deposit to:

Andrea Kovacs, Revolut, 09786619, 04-00-75, or PayPal: [info@jomba.co.uk](mailto:info@jomba.co.uk)