

# SUNDANCE (Fitness, Dance & Yoga) CAMP CYPRUS

18<sup>TH</sup> SEPT – 25<sup>TH</sup> SEPT 2023

Strike out beyond the sun-soaked stretches of sand to discover an island of compelling culture and landscapes steeped in myth and riddled with ancient riches. The location of our camps is the island of Cyprus one of the largest pearls of the Mediterranean with beautiful natural features.

According to Greek mythology, Aphrodite, the goddess of love and beauty, was born here, that is why Cyprus called as Island of Love.

It is also a perfect choice for lovers of the sea and sunshine, as well as for those, who is looking for an active holiday.



Our accommodation is in the peaceful town Protaras.

You will be accommodated in 4 stars beautiful **Mandali hotel** just 50 m 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 soft drinks, coffee and tea, cocktails are served at the bars of the hotel.

**Our prices include buffet breakfast only** but also you can add dinner to your package. In case you need anything else there is also an on-site supermarket.



## What awaits you in the camp?

2-4 workouts during a day:

- yoga classes
- swim, aqua fitness (education, training, or technical development)
- HIIT, functional training, Jomba Floor
- dancing and conditioning classes (Latin cardio, Zumba, Bellydance)

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 cardio and bellydance classes**, 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. 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, Swimming coach, Member of Olympic national team hopes, Ironman 2015 team champion

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

### **Price Camp participation fee:**

**£650** (Early bird paid by 31<sup>st</sup> of June), **£675** (Paid after the 31<sup>st</sup> of June).

A **deposit** of **40% (£260)** to secure your room has to be paid within 5 working days from your reservation date, or by the **latest of 31<sup>st</sup> June**.

The **full amount** has to be paid the **latest 18<sup>th</sup> of August**.

*The cancellation fee is 10% of your deposit.*

Application after the 18<sup>th</sup> of August is accepted by paying the full amount at one time, but there is no guaranteed you will be accommodated at the same hotel and price of the room will might go higher.

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.



The rooms are twin rooms, (if you like otherwise, please give us notes) have a balcony with inland view.

Rooms with side sea view + £10/night

Rooms with sea view + £15/night

Single room available for +£37/night

Dinner Buffet available for +£15/night

## What does the price contain?

**The price includes** the cost of the transfer between airport and hotel, accommodation fee, breakfast, as well as community programs and daily activities (group sessions).

**Excludes** the cost of the flight ticket to Cyprus and all facultative programs, trips.

### Meeting points of the transfer minibus:

*18<sup>th</sup> of September 7.30 pm* - Paphos airport (then Larnaca airport if you needed) to Hotel Mandali (Protaras, Lefkollas 13, 5310, Cyprus)

*25<sup>th</sup> of September 6.30 am* – Hotel Mandali – Larnaca Airport (then Paphos airport if you needed)

If those times are not convenient, please organise your trip individually. (Please let us know about that.)

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)

