



Yoga, Fitness and SUP Sailcruise Balearen



07.09. - 14.09.2019 - SOLD OUT

There´s no better way to discover the true beauty of the balearic islands than on board of a beautiful sailing yacht. Far away from those beaches spoiled by masstourism our route will lead us from Mallorca to the nature preserved island of Cabrera. From there we carry on to the beautiful beaches of Formentera, Ibiza and finally back to Mallorca.

Together we will beginn our days with a chilled yoga session, discover the shorelines on Stand up paddle boards, show you the best places to cliff jump and sail with you to the most stunning sites the Balearic Islands have to offer.

What to expect:



Our trips are usually a little more adventurous than one would neccesarily expect:) Beautiful sailing, stunning anchorages with crystal clear water, professional yoga session, Stand up Paddle excursions and lots of fun amongst a group of likeminded people.



Event Details



Date :	07.09.2019. - 14.09.2019
Tour:	Mallorca, Cabrera, Formentera, Ibiza, Mallorca
Accommodation:	double cabin on Board a sailing boat
Food & Beverage:	Breakfast, Snacks for lunch and softdrinks included
Price:	1449 Euro
for who:	everybody looking for a unique week at sea! Packed with an intense daily activity program
Activities:	Sailing, SUP, Fitness, Yoga, SUP Yoga, Hiking, Swimming, Exploring
Participants:	min. 4 max. 8
Team:	Chris Ziaja, Jana Stienen

Contact



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Life at sea



Most of us will know the feeling that despite the holiday has already begun, it always takes a couple of days until we can really let go and start to chill-out. On Board a sailing yacht that is different. As soon as the sounds of the busy shores are beginning to fade and the first couple of pictures have been taken, a state of deep relaxation sets in.

Every day we will anchor in a different bay, some of them only accessible from the sea. For those who like, the day will begin with a early morning yoga or workout session, followed by a healthy breakfast. After we will discover the stunning shorelines of Mallorca, Cabrera, Formentera and Ibiza and SUP Boards. Sundowner Cocktails on Deck, Dinner in a local restaurant on shore, followed by a beautiful nightsail towards our next destination...



How to get there

Palma de Mallorca Airport is one of the major Airports in entire Spain, with hundreds of flights every day arriving and leaving for lots of different airports all over Europe. Once arrived on the airport, you can take a taxi just outside the arrival hall and shuttle in a 15 minute ride to the Marina where our Team is waiting for you.

Accommodation

Welcome a Board

Our Yacht has 4 double cabins and two bathrooms. There´s a kitchen and chill out area inside as well as outside. Most of the time on board you will spend chilling on deck or laying in front and enjoy the beautiful ocean view :)

A typical day

8:00 a.m. Sunrise Yoga session on the SUP Boards - for all the early birds amongst you

9:30 a.m. Breakfast on deck with a stunning view over the shoreline we will discuss the further actions of the day.

10:30 a.m. we set sail towards another bay in which we will anchor for the day and discover the little coves and beaches with our SUP Boards.

13:30 Uhr after a light snack for lunch we chill on deck, go swimming or take a coffee in one of the beach bars.

16:30 Uhr we set out for a hike to explore the area. Either through the back country to enjoy the nature or through the next town to do some



shopping:)

21:00 Uhr After having had dinner on shore in a local restaurant, we sail into the sunset and through the night. When you wake up, we will be on another island to explore.



Comments



Juliane at 15.09.2017

"Thanks for the amazing time with you guys! I still benefit from the fitness and health tips!"

Svenja at 18.09.2017

"The muscleache of a lifetime... :) maybe the most intensive week of my entire life! Loved it!! Thanks you! "

Sophie at 19.09.2017

"First time for me on a sailing yacht. I was a bit worried that I would be sea sick all the time. And yes, I was a little sea sick on the first day, but the week was so worth it! I will be back! "