



A sample day at SoSpa Lindos

MONDAY Day 5

09.30 Yoga Relax

11.30 Breakfast at Tambakio Beach Restaurant

14.00- 14.45 Suspended Aqua

Rest and Relaxation

17.00-17.45 Abs and Back Strengthening

19.15 Dinner in Lindos village or an excursion
to Lindos Mare Greek evening.

Dancing for those who wish

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SoSpa Fitness and Fun Holidays Exceptional Health and Fitness Holidays

"One of the best weeks I've had on holiday. Anyone thinking of a bespoke fitness break, a perfect balance of activity and rest in an amazing historic place, don't hesitate to book a SoSpa break with Gail who never fails to motivate and makes fitness fun!! Thanks for the memories Gail ... Just brilliant! "

Kate Darcy June 2014

"Home from a fantastic SoSpa holiday, thanks Gail, well planned and well organised. Really enjoyed, know I am fitter, lost inches, and weight and a tan thrown in for good measure".

Helen Gore Oct 2013

"Quite wonderful week on the SoSpa Greece holiday. Everyone is saying how relaxed and healthy I look! I feel really Great – just the tonic I needed from work. Everything was organised all I had to do was roll up and decide what to wear and what to eat:-) "

"An inventive mix of activities that were fun and didn't feel like hard workouts, of relaxing on the beach and eating lovely fresh food – plus the odd vino or too – well, I was on my hols..... Would truly recommend this break to anyone".

Pam Wilde June 2014

Since 2007 SoSpa have been offering fitness holidays to beautiful locations that are selected to create a unique bespoke experience.

Our team commitment and promise to you to ensure with SoSpa you will not only enjoy a fun reviving and outstanding holiday but also feel the benefits long after you return home and maybe even for eternity."

SoSpa all-inclusive health and fitness holidays.

Perfect location training for yoga, cycling, power walking, hiking and many more outdoor activities. Nutrition advice and delicious healthy cuisine.

SoSpa keep the amount of guests on each holiday to small groups, ensuring all clients the very best personal service with exercise programs to suit individual personalities and abilities.

Stunning locations, choose from our Greece and European packages, or you choose where you want your group to holiday and we will create the experience.

SoSpa accommodation is chosen for great service and attention to detail.

SoSpa holidays were created to be a combination that will connect you with fun, nature and your six senses, leaving you feeling elated and energised.

sospa 
Exceptional Health &
Fitness Holidays