

# VALEO RETREAT | DESTINATION FIT

## Important Booking Information

You are nearly in the Dominican Republic...  
We look forward to welcoming you to Valeo Retreat!

Below is the information you need for your trip. Please ensure you read this important information thoroughly.

### WHAT'S INCLUDED

- ✓ 5 days luxury accommodation at the private Valeo Villa
- ✓ Panoramic ocean and magical sunset views from Valeo infinity pool
- ✓ Private bedrooms with beautiful views - the perfect place to switch off
- ✓ 24/7 security and WI-FI
- ✓ Private transfer from Puerto Plata airport to the Valeo Villa
- ✓ 3 fresh organic healthy meals daily prepared by our private chef | outing to one of the local restaurants
- ✓ One-on-one lifestyle, nutrition and health discussions and coaching
- ✓ Up to 4 hours of training each day ranging from Valeo dance fitness workouts, Villa HIIT, walks and hikes, beach activities and more
- ✓ Educational program visiting local schools
- ✓ Sunset ballroom dance lessons
- ✓ 1 hour full body massage
- ✓ Habit change progression and aftercare plan
- ✓ And so much more... but we wouldn't want to spoil it for you!

### PASSPORT AND INSURANCE

This is international travel, so please be sure to bring a **valid passport**. Please ensure that your travel insurance covers you for this type of active holiday. It is important to check that it covers you for personal accidents in the unlikely event that you sustain an injury.

## **AIRPORT TRANSFER**

Private transfer from airport Puerto Plata (POP) is included. Please ensure you are flying into Puerto Plata Airport (POP).

## **ARRIVAL AND DEPARTURE**

Arrival time at the Valeo Villa is 4pm on Wednesday where we throw our Valeo Retreat welcome party. Departure is by 12PM on Sunday.

## **BOOKING AND PAYMENT**

To secure your spot you can book your room on the “BOOK” page under “RETREATS” at [www.valeoclub.com/book](http://www.valeoclub.com/book) You can either pay a deposit and then the remaining balance will be charged 45 days prior to departure or you can pay in FULL right away and take advantage of the 5% Early Bird Discount which is applied automatically at checkout. The deposit price is per person, so if you choose shared occupancy plan, then the deposit is \$300, if you choose single occupancy plan then the deposit is \$600. All payments are final.

## **THE FOOD AND ALCOHOL**

Our menu is curated by our private VALEO chef and is a mixture of organic fresh plant based foods and nutrient dense meats and seafood. At VALEO retreat we believe that nutritious, wholesome food is not only the foundation for a productive life but is also essential for a happy one. Fresh fruit, juices, local cuisine, plant-based and protein rich meals. Our ethos is to create a balanced flexible menu with the taste of the Dominican Republic.

We will have a welcome toast and celebratory departure toast of wine/champagne. Otherwise, alcohol is not included. This is a health and fitness retreat, so most of our retreaters choose healthier alternatives. However alcoholic beverages are always available for purchase.

## **FITNESS LEVELS**

All levels of mental and physical fitness are welcome. VALEO Coaches ARE available to guide you through every step of your goal and will help modify training along the way. You can always approach our Valeo coach for advice or special one-on-one training at any time during Valeo Retreat.

## THE TRAINING

We are taking our signature Valeo Dance Fitness workout VOTED TOP 10 BEST cardio dance workout in USA, to Caribbean Paradise! Cardio dance, weighted hula-hoops, resistance training, fitness drumming and more. Get ready for 5 days of exciting combination of endorphin boosting workouts, walks and hikes, fun beach activities, aqua training, sunset salsa and tango lessons and more...

An incredible experience! There is absolutely no minimum fitness level requirements for a VALEO retreat. The best part is that you can choose to do as much or as little as you like... The choice is all yours!

## MASSAGE AND TREATMENTS

A 1HR Full Body massage is included in your booking. Our Valeo spa therapists have developed a bespoke spa menu for the retreat to rebalance your body and mind throughout the retreat. You can book as many additional treatments as you like throughout the retreat.

## FREQUENTLY ASKED QUESTIONS

### DO I NEED TO BRING ANY MONEY?

The retreat is all-inclusive as soon as you arrive at the Valeo villa! You might want to bring \$US cash for souvenirs, tips, alcoholic drinks or tourist shopping.

### I WANT TO COME ON MY OWN, CAN YOU MATCH ME WITH A ROOMIE?

Yes! Half of our retreat guests are solo roomie shares, and in our experience, this works out beautifully. Select shared plan upon booking (either deposit or full payment) and send us a quick email "**match me with a roomie**".

### MORE QUESTIONS?

Please contact Asiya at [info@valeoclub.com](mailto:info@valeoclub.com) or [www.valeoclub.com/contact](http://www.valeoclub.com/contact)

## RULES

There aren't any 😊

**See you in the Dominican Republic!**