

TOO **FAT**
to run?

Health & Happiness Retreat

May 14th - 21st 2016
Rhodes, Greece

Join us for a transformational week of fitness, food and fun in the mountains of Pefkos, on the beautiful Greek island of Rhodes. Relax in our luxury villa with its infinity pool, choice of sun terrace, and panoramic sea views.

Are you fed up of being sold the next big weight loss solution? Had enough of diets, hap hazard fitness drives and the pressure to look a certain way?

Well, this week long escape is sure to be life changing as you focus 100% on your health and happiness in a non pressurised environment, where laughter and hard work go hand in hand. Giving you the practical tools you will need to implement your new athlete mind set when You return home.

With just 12 places available you really will get intensive support from the TFTR retreat leaders and the chance to really get to know the other ladies sharing this experience.

This is a unique opportunity for you to prioritise your wellbeing needs for a change and to reflect on your life's journey thus far.

To ensure you get the most from the experience we are looking for women who can confidently cover 5k (walk, jog or run) and are open to exploring mindful eating and NLP techniques. You will be encouraged to keep a journal throughout.



Please note, this is not a weight loss retreat, although you may find your clothes fitting differently on the plane home, however the focus here is on holistic wellbeing.

We have devised a jammed pack week of talks, workshops, activities, excursions and lots lots more, however if you need some time out and would prefer some quiet time around the pool that is fine Too as you will not be forced to take part in any of The Planned activities.

All we ask at a bare minimum is that you are able to walk for 5K, are a team player and have an adventurous spirit.

The TFTR Retreat Team

Julie Creffield

Plus Sized Athlete, Author & Entrepreneur

Leading you through the running sessions, and setting you a range of strength and conditioning challenges throughout the week, Julie's role is to ensure you leave the retreat as a confident and accomplished Athlete.



Donna Kenny

Weightloss Hypnotherapy Coach

Using a range of NLP and Hypnotherapy techniques Donna will work with you on both a 121 and group basis to help you unblock some of the complex issues which may be causing you to gain or hold onto weight. But most importantly she will help you to create balance in your life.



Elizabeth Cass Kanti

Retreat Host

A fabulous plus size half marathon runner who also happens to be based on the island of Rhodes 'Cass' will make sure everything runs smoothly, and will give you the low down on the best stretch of local beach and the most authentic restaurants in town. (and maybe where to buy blister plasters if you need them)



How to book?

With over 20,000 followers of the Too Fat to Run blog we know these places will be snapped up quickly, so do not delay.

The £199 deposit to secure your spot can be paid via the website.

Still have some questions?

Email: help@toofattorun.co.uk

TFTR Office: 0208 221 1589



The cost of the retreat is

£1299

excluding flights

Includes:

- Full programme of fitness activities
- Group and 121 hypnotherapy sessions
- Group Excursions
- Most meals and wine
- Luxury Goodie Bag

To secure your spot all we require is a £199 non returnable deposit. The remaining balance must be paid in full by 1st March

Rooms will be allocated on a first come first basis and will vary in size. All rooms are doubles so you will be sharing.

Flights from the UK are approximately £200 (as of Oct15)

We offer a 10% discount for Clubhouse Members and there is a further 5% discount available for balances paid in full by Dec 1st