

# PROGRAM BungyPump Wellness Trip

Majorca, Spain May 8-10, 2015

## Friday May 8, 2015

18.00 Walking with BungyPump poles on the beach, Capellan- Platja de Muro in Can Picafort.



Capellan – Platja de Muro

## Saturday May 9, 2015

08.30 Gathering and registration. Welcome meeting with information about the day's activities. The morning consists of a training session focusing on both fitness and rehabilitation. **Bring your own pair of BungyPump poles.**

- Anita Bergström, head instructor for BungyPump World Association (BPWA) presents and introduces you to the world premier of the brand new "Zumba-inspired" BungyPump training program with music.
- Anita Bergström, holds a training session from one of the fitness programs developed by the fitness coaches at Modo Sports Academy.
- José Manuel Fernández, official BungyPump instructor in Spain, holds a training session focusing on rehabilitation.

*During the morning there will be a break with the serving of coffee, tea, juice and snacks.*

13.00 Lunch at the hotel and own free time to spend.

15.30 Departure by bus for conference and seminar in Santa Margalida.

*The afternoon seminar is directly followed by a city tour, show and dinner, so make sure to wear "appropriate" attire for the entire afternoon and into the evening.*

16.00-19.00 international conference with seminars.

**Seminar 1:** BungyPump's effect on muscle strength on the body, led by:

- Dr. Bartholomew Solivellas Marí, director of sports medicine at Consell de Mallorca.
- Dr. Teo Cabanes, medical specialist in sports medicine and physical activity.
- Dr. José Ignacio Ramírez, medical specialist in sports medicine and physical activity.

**Seminar 2:** Health effects on the body when exercising with BungyPump, led by:

- José Manuel Fernández, official BungyPump instructor in Can PicaFort, Spanien.

**Seminar 3:** Benefits with BungyPump in rehabilitation training, led by:

- Eye Rosario, licensed physiotherapist in Can PicaFort, Spanien.

**Seminar 4:** BungyPump's international marketing concept, led by:

- Anita Bergström, head instructor for BungyPump World Association (BPWA).

*During the afternoon there will be a break with the serving of coffee, tea, juice and snacks. As well as mini fair where local exhibitors showcase traditional Majorcan products.*



City tour Santa Margalida



Fire show "Performance Dimonis"



Wine yard Galmés i Ribot

19.00 City tour and traditional Spanish fire show "Performance Dimonis" in front of the church in Santa Margalida.

20.30 Bus to the vineyard Galmés in Ribot for joint official farewell three-course dinner cooked by selected delicacies from the region.



Nature reserve Son Real



Nature reserve Son Real

**Sunday May 10, 2015**

09.00 Joint hike with BungyPump poles in the nature reserve of Son Real (approximately 10 km).



The nice four-star hotel Eix Alzinar Mar...

**TRAVEL FACTS**

**WHEN:** 8-10 maj 2015.

**AIRPORT:** Palma de Mallorca, Son San Juan (PMI) Spain.

**TRANSFER:** PMI Airport - Can Picafort: Friday at times: 13.30 and 15.00.  
Can Picafort - PMI Airport: Sunday, on two occasions during the day. Exact times will be announced later.

**PRICE:** Lic. BungyPump-instruktor: 200 euro incl. VAT. Other "BungyPump-practitioners" 270 euro incl. VAT. Added cost for single room: 55 euro incl. VAT.

**HOTELL:** Eix Alzinar Mar \*\*\*\*

Carretera d'Arta-Alcudia, Sector 6 Poligono 2, Can Picafort Santa Margalida, Mallorca, 7458, Spain. Tel. 0771 404 118

<http://www.eixhotels.com/alzinar-mar.html>

*You can book extra hotel nights if you wish to arrive earlier and/or stay longer.*

**Cost for additional nights:** 50 euro/person/night (breakfast, lunch and dinner at the hotel are included in the price).

**BUNGYPUMP:** You are responsible to bring your own pair of BungyPump poles to Majorca.

*The flight to and from Majorca you book yourself. IMPORTANT! Registration is binding.*



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