



# COME ALIVE WEEKEND

**OCTOBER 18-20**

At Vitalica Wellness, relieve stress with activities such as yoga, meditation, sound therapy, and ice baths, while enjoying physical rejuvenation through healthy nutrition and pilates sessions. Take time for yourself and experience a luxurious wellness retreat in harmony with nature.



# Rediscover Your Energy: Come Alive Weekend Awaits You!

Come Alive Weekend is a special three-day wellness program designed to rejuvenate your body and soul. It offers a rich experience filled with yoga, meditation, healthy nutrition, natural therapies, and entertainment. The aim is to help participants relieve stress, refresh their energy, and create a deep connection with nature and themselves.

## Program Content

### First Step to Rejuvenation: Revitalize Your Mind and Body

The first day begins with hotel check-in. Our guests are welcomed with wellness shots, followed by a welcoming circle to connect as a group. The day continues with relaxation and detox activities, and concludes with Yoga Nidra after dinner.

## Day 1

October 18th, Friday

- 11:00** Welcome with Vitalica Wellness Shots
- 12:00** Opening Circle
- 13:00** Lunch
- 15:00** Cacao Ceremony
- 15:30** Sound Journey with Ali Erbil Kartal
- 17:00** Relax and Body Time
- 19:30** Dinner
- 22:00** Yoga Nidra







## Balance and Energy-Filled Day: Movement, Healing, and Fun

Saturday starts with a yoga class to greet the day, followed by a nutritious breakfast to recharge. After a Pilates session, a delicious lunch and a cooking class await you. The day continues with an ice bath and breathwork to refresh both body and mind, culminating in a barbecue party and DJ performance.

### Day 2

October 19th, Saturday

**07:00** Yoga Class - Sun Salutation

**08:00** Breakfast

**11:00** Pilates Session

**13:00** Lunch

**15:00** Cooking Class

**16:00** Ice Bath, Meditation and Breathwork, Vitalica Treatments

**19:30** Barbecue Party

**22:30** DJ Party



# Peace and Calm: Say Goodbye as a Renewed You

Our final day begins with restorative Yin Yoga and Pyramid Meditation for a peaceful start. After breakfast, we complete the weekend with Relax & Body Time. You are now ready to return home refreshed and revitalized after check-out.

## Day 3

October 20th, Sunday

**07:00** Yoga Class - Restorative Yin Yoga

**08:00** Pyramid Meditation

**09:00** Breakfast

**12:00** Relax and Body Time

**14:30** Check-Out

## What is the Purpose of Come Alive Weekend?

This program helps you regain the balance between body and mind that may be lost in the fast pace of modern life. Our goal is to offer participants a healthier, more energetic, and peaceful lifestyle while ensuring they feel better physically, mentally, and spiritually.





## Come Alive Weekend October 18–20

Our Come Alive Weekend program, taking place between October 18th–20th, offers accommodation in **Panorama Sea View rooms**, providing a serene sea view.

This special experience promises a carefully crafted weekend filled with peace, rejuvenation, and unforgettable memories.

After sharing these special moments with us at Come Alive Weekend, we eagerly await seeing you again. We warmly invite you back to Vitalica Wellness to relive this refreshing and energizing experience. Our doors are always open for you to create new, health-filled memories. We look forward to our next meeting with you!

