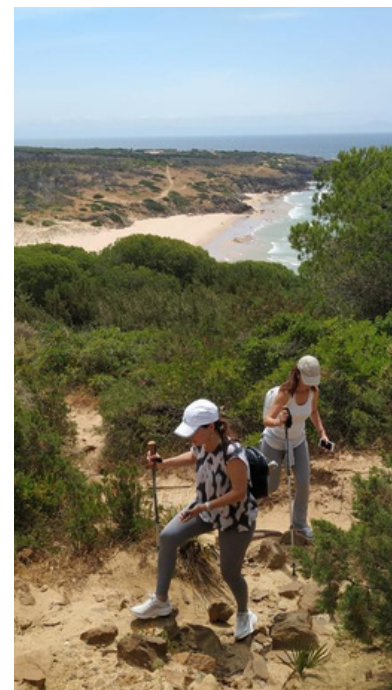




Escape the noise and distraction of daily life and join us at VIVIR by V... to gain a true balance of body, mind and spirit.

## LUXURY WELLNESS RETREAT VACATION IN SOUTHERN SPAIN

Our transformative wellness programs are designed to help guests attain their goals whether they need to focus on weight loss, stress reduction, fitness, or just a healthier lifestyle.







# WELLNESS & HEALTH PROGRAMS



## EMBARK PROGRAM

2 Days – 3 Nights

*Check-in Thursday Afternoon, Check-out Sunday Morning*  
2.529€ single occupancy / 4.805,10€ double occupancy

3 Nights in a Double Room with Private Bath

2 Sunrise Yoga Sessions

3 Healthy Breakfasts

2 Guided Hiking Tours

2 Healthy Lunches (picnic style – weather permitting)

2 Afternoon Fitness/Toning Sessions

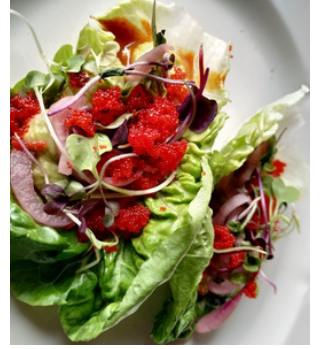
2 Afternoon Yoga Sessions

2 Relaxation Massages (45 minutes)

2 Healthy Dinners

*Unique Wellness Retreat Inspires Health, Fitness & Wellbeing*





## REVIVE PROGRAM

3 Days – 4 Nights

*Check-in Sunday Afternoon, Check-out Thursday Morning*

*3.386€ single occupancy / 6.264,10€ double occupancy*

4 Nights in a Double Room with Private Bath

3 Sunrise Yoga Sessions

4 Healthy Breakfasts

3 Guided Hiking Tours

3 Healthy Lunches (picnic style – weather permitting)

3 Afternoon Fitness/Toning Sessions

3 Afternoon Yoga Sessions

3 Relaxation Massages (45 minutes)

3 Healthy Dinners

*Transform Your Life Through Fitness, Nutrition and Restorative Treatments*





## VIVIR PROGRAM

6 days - 7 nights

*Check-in Sunday Afternoon, Check-out Sunday Morning*

*5.546€ single occupancy / 9.982,80€ double occupancy*

7 Nights in a Double Room with Private Bath

6 Sunrise Yoga Sessions

7 Healthy Breakfasts

6 Guided Hiking Tours

6 Healthy Lunches (picnic style – weather permitting)

6 Afternoon Fitness/Toning Sessions

6 Afternoon Yoga Sessions

6 Relaxation Massages (45 minutes)

6 Healthy Dinners

*You'll feel rejuvenated, refreshed, relaxed & recharged*







# A DAY AT VIVIR BY V...

*Our professional well-being guides will teach you about the town's historic locations while offering encouragement and guidance to help you reach your healthy goals.*

## MORNING PROGRAM

6:45 – 7:00 - Yoga stretch and light meditation on the rooftop terrace or in the aljibe

7:00 - Breakfast in the 17th century courtyard patio

8:00 – 12:30 - Hiking tours through the Andalusian countryside and along the Atlantic coastline  
(varies daily)

12:30 – 2:00 - Picnic lunch, safari style surrounded by Andalusian nature (weather permitting)

## AFTERNOON PROGRAM

2:00 - Return to VIVIR retreat center and refresh

3:30 – 4:15 - Fitness and Body Toning

4:30 – 5:15 - Restorative yoga and meditation

5:30 – 6:15 - Relaxing massages

6:30 – 8:30 - Free time. Guests may enjoy walking through the village of Vejer de la Frontera or reading on the rooftop terrace

8:30 – 10:00 - Organic gourmet vegetarian or pescatarian dinner





VIVIR BY V...

*Retreat accommodations at VIVIR by V... provide a relaxing place to rest after a day of health, fitness and wellness activities.*

## RETREAT CENTER ACCOMMODATIONS

### GUEST ROOMS & AMENITIES

Book a wellness retreat vacation and stay in one of our 13 comfortable guest rooms overlooking the scenic town of Vejer de la Frontera.

Each guest room features antique Portuguese furniture, lots of natural light and a calming neutral color palette to provide a cozy atmosphere. Room amenities include a private bathroom, air conditioning and extra-large luxurious beds.







# HOW TO GET TO VEJER DE LA FRONTERA

## CLOSEST INTERNATIONAL AIRPORTS IN SPAIN

Guests have the option of arriving at one of four airports. When booking your flight, you can choose to arrive in nearby cities of Jerez, Gibraltar, Seville or Málaga.

These four international airports make it easy for travelers from the United States, United Kingdom, Europe and Asia to get to Vejer de la Frontera, Spain.

## AIRPORT TRANSFER IN SPAIN

Guests can transfer to VIVIR by V... from each of the closest airports. Transportation services to our wellness retreat in Vejer de la Frontera are available by shuttle, limo, taxi or bus. We recommend making a reservation before arriving at the airport.

If you prefer to drive, rent a vehicle at the airport and take a scenic drive to start your wellness vacation. You'll love the breathtaking views on the N-340 Costal Road that leads into our historic town.





# RESERVATIONS

## PLEASE CONTACT US

Email:

[hello@vivirbyv.com](mailto:hello@vivirbyv.com)

Telephone:

+34 (956) 45 17 57

Social media:





An aerial photograph of a vast landscape at sunset. The sky is a deep, warm orange, with the sun's glow reflecting on the horizon. Below, a multi-lane highway winds through rolling green hills. The hills are covered in lush vegetation, and the overall scene is bathed in the golden light of the setting sun.

“NATURE IS PLEASED WITH SIMPLICITY”  
—ISAAC NEWTON

