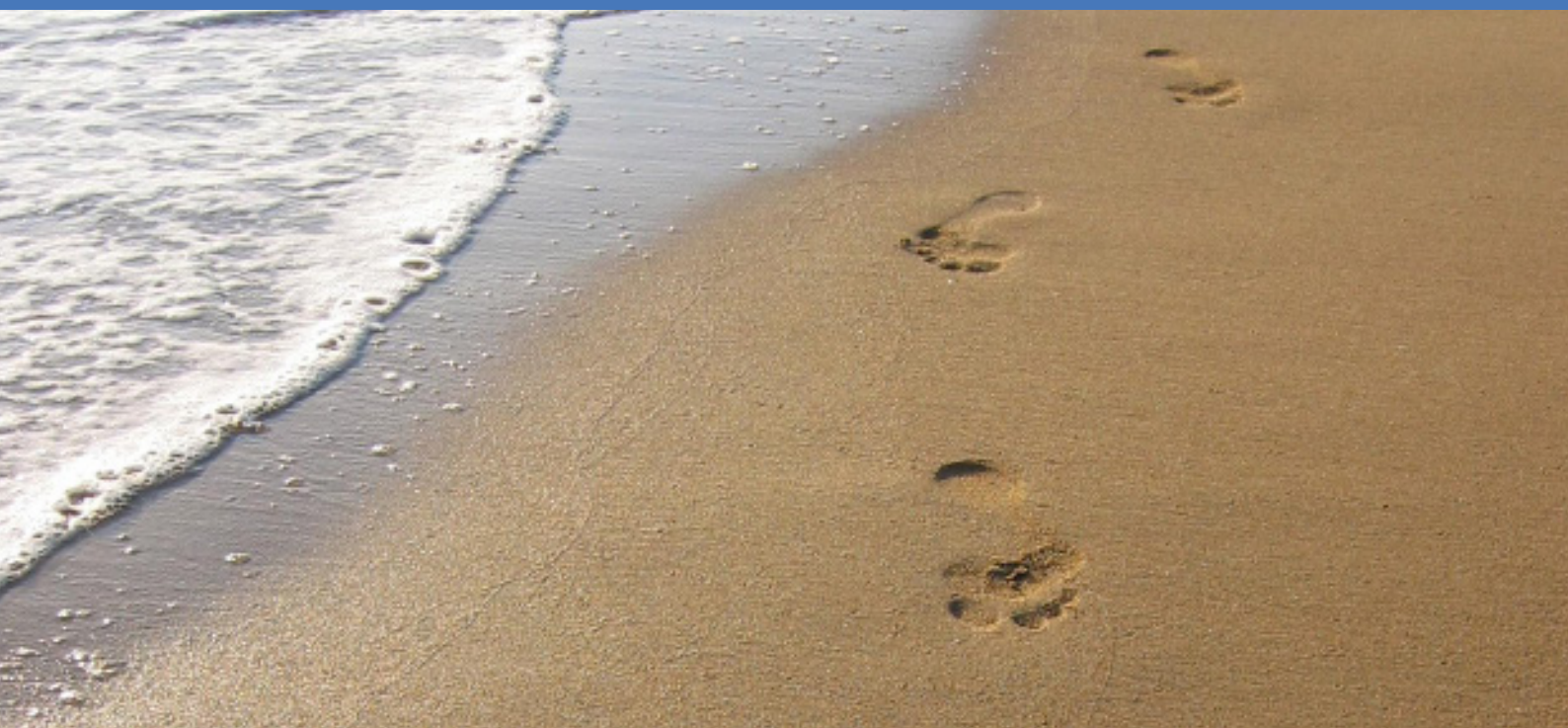


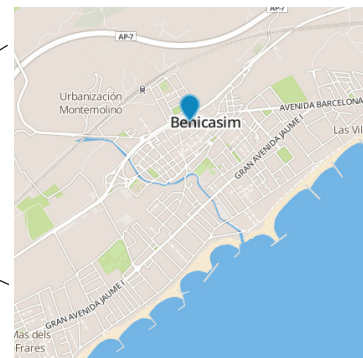
*“Discover the potential
in people and find a
way to create vitality,
equilibrium and well-
being “*

Benicassim a place to be
(SPAIN)



THERE ARE MANY BEAUTIFUL PLACES IN THE EARTH, WE PRESENT YOU ONE OF THOSE: BENICASSIM

The perfect venue. Situated near the beach on the beautiful Costa Azahar, just north of Valencia. Reconnect, restore, savor the moment, enjoy the nutritious moments of life, dance, sing, stretch, walk, talk, look at the stars, integrating experiences, plan, create, silence, remember the earth, your moment and simply.



Benicassim:
40.055417, 0.064199

OUR PRINCIPLES

Our residential programme in surroundings full of nature, where the main features are beautiful green parks and white sandy beaches next to the great blue Mediterranean Sea.

Through feelings and sensations which daily living gives us, the clients are able to enjoy the Mediterranean climate, the perfect combination of sea and mountains, always present in our geography and very healthful for combating stress and enhancing self confidence.

Many of our activities are outdoors, and our beaches are a continuous discovery. It is possible to enjoy a beautiful sunset while walking along the seashore and have, the pleasure of feeling the waves and an embracing sea breeze around our bodies are as just a few examples.

Sustainability is important to making sure that we have and will continue to have, the water, materials, and resources to protect human health and our environment.

Everything that we need for our survival and well-being depends, either directly or indirectly, on our natural environment. Sustainability creates and maintains the conditions under which humans and nature can exist in productive harmony, that permit fulfilling the social, economic and other requirements of present and future generations.



In addition, in the whole of this area you can find and enjoy magnificent restaurants and coffee bars, where you can enjoy the typical gastronomy from the area.

OUR PHILOSOPHY

Mediterranean Design

SUSTAINABILITY, SELF-CARE, EXERCISE, ENJOY, WELLNES, CULTURE AND GASTRONOMY



Nutritious Foods

Most of us eat a diet high in cooked foods which clog the digestive system, sap our energy and put a strain on all our body systems. Fresh vegetables, luscious fruits, and sprouted seeds and grains, are the richest natural sources of vitamins, minerals and enzymes -all of which are Crucial for optimum health. Raw foods are an excellent source of fine quality protein, easily assimilated carbohydrates, essential fatty acids and fiber -and they taste great too.



OPTIMAL HEALTH TEAM

The Optimal Health Team is a group of experienced health professionals featuring qualified instructors in the areas of health care, nutrition, exercise, naturopathy, physiotherapy, bodywork, and mind/body approaches to medicine.



Listening to the Body

As a child our bodies are soft and flexible. Over time we are shaped by our culture and life experience. Habitual activities and postures from work and daily life, injuries and strong emotions all produce chains of strain and compensations in the body. Pain in the neck, shoulder, wrist and low back become accepted norms for people who hunch over computers, slouch in car seats and perform repetitive activities unconsciously without releasing the daily patterns of tension. Our body is an innately wise, complex, self healing, self organizing system and it continues to send messages to remind us to take more care. But unlike our own cat or dog that will spontaneously stretch and move to relieve stress and pain, we switch off the reminder and “tough it out” as if it was a virtue and later pay the price with interest. If there is a warning in your business that indicates a danger to an expensive machine, or a hint that your most important client is looking at taking their business elsewhere most will respond as quickly as possible. Do we listen so well to our own body?

Everyone enjoys feeling healthy and alive. Stressful events or long-term, low grade stress that we feel incapable of dealing with can erode our sense of wellness and lead to chronic problems. However positive challenges are also an essential part of our development. Our emotional and mental resilience or lack of it is a reflection of how we have learned to interact with the many stresses of our life.

It is through our physical body that we experience and express our feelings and thoughts.



Our very cells store the treasured, painful or unresolved issues of our life.

Our health promotion approach addresses prevention and early intervention for stress management and the promotion of a vital, healthy life. We provide participants with a daily activity guide and a wide range of achievable exercise programs tailored to suit their preferences and needs. The program is oriented towards reducing experiences of stress, pain, and restriction toward developing a resilience that can be taken back to one's daily life.

The programme is carefully designed to support participants with a balance of individual and group experiences as we feel that each perspective has a different benefit for the client.

Guided body awareness: we offer guided mindful relaxation and meditations, aquatic therapy, group movement exercises, qui gong, yoga, and tai ji

- **Individual treatment:** we offer many types of bodywork - relaxation and remedial massage, Myofascial release, and aquatic therapy, among others.

- **Group exercises and Education:** The group setting is an excellent opportunity for participants to share their learning experiences. We offer lectures and slide shows to explain important ideas and our facilitators guide self-care and preventative exercises based on a range of techniques such as: Roling Movement Integration™, Alexander Technique™, the Trager Approach™, Eutonía and others.

You do not have to accept limited movement as part AGING.

Practice Body Sustainability.

“When we recognize that the body is the home of our awareness and our experiences, we naturally become more body mindful and desire to take good care of this precious vehicle“

A TYPICAL DAY

Every day can be design as you wish with meditation and tai ji or qi gong exercise on the sea or in the mountains followed by fresh juice and a nutritious breakfast.

Personal massage and other therapeutic bodywork sessions will be interspersed with indoor and outdoor group activities including, t ai ji, dance, 5 rhythms, relaxation, body intelligence practice and guided walks and cultural experiences.

Inspiring presentations will cover a range of topics including designing your own optimal exercise, meditation and diet to maintain a new vitality.

Ample free time will allow you to rest,enjoy swim in the sea, explore the natural beauty of bush and sea, and follow your own creative impulses.



POSSIBLE WEEK WITH BIBIANA BADENES AND TEAM

- **DAY 1. SATURDAY:** Arrival, room distribution.

Rest

Welcome cocktail

Dinner

- **DAY 2. SUNDAY.**

8:00. MOVEMENT AWARENESS , TAI CHI AND QI GONG AT THE BEACH

9:00. HEALTHY BREAKFAST

10:00. PRESENTATION OF THE AREA

10:30. BIKE RIDE

13:00. BACK TO THE HOTEL

13:00-15:00. FOOD IN THE HOTEL

18:00-19:00. CLASS OF FLAMENCO

20:30. DINNER

- **DAY 3. MONDAY**

8:00. MOVEMENT AWARENESS ,TAI CHI AND QI GONG AT THE BEACH

9:00. HEALTHY BREAKFAST

10:15-13:30. BIBIANA BADENES TREATMENTS AND TEAM IN CENTER KINESIS (CUSTOMERS easily bike) Customers will be divided into MINI GROUP AND RECEIVE A BODY AWARENESS SESSION AND MINDFULNESS IN THE BODY, BODYMIND RELATED TOPIC, MASSAGE INTEGRAL WATER AND THERAPY.

14:00-15:30. FOOD IN THE HOTEL

19:00. COOKING CLASS: How to cook a paella?

- **DAY 4. TUESDAY**

8:00. MOVEMENT AWARENESS ,TAI CHI AND QI GONG AT THE BEACH

9:00. HEALTHY BREAKFAST

10.30: WALKING IN THE MOUNTAINS

13.30-15:00. FOOD IN EL DESIERT

18:00. VISIT TO TOWN: BENICASSIM (OLD WINE FROM Carmelite Priest)
WALKING AROUND

20:00. FLAMENCO AND TAPAS IN THE VILLAGE OF BENICASSIM

- **DAY 5. WEDNESDAY**

8:00. MOVEMENT AWARENESS ,TAI CHI AND QI GONG AT THE BEACH

9:00. HEALTHY BREAKFAST

10:15. FREE MORNING

18:30-19:30. NORDIC WALKING

20:30. DINNER AT THE HOTEL

• **DAY 6. THURSDAY**

8:00. MOVEMENT AWARENESS , TAI CHI AND QI GONG AT THE BEACH

9:00. HEALTHY BREAKFAST

VISIT VALENCIA

LUNCH IN VALENCIA

20:30. Dinner at Hotel

• **DAY 7. FRIDAY**

8:00. MOVEMENT AWARENESS , TAI CHI AND QI GONG AT THE BEACH

9:00. HEALTHY BREAKFAST

10:15. FREE MORNING

14:00-15:30. FOOD IN THE HOTEL

15:30-16:30. BREAK

16:30. VISIT CASTELLON • SHORT VISIT BY THE CITY , SHOPPING, ETC

21:00. Dinner at a restaurant in Castellón

BACK TO THE HOTEL

• **DAY 8. SATURDAY**

8:00. TAI CHI AND QI GONG AT THE BEACH

9:00. HEALTHY BREAKFAST

10:00-13:00. BODY INTELLIGENCE SEMINAR WITH BIBIANA BADENES



“When we recognize that the body is the home of our awareness and our experiences, we naturally become more body mindful and desire to take good care of this precious vehicle“

“I have no doubt that prevention carried out in a way that we enjoy it is the best medicine there is”.

Bibiana Badenes

Our thoughts and emotions, our postures and movements are the history of our lives and they have taken their toll through the years. Your time in Benicassim will not be just a holiday; it is the beginning of a new outlook towards health, well-being, and mindfulness.

Come join us for this empowering, energizing, and educational time.

BIBIANA BADENES · www.bibianabadenes.com



Bibiana Badenes is a Physical Therapist, Certified Advanced Rolfer™ (Structural Integration) and movement specialist, director of the Kinesis Center for Physical Therapy and Movement in Harmony in Benicassim. She is the creator of the health and wellness program 3HREHAB.

Bibiana discovers the potential of each person through the body, and reveals the foundations for self care for a better physical and emotional intelligence to prevent injuries and premature aging.