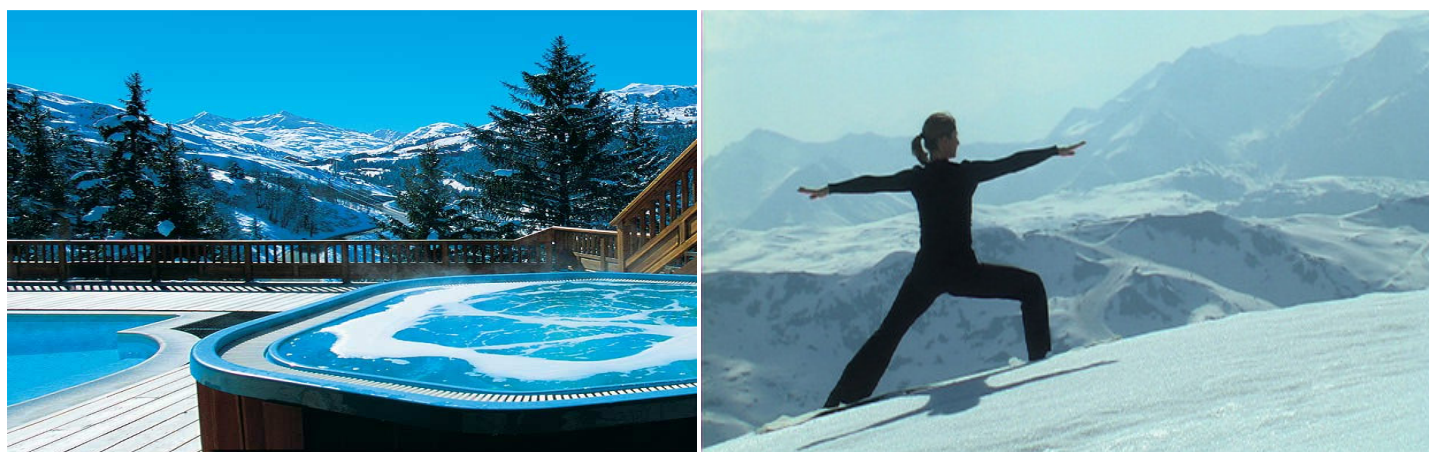


Consensio

THE DEFINITIVE CHALET COLLECTION



ZEN SKI – New Year Ski & Wellness in the mountains

Consensio and Elite Ski and Spa team bring you the perfect January detox and rejuvenation programme which can be found in the world renowned ski resort of Meribel. Consensio's chalets Aurore and Boreale are the perfect retreats from which to enjoy personal ski guiding, private yoga lessons and spa treatments that will make you feel brand new for 2010.

An inspirational skiing experience

Zen Ski offers you the chance to truly connect with the beauty and mystique of the mountains whilst honing your skiing style and skills. Your personal ski guide will provide the very best of ski instruction with a focus on balance, strength and breathing exercises, which also come into play in all forms of yoga and rejuvenation practices.

A health program for skiers with Aurelia Chrétien & Elite Ski Team

Based on hatha yoga and pilates, the Zen ski health program will increase your flexibility, balance and strength. Aurélie Chrétien, a certified yoga and ski instructor, has developed this program through her experience as an athlete competing at the highest of levels. Aurélie maintains that "Core strength and body flexibility are essential to improve balance when skiing and help to reduce the risk of injury on the slopes." In addition to the exercise element of this bespoke ski trip, your personal Consensio chef will create a menu to meet your group's requirements with fresh organic ingredients carefully combined to energize and fuel the ski or yoga weary.

Private Zen ski - daily schedule

- 8h30: Body warm up: Zen Ski Pilates - 30 min session
- 9h: Breakfast – perfectly balanced
- 9h30: Zen ski tuition on slopes (ski warm up, ski lessons, yoga breathing exercise, outdoor meditation)
- 13h: Gourmet lunch at the summits (indoor restaurants or picnic once a week according to weather conditions)
- 14 h: Ski back to your Chalet
- 16 h: Zen ski stretch & yoga, 1h session
- 18 h: Massage, osteopath, physio-treatments or spa treatments
- 20h: Dinner – organic brilliance which is high in nutrients and low in fat

Consensio brings you Zen Ski at £135 per person per day (normally £200). Price based on a minimum of a group of four people and lunch is not included. The private zen ski and yoga programme is only available in January and is exclusive to clients who book either Aurore or Boreale.

Contact us at enquiries@consensioholidays.co.uk or telephone: 0203 393 0833