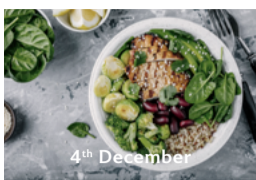


# Celebrate Well

## Wellness Weekend

4th - 5th December



4<sup>th</sup> December

Mindful Eating Workshop  
12.00 - 14.00

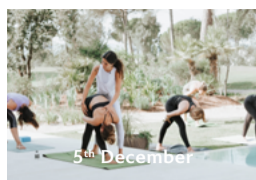
Price: workshop €65  
Residents price: €60  
Meeting point:  
Wellness Centre reception



4<sup>th</sup> December

Tissane Trek  
15.30 - 18.00

Price: €45  
Residents Price: €40  
Meeting point:  
Wellness Centre Reception



5<sup>th</sup> December

Rebalance and Relax Yoga Experience  
10.00 - 11.00  
yoga + massage\*  
(\*prior booking required)

Price:  
€30 yoga lesson, €140 yoga + massage  
Residents price:  
€25 yoga lesson, €125 yoga + massage  
Meeting point:  
Wellness Centre reception

- Places for activities are limited to a maximum of 10 people apart from Tissane Trek which is limited to a maximum of 15 people.
- All activities are subject to availability and must be reserved at [wellness@pgacatalunya.com](mailto:wellness@pgacatalunya.com) or Wellness Centre reception.
- 48 hours notice must be provided for any cancellations
- We have protocols in place to keep you safe, so you are free to enjoy the activities.
- Please note: the dates and times of activities are subject to change, please book in advance to avoid disappointment.
- Undersubscribed activities are subject to cancellation and outdoor activities may be affected by the weather.
- All activities are for ages 14+ apart from massages with can be booked for ages 18+.

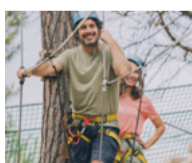
## Christmas Calendar

December 14th - January 5th

13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday	18 Saturday	19 Sunday
	Kitchen garden 10.00-12.00*			Kitchen garden 10.00-12.00* Tree planting 12.00-13.00 Forest Park 15.00-17.00 Wine Tasting 17.00-18.00	Bike Tour 11.00-13.00  Christmas Movie* 17.00-19.00	
	Beginners Paddle Clinic (kids)** 18.00-20.00	Beginners Paddle Clinic (+16)** 18.00-20.00				
20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday	25 Saturday	26 Sunday
Fitness Lesson 9.00-10.00 Bike Tour 11.00-13.00 Forest Park 15.00-17.00	Kitchen garden 10.00-12.00*  Forest Park 15.00-17.00 Beginners Paddle Clinic (kids)** 18.00-20.00	Beginners Paddle Clinic (+16)** 18.00-20.00	Fitness Lesson 9.00-10.00  Forest Park 15.00-17.00 Wine Tasting 17.00-18.00	Kitchen garden 10.00-12.00* Tree planting 12.00-13.00  Special Santa Visit 17.00-19.00		
27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday	1 Saturday	2 Sunday
Fitness Lesson 9.00-10.00 Treasure Hunt 11.00-13.00 Bike Tour 15.00-17.00	Kitchen garden 10.00-12.00*  Forest Park 15.00-17.00 Beginners Paddle Clinic (kids)** 18.00-20.00	Christmas Crafts 11.00-13.00 Bike Tour 15.00-17.00 Beginners Paddle Clinic (+16)** 18.00-20.00	Kitchen garden 10.00-12.00* Edible landscapes tour 12.00-13.00  Christmas Movie* 17.00-19.00 Wine Tasting 17.00-18.00	Fitness Lesson 9.00-10.00  Santa Claus Buggy Race 11.00-13.00		Christmas Treasure Hunt 10.00-12.00
3 Monday	4 Tuesday	5 Wednesday				
Fitness Lesson 10.00-11.00  Bike Tour 15.00-17.00	Kitchen garden 10.00-12.00* Birds Nests 12.00-13.00  Forest Park 15.00-17.00	Bike Tour 11.00-13.00				

- Places limited.
- All activities are subject to availability and must be reserved at [activities@pgacatalunya.com](mailto:activities@pgacatalunya.com) or +34 972 181 020.
- We have protocols in place to keep you safe and give you the freedom to enjoy the activities.
- Please note: the dates and times of activities are subject to change, please book in advance to avoid disappointment.
- Undersubscribed activities are subject to cancellation and outdoor activities may be affected by the weather.
- Children under 14 must be accompanied by adult.
- Prices: €15 per activity. Residents: 10,5€/activity. \*\* Beginners Paddle Clinic: 20€/class or pack 4 classes €70. Residents 15€/class or pack 4 classes €50.  
\*Christmas Movie: complimentary
- ★ Exclusive Residents

As well as our Christmas specials, we've got a whole host of personalised activities to choose from. There's something for everyone.



Forest Park



Bike Tour



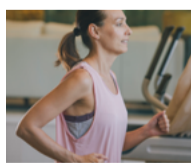
Birdwatching



Remarkable Trees Trail



Ecodiversity Tour with our Biologist



Fitness Lesson



Buggy Orienteering Race



Yoga



Mindfulness



Golf Academy



Tennis



Running Circuit

For further information on any of our activities:  
+34 972 181 020 [activities@pgacatalunya.com](mailto:activities@pgacatalunya.com)