

2019 CORE RETREAT

SAN SEBASTIAN SPAIN

AUGUST 10 - 17, 2019



Center Old Town

LOCATION

San Sebastian sits on the northern coast of Basque Country in Spain, just 20 miles from France. Set back just off the Atlantic Ocean on the Concha Bay, San Sebastian is a hub for innovative gastronomy while preserving its ancient past in its Old Town. We will be in town this year during Aste Nagusia (“Semana Grande” in Spanish or “Great Week” in English), a week long celebration leading up to the main event on August 15th, which is the Virgin’s Day. It is celebrated with an international firework show right over the Bay of Biscay. Other events include music, parades, Basque rural sports and as always, food!

ACCOMODATIONS

We will be staying at the **Pension Bule Boutique Hotel** in San Sebastian Center - Old Town. Located in the heart of the Old City, each room is double occupancy with its own balcony overlooking any festival activities below!



Pension Bule Boutique Hotel

QUESTIONS OR RESERVATIONS

Speak with Katie at the studio or email us at:
retreat@workthatcore.com
katie@workthatcore.com



Concha Bay - San Sebastian



Center Old Town

PILATES

On this retreat, we are teaming up with a local pilates studio in San Sebastian who are letting us use their studio during our stay. We will have a one hour session each day with mat space and equipment available for our use. This is an exciting opportunity for our studio to partner with an international studio! We are very excited about this!



Pintxos

OTHER KNOW HOW

- While “tapas” are everywhere in Spain, the Basque way is known as “pintxos” (“pinch-os”).
- Bilbao offers a closer and similar priced flight option to Madrid or Barcelona.
- The Basque language is so old, no one is really sure where it even originated.



Pension Bule Boutique Hotel

Concha Bay - San Sebastian



PRICE

Double Occupancy

Return Retreat Guests: \$2,500

New Guests: \$2,700

INCLUDED

- 7 Nights accomodation at Pension Bule Hotel
- Daily pilates sessions
- Transfers to and from hotel/airport
- Full day excursion to Rioja vineyards (w/lunch)
- Basque cooking class (w/ lunch)
- San Sebastian City Card which includes 15-30 trips on public transportation (depending on routes taken) and discounts city-wide.

NOT INCLUDED

- Meals (*except two lunches above)
- Flights
- Any Great Week activities you wish to partake in
- Souvenirs