

# FEEL GOOD EVENTS

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# WHY FEEL GOOD EVENTS

## HAPPY TIMES!

FEEL GOOD - That's exactly what our guests should feel: extremely good.

We achieve this alongside our excellent offers and service with FEEL GOOD EVENTS.

With an experienced team of experts, we know exactly how to create special experiences for our vacationers.

Our goal is to ensure that every stay is remembered sustainably through careful planning and unique offers.

Our visitors can unwind, enhance well-being, and recharge with us.

Through tailor-made experiences, filled with passion, joy, and fun, we aim to create lasting enthusiasm and loyal repeat guests.

Feel Good Events - because every vacation deserves an unforgettable experience.

You can find the exact schedule and introduction of our team on the following pages.



# TEAM

## EVELYN WENDT

Evelyn Wendt brings over two decades of experience organizing events in hotels, specializing in creating unforgettable experiences for vacationers.

As a yoga teacher, she enhances her yoga classes with carefully selected essential oils as a psychotherapeutic aroma coach, aiming to enrich participants' practice and well-being.

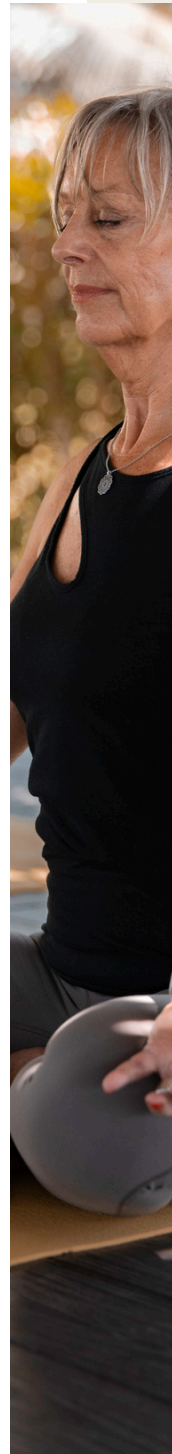
Her approach is rooted in creating environments where guests can unwind, rejuvenate, and foster connections.

Evelyn's commitment to delivering exceptional experiences resonates with both newcomers and experienced participants.

In addition to her passion for yoga, Evelyn's professional journey began in hospitality and travel, which laid the foundation for her seamless integration of fitness and wellness into group travel experiences.

Her dedication to creating harmonious and enriching events underscores her ability to cater to diverse needs and preferences, ensuring every participant leaves with a renewed sense of well-being.

Evelyn Wendt embodies the perfect blend of expertise and passion, making her events not just memorable but transformative for travelers seeking rejuvenation and personal growth.



# TEAM

## TORSTEN GÜTSCHOW

Torsten Gütschow is a prominent figure in German football, known for his prolific career as both a player and coach.

Starting his journey with Dynamo Dresden in 1976, Gütschow quickly established himself as a formidable striker, renowned for his goal-scoring prowess.

He excelled in the DDR-Oberliga, becoming the league's top scorer in multiple seasons and earning acclaim as the last East German Footballer of the Year in 1991.

Gütschow's success extended beyond East Germany, including a stint with Galatasaray in Turkey, where he contributed significantly to the club's league and cup double.

Since retiring from playing, Gütschow has transitioned into coaching and event management.

He has organized numerous successful events, leveraging his extensive experience to create memorable experiences for participants.

His dedication and expertise continue to make a lasting impact in the world of football and sports events.





# DATES

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## **FEEL GOOD - RELAX**

4.-7.12.2024

## **FEEL GOOD - FOOTBALL**

10. - 14.12.2024

## **FEEL GOOD - SERENITY**

17.- 22.12.2024

## **FEEL GOOD - BACK TO BALANCE**

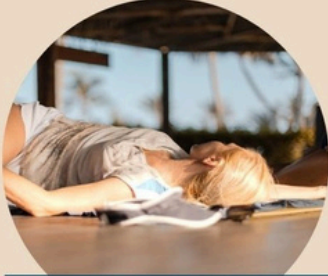
11. - 15.3.2025

## **FEEL GOOD - ME TIME**

18. - 22.3.2025



# PROGRAMME



## Relax - Stress Release

FEEL GOOD EVENT

NO EXPERIENCE NEEDED - JUST COME WITH YOUR SMILE

DATE	TIME	ACTIVITY	LOCATION
TUESDAY 3.12.24	10:00 - 10:45	EASY YOGA	Shala
	17:00 - 17:45	MINDFUL RELAXING YOGA	Shala
WEDNESDAY 4.12.24	6:10 - 6:40	SUNRISE YOGA	Meeting Point Shala
	10:00 - 10:45	YOGA & BREATHING	Shala
	17:00 - 17:45	DEEP RELAXATION & TIPS FOR SLEEPING	Shala
THURSDAY 5.12.24	10:00 - 10:45	EASY YOGA	Shala
	17:00 - 17:45	SOFT YOGA WITH ESSENTIAL OILS	Shala
	21:30	NIGHT FLOATING	Sports Beach
FRIDAY 6.12.24	6:10 - 6:40	SUNRISE BEACH WALKING MEDITATION	Meeting Point Shala
	10:00 - 10:45	FASCIA YOGA	Shala
	17:00 - 17:45	YIN YOGA	Shala
SATURDAY 7.12.24	10:00 - 10:45	EASY YOGA	Shala
	17:00 - 17:45	BEST OF THE WEEK YOGA	Shala
	21:30 - 22:00	MOON LIGHT YOGA	Ocean Beach

Changes Possible



# PROGRAMME



## Football

FEEL GOOD EVENT

TORSTEN GÜTSCHOW

BUNDESLIGA PLAYER - TOP SCORER - FOOTBALL COACH

DATE	TIME	WHO	ACTIVITY	LOCATION
TUESDAY 10.12.24	10:00 - 10:20 10:20 - 10:45	KIDS	PASSING & RECEIVING LET'S PLAY	Football Field
	17:00 - 17:20 17:20 - 17:45	ADULTS	PASSING & RECEIVING LET'S PLAY	Football Field
WEDNESDAY 11.12.24	10:00 - 10:20 10:20 - 10:45	KIDS	DRIBBLING LET'S PLAY	Football Field
	17:00 - 17:20 17:20 - 17:45	ADULTS	DRIBBLING LET'S PLAY	Football Field
THURSDAY 12.12.24	10:00 - 10:20 10:20 - 10:45	KIDS	FITNESS & CONDITION LET'S PLAY	Football Field
	17:00 - 17:20 17:20 - 17:45	ADULTS	FITNESS & CONDITION LET'S PLAY	Football Field
FRIDAY 13.12.24	10:00 - 10:20 10:20 - 10:45	KIDS	SHOOTING PRACTICE LET'S PLAY	Football Field
	17:00 - 17:20 17:20 - 17:45	ADULTS	SHOOTING PRACTICE LET'S PLAY	Football Field
SATURDAY 14.12.24	10:00 - 11:00	KIDS	TOURNAMENT & AWARD CEREMONY	Football Field
	17:00 - 18:00	ADULTS	TOURNAMENT & AWARD CEREMONY	Football Field



Changes Possible



# PROGRAMME



## Serenity

FEEL GOOD EVENT

NO EXPERIENCE NEEDED - JUST COME WITH YOUR SMILE

DATE	TIME	ACTIVITY	LOCATION
TUESDAY 17.12.24	10:00 - 10:45	YOGA FOR NEWBIES	Shala
	17:00 - 17:45	YOGA - CALM DOWN	Shala
WEDNESDAY 18.12.24	6:10 - 6:40	SUNRISE YOGA	Meeting Point Shala
	10:00 - 10:45	SOFT MUSIC FLOW YOGA	Shala
	17:00 - 17:45	SERENITY YOGA STRETCH	Shala
THURSDAY 19.12.24	10:00 - 10:45	EASY YOGA	Shala
	17:00 - 17:45	SMELL & SMILE YOGA WITH ESSENTIAL OILS	Shala
	21:30	SOUND BATH & FLOAT	Juweira Pool
FRIDAY 20.12.24	6:10 - 6:40	SUNRISE BEACH WALKING MEDITATION	Meeting Point Shala
	10:00 - 10:45	FASCIA YOGA	Shala
	17:00 - 17:45	RESTORATIVE YOGA	Shala
SATURDAY / SUNDAY 21. & 22.12.24	Desert Trip (extra Costs)	SUNDOWN YOGA	
		SUNRISE YOGA	

Changes Possible





# PROGRAMME



## Back in Balance

FEEL GOOD EVENT

NO EXPERIENCE NEEDED - JUST COME WITH YOUR SMILE

DATE	TIME	ACTIVITY	LOCATION
TUESDAY 11.3.25	10:00 - 10:45	YOGA SHOULDERS & NECK	Shala
	17:00 - 17:45	FASCIA YOGA	Shala
WEDNESDAY 12.3.25	6:10 - 6:40	SUNRISE YOGA	Meeting Point Shala
	10:00 - 10:45	YOGA LOWER BACK	Shala
	17:00 - 17:45	YIN YOGA	Shala
THURSDAY 13.3.25	10:00 - 10:45	CHAIR / OFFICE YOGA	Shala
	17:00 - 17:45	RELAX YOGA	Shala
FRIDAY 14.3.25	6:10 - 6:40	SUNRISE BEACH WALKING MEDITATION	Meeting Point Shala
	10:00 - 10:45	YOGA HIPS	Shala
	17:00 - 17:45	FASCIA YOGA	Shala
SATURDAY 15.3.25	10:00 - 10:45	YOGA SHOULDERS & NECK	Shala
	17:00 - 17:45	BEST OF THE WEEK YOGA	Shala
	21:30 - 22:00	STARLIGHT YOGA	Ocean Beach



Changes Possible



# PROGRAMME



## Me Time

FEEL GOOD EVENT

NO EXPERIENCE NEEDED - JUST COME WITH YOUR SMILE

DATE	TIME	ACTIVITY	LOCATION
TUESDAY 18.3.25	10:00 - 10:45	DETOX YOGA	Shala
	SPA TIME	FEEL GOOD MASSAGE***	Spa
	17:00 - 17:45	FASCIA YOGA	Shala
WEDNESDAY 19.3.25	6:10 - 6:40	SUNRISE YOGA	Meeting Point Shala
	10:00 - 10:45	EASY ENERGY YOGA	Shala
	SPA TIME	FEEL GOOD MASSAGE***	Spa
	17:00 - 17:45	YOGA & EASY THAI YOGA MASSAGE TECHNICS	Shala
THURSDAY 20.3.25	10:00 - 10:45	DETOX & FACE YOGA	Shala
	SPA TIME	FEEL GOOD MASSAGE***	Spa
	17:00 - 17:45	RELAX YOGA	Shala
	21:30	FLOATING	POOL / BEACH
FRIDAY 21.3.25	6:10 - 6:40	SUNRISE BEACH WALKING MEDITATION	Meeting Point Shala
	10:00 - 10:45	FLOW YOGA	Shala
	SPA TIME	FEEL GOOD MASSAGE***	Spa
	17:00 - 17:45	FASCIA YOGA	Shala
SATURDAY 22.3.25	10:00 - 10:45	YOGA & ESSENTIAL OILS	Shala
	SPA TIME	FEEL GOOD MASSAGE***	Spa
	17:00 - 17:45	BEST OF THE WEEK YOGA	Shala
	21:30 - 22:00	MOONLIGHT YOGA	Ocean Beach

\*\*\* CREATE YOUR PERSONALIZED MASSAGE PACKAGE AND RECEIVE A 25% DISCOUNT WITH THE CODE: FEEL GOOD

Changes Possible



# THANK YOU

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We aspire for our events to be prominently featured by travel agencies, serving as a decisive factor in travelers' booking decisions.

This promotion not only enhances accessibility but also underscores our commitment to delivering exceptional experiences.

We believe that highlighting our events through travel agencies will empower travelers to choose us confidently, knowing they will embark on unforgettable journeys enriched with wellness, joy, and lasting memories.

Thank You!

