

MANNACOACH

INSPIRATION PROGRAM

7 DAYS IN MALTA
THE ISLAND OF SUNSHINE
AND FREEDOM



MANNA
COACH

WHAT IS WAITING
FOR YOU IN THIS
JOURNEY?

7 days for your
inspiration

ONE WEEK ABOUT
YOU

Turn your life into a
dream journey towards
yourself!

COACHING
PROGRAM IN MALTA

Away from everything
but close to yourself



Are you tired of the cold? Would you break away from the daily routine for a while? Would you share your situation with someone to see yourself more clearly?

Recharge yourself in the Mediterranean paradise, with a personalized, individual Inspiration program!

What awaits you?



- Discover Malta during a coaching program
- 7 days program, 7 nights
- Accommodation in Msida, close to the sea
- Light breakfast every day
- Yoga, dance and massage

With me

I am **Szilvia Gürtler**. Coach, economist, free spirit.

During the 1 week long Inspiration program you are the main character, I am the guide.



What can you expect from the program



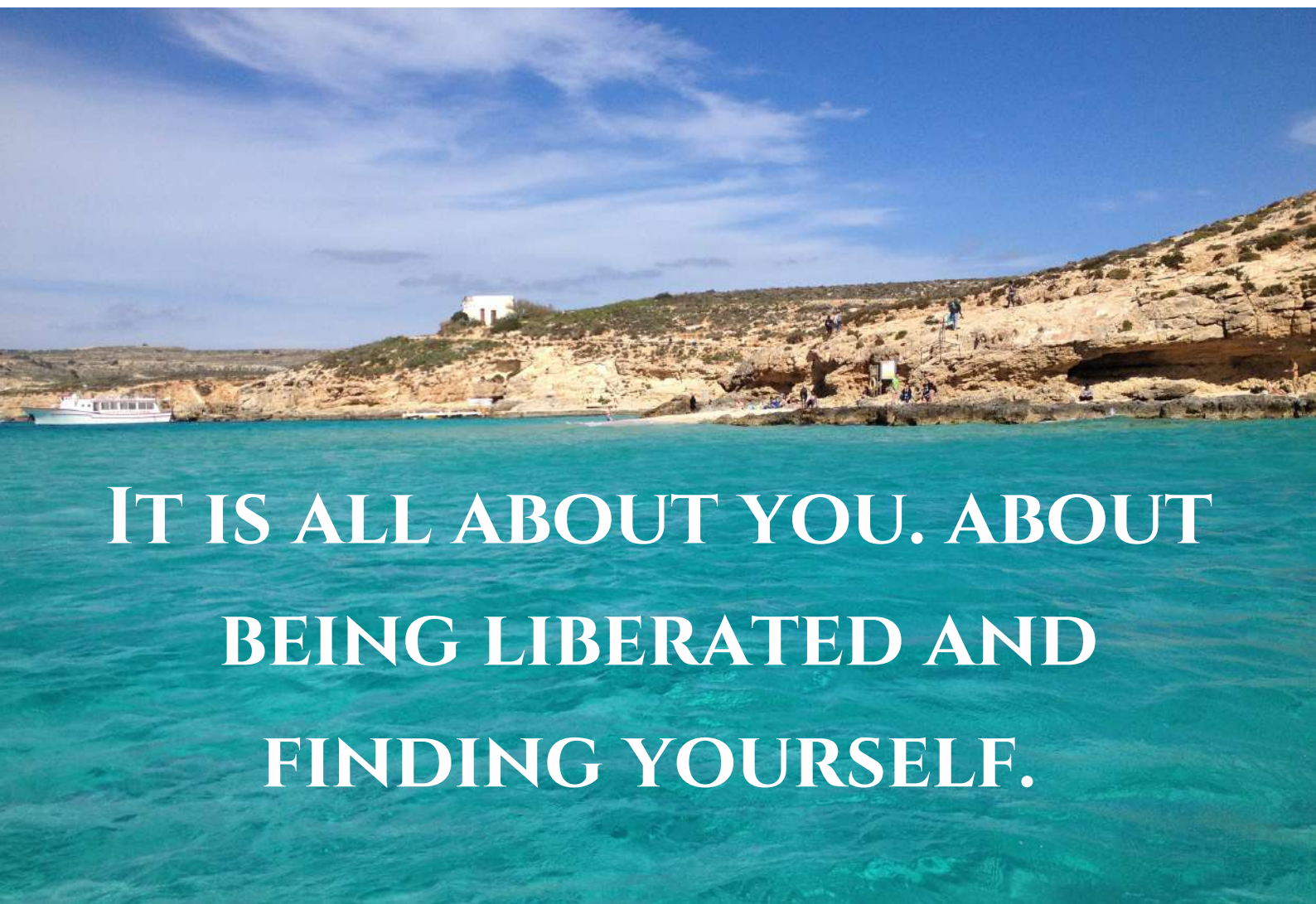
Excursions every day with creative programs



Unlimited talks, self knowledge excersises, games



Yoga, dance or massage options of your choice



IT IS ALL ABOUT YOU. ABOUT
BEING LIBERATED AND
FINDING YOURSELF.



Accommodation

En-suite room

Double bed

Air conditioner

Wardrobe

Bedside table

Own bathroom

Wifi



Msida

At one of Malta's largest transport hubs, yet you will be in a quiet, calm, authentic environment.

The apartment is by the sea, overlooking the harbor.



The area

20 minutes walk from the capital, Valletta, Gzira and Sliema entertainment and shopping center.

Restaurants, cafes, bars on the promenade. The beach is an 8 minute walk.

You are safe

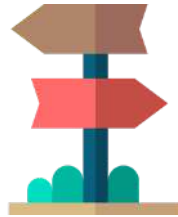
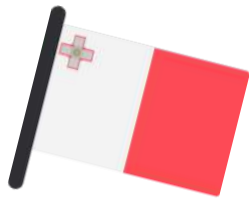
I will wait you in
the airport in your
arrival.

You can start your journey
alone, I encourage you, and
I will be your partner in this week.



I have been in Malta for 5 years now, I know the island and the
local habits.

I can easily find my way around the islands, I know the local
transport and can guide you during your stay.



Daily programs / sample

Daily program SEPTEMBER 2021				
M	T	W	Th	F
Lentil Casserole	Mancoski with Salad	General Tso Chicken	Beans & Potatoes	Potato Soup w/ Salad
M	T	W	Th	F
Chicken Over Rice	Turkey Tetrazzini	Chicken Enchiladas	Grilled Chicken	Taco Stuffed Shells
M	T	W	Th	F
Sassy Lentil Chili	Homemade Pizza	Baked Potatoes	Grilled Vegetables	Hearty Soup
M	T	W	Th	F
White Chili with Salad	Chicken Fried Rice	Turkey Pot Pie	Chicken Noodle Soup	Baked Sassy Potatoes

8.00. - 9.30

Breakfast, morning relax, recharge

10.00. - 16.30

Excursions together, lunch, recharge, sightseeing and meanwhile coaching

17.00. - 18.00

Arrive back, refreshing

18.00. - 19.00

Dinner, closing the day with a summary conversation

I have put together a program for you in which we combine self-knowledge with getting to know the thousand-faced landscapes and cities of Malta. This is how you can combine the pleasant with the useful: you will spend a wonderful week on the beach in bright sunshine, getting to know every nook and cranny of this magical island.

In the meantime, you can take a look at the hidden little hiding places of your soul, where many of your treasures are waiting to be discovered.



**GIVE A CHANCE TO HAVING
A DREAM JOURNEY
TOWARDS YOURSELF**

WEATHER IN MALTA



September: 28 C

October: 26 C

November: 21 C

Appointments:

We still have available places between 15th Sept and 15th Nov 2021



Because the program is personalized, you can set the time of the trip within this interval. Let's make an appointment in advance to be sure you will have place.

Price includes:



Accommodation for 7 nights



Light breakfast



Bus tickets



Boat trip fares



1 dinner together



Yoga, massage or dance of your choice



MANNA
COACH

Approximately 20 hours of coaching

Your cost

- Flight tickets to Malta and back
- Meals during the day and evenings (except that dinner together)
- Cost of extra programs on site



APPLICATION / PRICES

INSPIRATION PROGRAM - 7 DAYS IN MALTA

The package includes:

Accommodation for 7 nights: € 350

Breakfast: € 35

Transport fee: € 40

Dinner together: € 25

Massage, yoga or dance program: € 30

20 hours of coaching: € 1400

ORIGINAL COST IS € 1 880

SPECIAL OFFER: € 1490

INSTALLMENT PAYMENT WITH MINIMUM 10% DEPOSIT.

Application, more information



coach@mannacoach.com



+356 7935 1707



[Inspiring experiences](#)

**We still have some available places
between 15th Sept and 15th Nov. Apply!**

MANNACOACH

INSPIRATION PROGRAM

7 DAYS IN MALTA
THE ISLAND OF SUNSHINE
AND FREEDOM

Application, more info



coach@mannacoach.com



+356 7935 1707



Inspiring experiences

INSTEAD OF ~~€ 1880~~
ONLY € 1490