



namaste health center

2010 Check the Czechs Special SPA-WELLNESS TOUR

With Durango's Frank Fristensky and Dr. Nasha Winters



Indulge yourself in a world class historic spa experience you will never forget.

Czech Republic – located in the heart of Europe is a country of fairytale castles, chateaux, forests, music and art. It also enjoys long standing tradition of well-respected spas stretching back several centuries. Come and join us on this extravagant cultural and culinary spa adventure!

September 3 – September 16, 2010

Spectacular itinerary that combines historic Prague, the most renowned Czech spa-towns such as Karlovy Vary, Marianske Lazne, the radon spa of Jachymov, the beer spa of Chodova and others, hiking the Bohemian Black Forest National Park, the enchanting town of Cesky Krumlov, the castle of Velhartice and many more special attractions. Accommodations in 4-5 star boutique spa hotels including traditional Czech cuisine.



The tour is limited to the first 15 signed up travelers on first come first serve basis.

For detailed information and reservation please call or email:

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