

## ANTISTRESS – THE BURNOUT SYNDROME AT REHABILITATION CENTRE LĪGATNE



### Program composition:

Rehabilitator physician consultation, rehabilitation plan specification and supervision by a physician during the course of rehabilitation

Initial physiotherapist consultation and rehabilitation plan specification (30 min.)

Therapeutic exercises with a physiotherapist (30 min.) 3x

Psychologist individual lesson (30 min.) or a dance movement therapist lesson in group (45 min.)

Underwater massage (20 min.) 3x

Overall toning massage (80 min.) 2x

Nordic Walking or dosed load on an exercise bike

Accommodation in a standart one bedroom room with breakfast

Lunch and dinner

### Offer price:

6 days: 514.25 Eur

Offer valid from 01.08.2024.-30.09.2024.

### TRIP DATES

### TRIP DISTANCE

1 km

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PRICE: **514.25 EUR** / 605 EUR

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