

# BOOST your TENNIS in the winter SUN



5 days training

+

7 nights

= €795 pp\*

27/01 - 3/02/24

or

3/02 - 10/02/24



## Tennis Training:

- Monday until Friday:
- 9.30-10.00: Chi-Kung
- 10.00-13.00: Tennis training
- 2 Tennis courts on site



## Accommodation\*:

- Price based on 1 private bedroom with bathroom pp per apartment on luxury golf & spa resort.
- 2 pers per apartment
- with Wifi



## Location:

# LES DOMAINES DE SAINT ENDRÉOL

GOLF & SPA RESORT - PROVENCE CÔTE D'AZUR FRANCE

\*\*\*\*  
+123 456 789  
www.lesallies.com



# €795pp\*

Françoise Grindout  
Tennis Coach



## Included:

- **5 mornings:** Training Monday until Friday
- **7 nights\*:** Accommodation Saturday until Saturday  
You will share your apartment with 1 other person.  
For 2 persons sharing a bedroom or preferring a house please contact me for prices.
- **Access to 2 hours of Spa/day** incl indoor swimming pool
- **For golfers:** €20 discount on each green fee 18 holes (so €65 instead of €85)

## Not Included:

- **Transport,** by car or by plane
- **Food:** Self-catering in your apartment with fully equipped kitchen or restaurant with panoramic views at the golf
- Team lunch on Wednesday (optional)
- **Drinks:** Brasserie at the golf

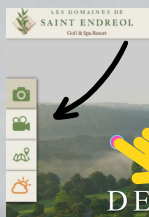
## This is what your day will generally look like:

You will be able to walk to the tennis courts, located on the resort, 2 min from your apartment.

9.30-10.00 Chi-Kung: Chi means energy. An unorthodox way to warm up, to build up energy for the day, focussing on the fascia as well as the mind.

10.00 -13.00 Tennis: we will work on technique, tactics of course, but also apply and train some mental tools, simple but efficient, which allows us to play more relaxed and enjoy the game better. On the Friday we will put everything into practice during the fun doubles with prize-giving to conclude these 5 days together.

Free time in the afternoon can be spent on the tennis court, golf course, spa, or exploring the beautiful region. There is free WiFi so you can choose between Netflix or work....!



50 min drive from Ste Maxime, St Tropez,  
Grasse parfumerie, Verrierie de Biot  
1.30 hours from Nice Airport  
1.10 hours from Toulon Airport  
12 hours' drive from Den Haag

<https://www.st-endreol.com/en/>

Maximum 8 participants per week  
Contact me if you wish to create your own group



+31 6 52 71 34 31

**Register at [info@francoisegrindoutennis.com](mailto:info@francoisegrindoutennis.com)**