



# PLAN B ESCAPES

RELAX, RECHARGE & REBOOT

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[www.planbescapes.com](http://www.planbescapes.com)

# PLAN B ESCAPES

Unwind. Keep Fit. Eat  
Well. Revitalise Your  
Body and Mind.

Also ideal for



Yoga



Circuit  
training



Boxfit



Nutritional  
advice



Trekking



Kayaking



Volleyball



Wellbeing

“It’s very hard to explain the magic that happens at a Plan B Escape. The location, the amazing food, the yoga, the fitness classes and the massages are all well planned and delivered by people who have a deep passion for what they do. 5 stars aren’t enough!”

- Lorraine

## JOIN US FOR OUR NEXT ESCAPE

Rural Catalonia | 14th-18th September 2017

Free transfers

“My experience was incredible. I can’t wait to go back.”

- Francesco

“Thanks for an amazing break - you did a great job and brought a lot of happiness to a lot of people.”

- Rob

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