

## **JOMBA 'FIT' CAMP HUNGARY 25'**

**14<sup>th</sup> Aug – 17<sup>th</sup> Aug**



Széchenyi Chain Bridge Budapest

### **Discover Hungary with an unforgettable fitness and wellness retreat!**

Join us for an inspiring journey as we explore the vibrant city of Budapest and the breathtaking landscapes along the northern shore of Lake Balaton

#### **Highlights:**

##### **Budapest:**

Stroll through historic streets, soak in the famous Széchenyi Thermal Baths, and get your heart pumping with high-energy workouts or dance sessions.

##### **Veszprém – Balatonfűzfő – Balatonfüred – Tihany:**

Experience stunning lake views on scenic hikes, lakeside workouts, and group activities in nature.

##### **Unique feature:**

Daily 3-hour family constellation sessions to help you reconnect with your inner balance and bring out the best in yourself.



Akarattya Bay

**The Price includes:**

- Airport transfer to accommodation (by public transport)
- 1 night in Budapest (B&B City Hotel or Leonardo Hotel)
- 2 nights at Lake Balaton (Éden Hotel, Balatonfűzfő)
- Traditional Hungarian breakfast
- All transportation around Budapest and Lake Balaton
- Daily workouts & self-awareness sessions:  
Stretching, Zumba, Jomba strength training, Jumping fitness, Power walks
- Entry to: Széchenyi Spa, Heroes' Square, Parliament, Buda Castle, Veszprém Castle, Balaton Bob, panoramic viewpoints
- Public transport pass in Budapest

**Prices & discounts:**

- €480 (April 16 – June 15)
- €510 (after June 15)
- Deposit: €225 due within 5 business days of booking
- Full balance due by August 1<sup>st</sup>

**Room upgrades:**

- Single room supplement: €42 (3 nights)
- Lakefront Marina Fűzfő upgrade (2 nights): €42

**One-day options:**

- Full day incl. breakfast: €120 (Balaton), €130 (Budapest)
- 1-night/1-day: €150 (Balaton), €160 (Budapest)  
(One-day passes don't include Balaton–Budapest transfer.)
- A 50% deposit (€225) must be paid within 5 business days of booking, no later than June 15, to secure the room and the discounted rate. If the total amount is not paid by the deadline, the discounted rate and the same accommodation cannot be guaranteed.

**Cancellation policy:**

- 10% of the deposit will be withheld if cancelled at least 1 month before the event.
- 50% of the deposit will be withheld if cancelled 4 weeks before the event.
- 100% of the deposit will be withheld if cancelled 1 week before the event.



BOB Panorama trail

### **Day 1 – August 14<sup>th</sup>: Budapest**

Arrival by 8:00 AM at Budapest Airport

Check-in, sightseeing: Basilica, Danube Riverwalk, Parliament, optional Margaret Island power walk

Family Constellation Session (1 PM – 4 PM)

Evening program: Buda Castle District, Fisherman's Bastion, followed by Jumping fitness or Citadel hill walk

Optional dinner & salsa night at Fröccs Terasz

### **Day 2 – August 15<sup>th</sup>: Budapest – Balaton**

Morning at Széchenyi Baths + Heroes' Square & Vajdahunyad Castle

Family Constellation Session (2 PM – 5 PM)

Travel to Balatonfűzfő, sunset hike to Kisfaludy Lookout or surprise event

Group dinner, goulash cooking & social evening



Széchenyi Thermal Bath

### **Day 3 – August 16<sup>th</sup>: Veszprém & Lake Day**

Sunrise stretching & fitness by the lake

Hiking tour: Veszprém Castle – Lovers' Valley

Family Constellation (1 PM – 4 PM)

Free time or optional Balaton Bob adventure

Evening: Balaton Wine Festival & lakeside dinner

### **Day 4 – August 17<sup>th</sup>: Tihany & Farewell**

Final constellation session in the morning

Tihany Abbey & Echo Walk

Lakeside sunbathing, aqua fitness

Farewell circle – optional extra night upon request



Buda Castle

### **Additional information for the Daily Activities:**

**Facultative programs** are not 'have to do activities.' You can fill up your free time with relax, sleep, eat...more exercises, less workout or with anything you prefer to do individually.

Airport Shuttle: +36706111300

City Taxi/ Cab: +361444 4444, +361666 6666

Activities are optional — relax, rest, or train as you wish.

**JOMBA** is a UK-developed trampoline fitness concept that's low impact and high intensity — up to 3x more effective than traditional cardio!

**Stretching:** Mind and body connection session make your body ready for the day or calm you down for the night.

**Family Constellation:** powerful guided work on personal growth and generational healing (led by Anita Repkény, psychologist). She combines traditional psychological approaches with powerful holistic tools.

**Intense group exercise sessions** on the beach, in the garden, in the swimming pool with JOMBA 'dance routines' without/ with trampolines.

Professional leaders of the camp:

**Anita Repkény** is a psychologist and certified systemic constellations facilitator with over 20 years of professional experience.

Fitness related workouts led by **Andrea Kovács**, a qualified PE teacher, PT, swimming, and fitness coach. Ironman winner of 2015.





Gozsdu Court

### **Booking & Contact**

- Flight not included
- Info: +36 20 540 4790 / +44 7878 805269
- [info@jomba.co.uk](mailto:info@jomba.co.uk)

### **Referral discounts:**

- Bring a friend: 10% cashback after their registration
- Returning guest: €12 discount
- Share a bed? €25 refund per person
- Payment by bank transfer or PayPal

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