

BLUEGRASS WELLNESS

Two dates in 2017 are available:

July 16 – 20 and August 6 – 10, hotel Marlene*, Oščadnica, SK**



Bluegrass Wellness is the right choice for

- musicians who want to develop their skills and enjoy a lot of jamming
- musicians' partners who like music and long for active relaxation and wellness activities in a beautiful environment
- everyone who prefers unconventional holidays full of good food, drinks and live music everywhere

Music program

Tuition:

- 4 group lessons (1. singing+harmony vocals, 2. playing in a band, jamming, playing on stage, 3. solo building and improvisation, 4. rhythm)
- 4 x individual lessons (min. 30 minutes) in a for
- room for other consultations during the whole stay

Jam sessions – every evening

Concerts – performances by students, tutors and invited bands

The music program and tuition will be provided by:

1st date: July 16 – 20, 2017



Petr Vošta (banjo, bassguitar) | **Henrich Novák** (dobro) | **Ondra Kozák** (fiddle, bass) | **Vít Hanulík** (guitar, mandolin)

www.cimprcamp.cz

www.henrichnovak.com

www.ondrakozak.com

www.newaliquot.com

NOTE: Guitar, mandolin, fiddle and upright bass classes are full. Please consider applying to the second date.

2nd date: August 6 – 10, 2017



Peter Mečiar (banjo, dobro, bassguitar)

www.petermeciar.com

Ralph Schut (guitar)

www.g-runs.com

Ondra Kozák (mandolin, fiddle, bass)

www.ondrakozak.com

Wellness program

Every day:

swimming pool, sauna nad Jacuzzi accessible all the time (until midnight)
once a day – aquagymnastics and workout in the swimming pool
once a day – workout, circuit training
twice – skin treatment
once – paraffin hand pack



Wellness program provided and assured by: **Eva Beňáčková**

Other activities

Sports: Tennis, table tennis, trampoline, billiards

Hiking: walks, cable car to „Dedovka“ (hiking, bobsleigh, rope climbing)

Trips:

- Stará Bystrica
- Terchová
- Čadca

The hotel is baby-friendly.

Accommodation

2-bed rooms equipped with TV, fridge, bathrooms, Wi-Fi

Food

In a stylish restaurant: breakfast buffets, lunch, dinner

Barbecue party + jam sessions on Sunday evening



Price

- **musicians: 219 €**
- **non-musicians: 199 €**

Price in case of longer stay (Saturday-Thursday):

- **musicians / non-musicians: 257 € / 237 €**

Contact and applications: mail@atamusic.eu