

# 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](http://www.cimprcamp.cz)

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

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

[www.newaliquot.com](http://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](http://www.petermeciar.com)

**Ralph Schut** (guitar)

[www.g-runs.com](http://www.g-runs.com)

**Ondra Kozák** (mandolin, fiddle, bass)

[www.ondrakozak.com](http://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, bobsleight, 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



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### Price

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

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

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

Price in case of shorter stay (Sunday-Tuesday):

- **musicians / non-musicians: 145 € / 129 €**

Just lessons: **80 €**

**Contact and applications:** [mail@atamusic.eu](mailto:mail@atamusic.eu)