

## ANTISTRESS – THE BURNOUT SYNDROME. REHABILITATION CENTRE LĪGATNE



### Program composition:

Rehabilitator physician consultation, rehabilitation plan specification and supervision by a physician during the course of rehabilitation

Initial physiotherapist consultation and rehabilitation plan specification (30 min.)

Individual therapeutic exercises with a physiotherapist (30 min.) 3x

Psychologist individual lesson (30 min.) or a dance movement therapist lesson in group (45 min.)

Underwater massage (20 min.) 3x

Overall toning massage (80 min.) 2x

Nordic Walking or dosed load on an exercise bike

Accommodation in a standart one bedroom room with breakfast

Lunch and dinner

**6 days: 605.00€ 514.25**

**Promotion valid from 01.02.2026. - 31.03.2026.**

### Apply for the program:

+371 64161917, +371 26431450

Medical Institution Code: 4212-00001

### TRIP DATES

### TRIP DISTANCE

1 km

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**PRICE: 514.25 EUR / 605-EUR**

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