

ANTISTRESS – THE BURNOUT SYNDROME. REHABILITATION CENTRE LĪGATNE



Program content:

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.)

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

Offer price:

6 days: 605.00€ 514.25

Offer valid from **01.10.2025.-30.11.2025.**

Apply for the program:

+371 64161917, +371 26431450

Medical Institution Code: 4212-00001

TRIP DATES

TRIP DISTANCE

1 km

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