



Balm for body and soul: First Feelgood Cruise from AIDA Cruises

May 31, 2023

Exceptional athlete Kristina Vogel and other prominent sports professionals and nutrition experts ensure holistic well-being on board AIDAstella

On November 5, 2023, it's "cast off" for a relaxing break from stressful everyday life: On board the first Feelgood Cruise, guests will experience a unique cruise that focuses entirely on health and well-being. The voyage is specifically designed to provide an unforgettable experience that improves physical fitness, mental balance, nutrition and well-being in a sustainable way. Guests can combine the variety of experiences of an AIDA vacation with versatile workouts and try out the latest trends.

A team of experts, including top athletes such as Olympic champion Julius Brink, exceptional athlete Kristina Vogel and the AIDA gourmet patrons have put together an extensive program both on board and ashore that is specially tailored to the guests' needs.

The cooperation with the IFAA promises not only challenging courses, but also fun and entertainment. International experts offer a comprehensive program with over 70 free fitness courses at the highest level, suitable for beginners and advanced athletes. IFAA master trainer Rebecca Barthel, former competitive athlete and expert in functional training presents an athletic program with highlights such as TosoX, HIIT and Power Dumbell. Her motto "set your mind on power" promises motivating passion and energy. The international dance and fitness presenter and Capoeira master Ivam da Silva from Brazil inspires with Latin American rhythms and Brazilian flair in Latin Dance, Brazilian Abdominal-Leg-Po and the martial art Capoeira. He was awarded as the best IFAA Master Instructor. The trainer and instructor Petra Havelkova presents Pilates Flow, the Barree Workout and the "DAYO" movement concept she developed herself, short for Dance Yoga. She has already been awarded the title of best Aerobic Master Instructor of the IFAA. As a mental coach, she is also an excellent motivator. A former competitive inline speed skater, fitness economist and qualified trainer, Nicole Hofrichter enchants with a varied sports program - from Bodega Moves, Pilates and Zumba to Fascia Fit courses, Core 3D and Tae Box. On land, things get sporty, too - whether it's beach volleyball with Olympic champion Julius Brink or running on the beach, stand-up paddling, kayaking, hiking or on an e-bike tour.

But it's not just about physical fitness. This trip also places great emphasis on mental balance and relaxation. A variety of activities help to calm the mind and relax the spirit. These include meditation, mindfulness exercises and relaxation techniques. Experienced coaches help achieve greater contentment and inner balance. For example, multiple track cycling world champion Kristina Vogel motivates people to overcome strokes of fate and achieve resilience in life with her lecture "Getting up while sitting down." IFAA Mental Coach and motivator Petra Havelkova will talk about "Mental Balance" and impart the necessary know-how to cope with stress and to find mental strength, for example by means of meditation. Dr. Marc Weittel, CEO of Cardioscan, gives informative and entertaining lectures on topics such as "Metabolic Activation during Sleep" and "Immune Booster Musculature".

Of course, nutrition is also an important part of the cruise. AIDA gourmet mentors Günther Kroack, Andrea Schirmaier-Huber and Franz Schned, as well as kitchen professional Alexander Eder, spoil guests with healthy as well as delicious culinary delights. IFAA nutrition coach Rebecca Barthel shares tips for "Smart Nutrition." Chef and auditor Michael Loitz takes guests on a restaurant tour on board and provides insights into current nutrition trends.

In addition to all these activities and meals, guests also have the opportunity to pamper themselves in the spa area. Guests can choose from over 80 wellness treatments in the Body & Soul Spa, learn new spa rituals from all over the world and enjoy the breathtaking sea view. And not just on the Feelgood Cruise, but on every AIDA voyage: AIDA Cruises offers the extra portion of relaxation with the new "Wellness Vacation" package. This turns every AIDA cruise into a wellness trip. Up to 30 days before their AIDA journey the guests can book in their travel planner myAIDA the advantage package Wellness vacation from the limited contingent to the favorable Sofortbucherpreis of 159 euro (instead of 232 euro). Three days of relaxation in the wellness oasis incl. sauna landscape with fantastic sea view and a heavenly AIDA Harmony wellness massage for the back await the guests.

The 7-day Feelgood Cruise on board AIDAstella takes you from/to Gran Canaria to the most beautiful destinations around the Canary Islands. Lanzarote, La Palma, Tenerife and Madeira attract with pleasant temperatures, beaches and a fascinating volcanic landscape. The Feelgood Cruise is the perfect opportunity to give the body and mind a break and focus on health and well-being. Guests experience an unforgettable cruise that gives a new sense of vitality and well-being.

In addition to the Feelgood Cruise, AIDA Cruises offers many other special event voyages or weeks, so-called AIDA Specials. During their voyage, guests enjoy all the amenities they are accustomed to from AIDA, plus a program in many areas on board that is perfectly tailored to the theme of the voyage. The next AIDA Specials are already being planned. For an up-to-date overview of upcoming events, visit www.aida.de/specials.

Rostock, May 31, 2023

Price example for the editorial office:

Feelgood Cruise with AIDAstella

7 days from/to Gran Canaria

05 - 12 November 2023

from 715€* p. p.

* AIDA PREMIUM price per person for double occupancy (inside cabin IB), incl. 150 Euro early bird plus discount, limited contingent in each case

The current AIDA travel conditions, notes and information at aida.de/agb apply.