

# Hire me

for your Event, Seminar, Retreat



# health & wellness

**stress**

**management**



# motivation



**creativity**

**high**

**performance**

I understand how important it is, to provide a high-quality service, to your clients.

I will help you to meet the highest expectations of your customers, sharing my quality experience and passion in what I do.





I will take care of the  
Wellness Program at your  
Event, Seminar or Retreat.

















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www.4evafit.ie



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4EVA  
FIT.IE





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FIT.IE



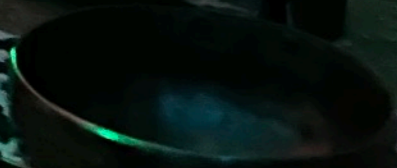




YOGA  
MEDITATION  
RETREATS

@connemaraescape

CONNEMARAESCAPE.IE





**Who  
I am  
?**



**I am**

**Transformation Coach,  
Life Coach & Mindset Trainer,  
Wellness & Stress Management Coach,  
Performance Coach,  
Personal Trainer and Fitness Professional,  
Public Speaker, Business Coach,  
Retreats Organiser & Facilitator**



My name is **Eva Witek**.

I work in well-being industry for **over 15 years**. I am **passionate** about holistic movement, fitness, wellness, nutrition, sport, self-development, mindset, psychotherapy and self improvement.

I am **certified Personal Trainer** and Nutrition Adviser, Fitness Professional in many disciplines like Aerobics, Functional Training, RIP-60, Kettlebell, Stretching, Isometrics and Core, Fascia Release, Blackroll, Yoga, Pilates, and Qigong, Mindfulness, Meditation, Sound Healing, Stress Management to name a few.

I'm **certified Life Coach, Strategic Intervention Coach, NLP Coach, 6 Human Needs Coach, and Business Coach**.

I am certified by **Tony Robbins**.

I combine different methods and techniques to work on **Body, Mind and Spirit balance**.



**Hire me for your Events.**

**My 15+ years of experience in Wellness Industry guarantees the highest quality of service.**

**proudly  
worked for**



Let's create  
the best program  
for your guests

Do you need an idea?



# **businesses & corporations**

**Stress management Wellness Retreat.  
High Performance Habits &  
Productivity Business Retreat.**

Let's customise the program to meet  
your personal needs.



# hotels

Let's customise the program to  
meet your personal needs.

Wellness breaks for retired people.

Wellness breaks for corporations and  
businesses.

Wellness and Life Coaching with interactive  
seminars.

Self Care Retreats.

Yoga & Pilates Retreats.

Mindfulness & Meditation Retreats.





## Rejuvenate Retreat

3 nights at Screebe House Hotel, Connemara  
Tuesday to Friday, November 1st to 4th

YOGA & QIGONG  
PILATES & AQUA CLASS  
SOUND BATH  
GUIDED MEDITATION  
SAUNA  
SALTED POOL  
ACCOMMODATION  
BREAKFAST, LUNCH & DINNER MENU

Screebe booking@screebe.com Connemara Escape hello@connemaraescape.ie



OCEAN DIPS - SAUNA - JACUZZI - SALTED POOL  
3 NIGHTS ACCOMMODATION  
BREAKFAST - LUNCH - DINNER MENU

hello@connemaraescape.ie booking@screebe.com

Connemara Escape Screebe

# Rejuvenate Retreat

Screebe House Hotel, Connemara  
March 7th to 10th - Tuesday to Friday



## Autumn Wellness Breaks

Pilates | Yoga | Tai Chi | Meditation

# Wellness Breaks

Pilates | Yoga | Tai Chi | Meditation

4 Night Package from just €375pps

**BOOK NOW**

CLIFDEN STATION HOUSE HOTEL Connemara



# Wellness Breaks

Pilates | Yoga | Tai Chi | Meditation

4 Night Package from just €375pps

**BOOK NOW**

CLIFDEN STATION HOUSE HOTEL  
Connemara



# What do the customers say?

“ I found Eva's Wellness Break very enjoyable. I was a bit worried that I would find the Pilates too difficult, While there was no pressure, Eva was very encouraging and also professional and I was very happy that I rose to the challenge and enjoyed all the classes and the meditation.

I am already planning my next break with Eva.”

Mena

“ Eva is like a warm hug! I took part in the Screebe house retreat with her, I could not recommend it more. I came home relaxed and more focused. She is incredibly knowledgeable and intuitive.”

Eimear

Clifden Wellness Retreat 06-10 November.  
I really enjoyed the Wellness Retreat, Eva is a wonderful instructor, very helpful and supportive. The Yoga and Sound Healing session was amazing and the taster classes really inspired me. I can't recommend Eva's classes enough, thanks Eva! Ger

“This is exactly what I needed. Honestly had the best time. Stayed for 3 nights. Eva was fantastic!!! She made us all feel so welcome. I can't wait to do another one of these retreats. The location was absolutely beautiful . Thank you so much. “

Cassandra

Please read  
more reviews on  
Facebook,  
Google and  
TripAdvisor



A woman with her hair in a braid, wearing a black tank top and leggings, is standing on a sandy beach. She is holding an orange resistance band with one end anchored to the sand and the other end in her right hand, which is raised high. The background shows a sandy dune under a cloudy sky.

**Contact me to discuss the program and the rates.**

**I am looking forward to working with you.**

[www.4evafit.ie](http://www.4evafit.ie)

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FIT.IE**



# What extra will you get ?

One teacher who covers it all. High quality service covering many different and versatile activities for body, mind and spirit.

Your event added to the Event Calendar on [www.4evafit.ie/events/](http://www.4evafit.ie/events/) website.

Your event promoted on the website and all social media channels.

Your event exposed and referred to 4EvaFit followers and subscribers.

Flexibility, adaptability and availability.

# CONTACT ME

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