

Thanos Hotels Introduce Golf and New Golf Training Packages



5 December 2014 – [Thanos Hotels' Almyra](#) and [Annabelle](#) have created tailor-made golf holiday packages and a bespoke golf training programme '**Fit for Golf**' at the award-winning [Almyraspa](#).

This includes their '**Stay 5 pay 4**' and '**Stay 7 pay 6**' package starting from €515 (approx. £402) which includes three or five rounds of golf, complimentary daily buffet dinner, choice of up to four 18 hole championship golf courses and free access to the Almyraspa gym, sauna and steam room.

In addition, for keen golfers there is a **special group offer** – for every seven golfers booked, the eighth golfer stays and plays free. This includes group leaders and PGA pros, making it the ultimate trip for those looking for a golf holiday.

These packages are complemented by their 'Fit For Golf' training programme, designed to help guests reach their full golfing potential is run by the spa's in-house trainer, Simon Birchall, who creates an individual programme for each golfer. This involves postural and movement analysis, specialised core and body strengthening exercises, stretching and mobilising exercises and mental techniques.

Simon said, *"Fitness for golfers has become a lot more popular over the last decade, with golfers understanding a functionally strong and mobile body will not only improve their performance but also keep them injury free. The Fit for Golf programme will focus mainly on the physical aspect of golf and also the mental aspect to ensure you're both physically and mentally at your best."*

Blessed with all-year-round sunshine – perfect for golfing and located within 22 km of four world-class championship golf courses – [Elea Golf Estate](#), [Aphrodite Hills](#), [Minthis](#)

Hills and Secret Valley – these luxury Cypriot hotels have always been the perfect base for avid golfers of all handicap abilities.

Golf aside, the Almyra and the neighbouring Annabelle boast between them fourteen acres of tropical and landscaped gardens, six swimming pools, including an indoor pool, eight restaurants and, of course, the Almyraspa. Golfers and regular guests alike can relax with a spa treatment or work out in a yoga or pilates class. Situated on the waterfront in the town of Paphos, both hotels are within walking distance from nearby boutiques and restaurants, the castle and the house of Dionysos with its unparalleled Roman mosaics.

For more information please visit www.almyra.com and www.annabelle.com

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Notes to Editors:

Thanos Hotels

Thanos Hotels is a family run hotel group in Cyprus, comprising three properties: Annabelle, the group's deluxe resort Anassa and her hip younger sister Almyra. Designed for pure pleasure, each hotel offers a different experience and a wide array of activities and cultural experiences that take guests into the unspoilt heart of Cyprus. All three hotels boast extensive recreational and leisure facilities, and specialise in family holidays with the Explorers programme for children aged from four months. www.thanoshotels.com

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