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59th

International Rudolf Dreikurs Summer School

Courses in Adler / Dreikurs Theory and Practice

July 26 - August 8, 2026

Borovets, Bulgaria

Welcome to the 59th Rudolf Dreikurs Summer Institute	3
1. PROGRAM AT-A-GLANCE	4
2. COURSE SELECTION GUIDE	5
3. PROGRAM WEEK 1	5
PLENARY LECTURES FOR WEEK 1, 9:00 - 10:30	5
MORNING COURSES, 11:00 - 13:00	6
AFTERNOON COURSES, 14:30 - 16:30	7
FULL DAY COURSES 11:00 - 13:00 and 14:30 - 16:30	8
4. PROGRAM WEEK 2	8
PLENARY LECTURES FOR WEEK 2, 9:00 - 10:30	8
MORNING COURSES, 11:00 - 13:00	9
AFTERNOON COURSES, 14:30 - 16:30	10
FULL DAY COURSES 11:00 - 13:00 and 14:30 - 16:30	10
5. YOUTH AND CHILDREN PROGRAMS	11
6. ICASSI BOARD OF DIRECTORS, FACULTY & STAFF	11
7. SCHOLARSHIP AND FINANCIAL ASSISTANCE	12
8. REGISTRATION: DUE DATES, FORMS, AND PROCEDURES	13
ONLINE REGISTRATION	13
EARLY REGISTRATION DEDUCTIONS	13
GROUP RATES	13
REDUCED FEE	13
PRICES	14
SUMMER SCHOOL PACKAGE	14
ACCOMMODATIONS: ROOM AND BREAKFAST	15

WELCOME TO THE 59TH RUDOLF DREIKURS SUMMER INSTITUTE

We are delighted to welcome you to the 59th Rudolf Dreikurs Summer Institute, taking place in the beautiful mountain resort of Borovets, Bulgaria, at the Hotel Rila in the summer of 2026!

Together, we will gather with friends and colleagues from around the world to learn, share, and grow in the spirit of Alfred Adler and Rudolf Dreikurs. Surrounded by the stunning Rila Mountains, this will be a time to connect, reflect, and be inspired—both personally and professionally.

More than sixty years ago, in 1962, Rudolf Dreikurs held the first post-war Adlerian Summer School in Denmark, beginning a tradition that continues to flourish today. Each year, the Summer Institute brings together people who share a passion for social interest, encouragement, and mutual respect—values that are as important now as ever.

In a world still facing great challenges—climate change, social division, and struggles with mental health—the ideas of Adlerian Individual Psychology offer hope and direction. They remind us of the power of community, cooperation, and belonging.

Our 2026 program will explore these themes through inspiring lectures, practical workshops, and lively discussions. Topics include parenting, education, counseling, clinical practice, workplace dynamics, and multicultural living.

Whether you are a counselor, teacher, therapist, coach, parent, or simply someone interested in personal growth, this Summer Institute offers an opportunity to learn, connect, and recharge in a warm and welcoming community.

We can't wait to welcome you to Borovets for memorable weeks of learning, laughter, and lasting friendships!

Eva Dreikurs Ferguson,
Co-Chair ICASSI

DECLARATION OF NON-DISCRIMINATORY POLICY

ICASSI welcomes students and participants of any race, color, sex, sexual orientation, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available at ICASSI.

It does not discriminate on the basis of race, color, sex, sexual orientation, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and other ICASSI administered programs. Vice versa it will not tolerate any discrimination by participants against others on any of the grounds mentioned above. When discriminatory behavior occurs ICASSI reserves the right to exclude that participant from further participation.

What Adlerian Psychology has to offer counter discrimination:

SOCIAL INTEREST - Contributing to the welfare of humanity

SOCIAL EQUALITY - Accepting people as equals

MUTUAL RESPECT - Avoid anything that makes people less worthy

1. PROGRAM AT-A-GLANCE

Participants should plan to arrive on Sunday afternoon of the week their participation begins and depart Saturday morning of the week their participation ends.

Week 1

Sunday, July 26	Participants for Week 1 and both Weeks Arrive (check in 15:00)
14:00-19:00	ICASSI Registration
20:00	Opening Ceremony
Friday, July 31	
17:30	Closing Ceremony
19:00	Special Dinner for All Participants
Saturday, August 1	Week 1 Participants Depart (check out 11:00)

Monday to Friday, Week 1 and 2

07:00 – 8:00	Bloc 0 Exercise	
07:30 – 8:45	Breakfast	
09:00 – 10:30	Plenary Sessions	
	Children and Youth Courses	
10:30 – 11:00	Coffee Break	
11:00 – 13:00	Morning Courses	-Half-Day Courses
		-Full-Day Courses
13:00 – 14:30	Lunch break (on your own)	
14:30 – 16:30	Afternoon Courses	- Half-Day Courses
		- Full-Day Courses
16:45 – 17:45	Special Presentations**	
	Tuesday, Wednesday and Thursday	
18:00 – 19:30	Dinner (Sunday, Monday, Wednesday and Friday)	
20:00 – 21:15	Evening Sessions (Monday, Wednesday and Friday)	

** Special Presentations are sessions that provide an opportunity for participants and faculty to present a subject of their own choice in seminar format. A list of each day's special presentations is in the daily ICASSI Newsletter. Persons interested in presenting are requested to turn in their request early in the week.

Week 2

Sunday, August 2	Participants for Week 2 Arrive (check in 15:00)
16:00-19:00	ICASSI Registration for Week 2 Arrivals
20:00	Welcoming Ceremony for All
Friday, August 7	
17:30	Closing Ceremony
19:00	Farewell Banquet for All Participants
Saturday, August 8	All Participants Depart (check out 11:00)

2. COURSE SELECTION GUIDE

ICASSI offers a variety of course options to meet participants' learning needs and interests, whether one registers for the first week, the second week, or for both weeks. Each morning from 09:00 to 10:30 there is a plenary lecture and demonstration. Following the plenary lecture, participants choose either two half-day courses or a full-day course per week.

DISCLAIMER: ICASSI reserves the right to change or cancel course offerings as necessary for programmatic reasons, e.g., if courses do not have minimum number registered, faculty illness, etc.

Languages:

Alfred Adler and Rudolf Dreikurs were native German speakers so their first publications on Individual Psychology were in German and it therefore has strong roots in the German language. Until today, ICASSI has lived up to this tradition and offers translations of the lectures to German and English. Also some courses are offered in both languages. However, if all participants of that course agree on one language it will be held in the agreed language.

Additionally this year we provide some courses in Bulgarian and Turkish.

Course descriptions and educational objectives for plenary lectures and courses are to be found on the website www.icassi.net

3. PROGRAM WEEK 1

PLENARY LECTURES FOR WEEK 1, 9:00 - 10:30

Monday July 27	IP in Today's world - Eva Dreikurs Ferguson (video presentation) and Uti Landscheidt Rudolf Dreikurs was born more than 125 years ago and passed away over 50 years ago. So how can we believe that, in today's world of technology and artificial intelligence, his philosophy and Individual Psychology remain relevant and beneficial for everyone? How can we assume that fundamental principles such as holism, Gemeinschaftsgefühl (social interest), and encouragement can stand the test of time for centuries? Yet, Dreikurs' ideas still have much to teach us. His insights into family constellations, private logic, life tasks, and mistaken goals continue to help us improve our relationships — in our families, our communities, and even in the political world. Wherever people live and work together, the principles of Individual Psychology offer valuable guidance. By learning how to apply them, we can foster a deeper understanding of human behavior and connection. So let us begin our Rudolf Dreikurs Summer School with a shared goal: to learn, to encourage one another, and to contribute to making the world a better place for everyone.
Tuesday July 28	Playing with the Rules - Terry Kottman In this experiential plenary, we will use Adlerian play therapy techniques to examine some of the rules by which we live.

Wednesday July 29	Intentional parenting: Using the Crucial Cs to understand and motivate children (with demonstration) - Amy Lew <p>Adlerian parenting techniques usually focus on encouragement and redirecting misbehavior. Adding the Crucial Cs to traditional Adlerian parenting helps adults understand why their children are feeling discouraged and helps parents develop approaches that motivate children to find their place in the world constructively. This plenary will discuss the four basic necessities that we all share (the Crucial Cs: connect, capable, count and courage) and show how uncovering a child's discouragement can help us, help them feel the Cs through useful means. There will be a demonstration.</p>
Thursday July 30	Understanding Safeguarding responses in Trauma Therapy - Anthea Millar <p>Trauma can be seen as the ultimate experience of inferiority. When the purpose of trauma symptoms is understood as safeguarding behavior, not only in psychological but also biological and social terms, a deeper appreciation of Adler's holistic theory emerges. This understanding also underlines crucial aspects for trauma therapy. A live demonstration will illustrate the principles of enabling dual attention, whilst ensuring safety and stabilization.</p>
Friday July 31	Self Care for Caregivers – Marion Balla <p>As Caregivers, we must be alert to signs of distress and 'compassion fatigue' as we juggle time, priorities, personal and professional expectations. This course will present the latest brain research on self-nurturing and self-soothing, the warning signs of symptoms which require our active intervention for self-care, as well as strategies to ensure we live more balanced and bounded daily lives.</p>

OVERVIEW: WEEK ONE - COURSES

MORNING COURSES, 11:00 - 13:00

#	Instructor and Course Title	Languages			
		Eng- lish	Ger- man	Bulgar- ian	Turkish
101	Calvin Armerding - Emotions & Their Purpose	X			
102	Ball, Marion - Managing Grief and Loss in personal and professional lives	X			
103	Bluvshtein, Marina - Understanding the dreams and the dreamer	X			
104	Hillenbrand, Andrea - Self-Care	X	X		
105	Landscheidt, Uti - Art Therapy and Lifestyle	X	X		
106	Levitt-Frank, Mia - Letting Go and Holding On: An Adlerian Approach to Transitions and Change	X			
107	Millar, Anthea - Restorative Supervision: An Adlerian-Integrative Approach	X			

108	Molan, Karen - Birth Order: The Sibling Rivalry Solution	X			
109	Schläpfer, Christelle - (Cyber)Bullying - An Adlerian Approach	X	X		
110	Sperry, Jon - Motivational Interviewing and IP	X			
111	Tate, Bruce - Creativity and Private Logic	X			
112	Todorova, Vera - Adlerian Perspectives: Family Dynamics and Beyond	X		X	
113	Uzun, Bilge - Belonging and Becoming: An Adlerian Guide to Joyful Living	X			X
114	Williams, Hallie - Individual Psychology: Concepts, Theory, and its Development	X			

AFTERNOON COURSES, 14:30 - 16:30

#	Instructor and Course Title	Languages			Open to Youth
		E	G	B	
201	Balla, Marion - Mother-daughter relationships	X			X
202	Greenhalgh, Bruce - Integrating mindfulness with IP to enhance life	X			
203	Holder, Jim - The Family Dance: Understanding Addiction and Recovery in the Family System	X			
204	John, Karen - Leadership in Action	X			X
205	Levitt-Frank, Mia - Metaphors That Transform: Exploring the Stories We Live By	X			
206	Matti, Kathrin - Konflikte bearbeiten– Mediation aus adlerianischer Perspektive		X		X
207	Millar, Anthea - Safe Trauma Therapy: An Adlerian Approach	X			X
208	Molan, Karen - What is Your Health Script in Your Lifestyle	X			
209	Oberst, Ursula - Understanding (mis)behavior in adults	X	X		X
210	Pacurar, Anda - Grief process with children	X			X
211	Pavlova, Dragomira - Lifestyle and financial decisions	X			X
212	Schläpfer, Christelle - Education in a digital world	X	X		
213	Sperry, Jon - Building community with rhythm and music	X			
214	Williams, Hallie - Loneliness, Self-Isolation, and the Path to Connection: An Adlerian Journey	X			X

Or ONE FULL-DAY Course

FULL DAY COURSES 11:00 - 13:00 AND 14:30 - 16:30

#	Instructor and Course Title	Languages	
		E	G
301	Kottman, Terry - Life and Play	X	
302	Lew, Amy - Early Recollections, the Crucial Cs and the Connexions Focusing Technique: A How-To Course	X	
303	Shaked, Anabella - Psychodrama for building Resilience	X	

4. PROGRAM WEEK 2**PLENARY LECTURES FOR WEEK 2, 9:00 – 10:30**

Monday August 3	Adler Lives in Bulgaria: The Bulgarian Story of Resilience, Striving and Overcoming - Vera Todorova The Plenary Presentation examines the history of Adlerian Psychology in Bulgaria – the introduction, development and influence of IP in a post-communism settings and the aftermath of the restrictive social and political context of communism, including limitations on family size, marital status, career path and political conformity. Through personal narratives rather than formal early recollections we will explore how these conditions shaped family dynamics, personal choices, and emotional life. The presentation will highlight themes of resilience and overcoming, illustrating Adlerian principles of social interest, belonging, courage, and striving for significance.
Tuesday August 4	Understanding Virtual Movement: The Role of IP & Technological Behaviors - Joseph Cice Using the Crucial Cs model this plenary will explore the way technology is changing the way we interact and connect with others as well as move through the world. We will discuss these issues and opportunities from an individual psychology perspective covering main concepts including (but not limited to) movement, social interest, striving, lifestyle, private logic, and the requirements for psychologically healthy human beings. It will examine the relationship we have with technology and roles it plays in our Lives.
Wednesday August 5	Bringing Old and Young Together for Community Mental Health and Wellbeing - Karen John Increased standardization of curricula and age-segregation in schools has resulted in inattention to the creativity, talents, and needs of the young. The old are also underestimated and undervalued. Both groups are stereotyped and marginalized; many feel lonely, inadequate, and hopeless. A variety of inter-generational and mixed-age community initiatives provide strong evidence that bringing old and young together benefits everyone. Participants will be encouraged to support - engage, learn, play or work with - older and/or younger people regularly.

Thursday August 6	From Inferiority to Influence: Transforming Challenges into Opportunities for Contribution - Hallie Williams <p>This plenary will invite participants to explore one of Alfred Adler's most enduring insights — the human struggle with feelings of inferiority — and how these experiences can serve as catalysts for growth, resilience, and social contribution. Drawing on Adlerian principles of social interest, encouragement, and purposeful striving, this plenary will highlight how challenges, setbacks, and even perceived limitations can be reframed into opportunities for meaningful influence in families, communities, and society at large. Through reflection, narrative, and applied examples, attendees will be encouraged to consider how Adler's psychology provides both a lens and a pathway for transforming difficulties into strengths that foster belonging, cooperation, and contribution.</p>
Friday August 7	ER's and addictions (with demonstration) – Jim Holder <p>Adler emphasized the importance of the client's drive to move from a "felt minus" to a "felt plus." In this context, it is crucial to identify the negative feelings (felt minus) present in the early recollections of clients struggling with addiction. Understanding these feelings provides insight into how addictive behaviors give clients a sense of superiority, helping them achieve a more positive feeling state (felt plus). The positive intentions behind their use of addictive behaviors point to a pathway for encouraging healthier movement and growth.</p>

OVERVIEW: WEEK TWO - COURSES

MORNING COURSES, 11:00 - 13:00

#	Instructor and Course Title	Languages			
		E	G	B	T
401	Armerding, Calvin- Embodied Adlerian Psychotherapy	X			
402	Bluvshtein, Marina - Metaphors, Early Recollections and Our Next Courageous Step	X			
403	Hartshorne, Tim - All behavior has a purpose: Applications to Challenging Behavior	X			
404	Hill, Lindsay - Why People Act the Way They Do	X			
405	Holder, Jim - Reorientation and Mindfulness to Lower the Risk of ADDICTIONS	X			
406	John, Karen - Suicide and Suicide Behavior	X			
407	Landscheidt, Uti - Advanced Art Therapy and Lifestyle	X	X		
408	Shoham, Yoav - Encouragement: Overcoming Stressful Situations	X			
409	Todorova, Vera - Artificial Intelligence (AI) and Adlerian Intelligence: 2 in 1	X		X	

410	Uzun, Bilge - Adlerian Psychodrama: Family Constellation	X			X
411	Williams, Hallie - Adlerian principles in community psychology	X			

AFTERNOON COURSES, 14:30 - 16:30

#	Instructor and Course Title	Languages				Open to Youth
		E	G	B	T	
501	Armerding, Calvin - Overcoming Barriers to Cooperation	X				X
502	Cice, Joe - Beyond Childhood: Incorporating the Crucial Cs into Adult Life	X				
503	Greenhalgh, Bruce - Centred in the Storm: Cultivating Calm and Resilience in Times of Crisis	X				X
504	Hartshorne, Tim - Coping with Loss and Grief	X				
505	Hill, Lindsay- The Courage to Care: Self-Worth, Boundaries, and Belonging	X				
506	Matti, Kathrin - Coaching aus adlerianischer Perspektive		X			
507	Pacurar, Anda - Understanding adolescents	X				X
508	Pavlova, Dragomira - Creative Writing through the Lens of Individual Psychology	X		X		X
509	Shoham, Yoav - The Art of Encouragement	X				X
510	Tate, Bruce- Life Tasks and Social Interest	X				X
511	Uzun, Bilge - Journey to self-worth from an Adlerian perspective	X				

Or ONE FULL-DAY Course

FULL DAY COURSES 11:00 - 13:00 AND 14:30 - 16:30

#	Instructor and Course Title	Languages	
		E	G
601	Oberst, Ursula - Couples – what works, what doesn't, what helps	X	

5. YOUTH AND CHILDREN PROGRAMS

Youths' Program		
Early Mornings during Plenary	Mornings	Afternoons
Y-1 Youth Recreation Greg Posyniak (W1), Eric Pacurar (W2)	Y-2 Personal Development for Youths 12-17 Noam Shoham	Y-3 Youth Recreation Noam Shoham (W1), Greg Posyniak (W2)
Children's Program		
Early Mornings during Plenary	Mornings	Afternoons
C-1 Children's Recreation Andrea Popa & local person (W1), Shuli Zheng & local person (W2)	C-2 Children's Program Shuli Zheng & local person (W1), Shuli Zheng & Itamar Abramson (W2)	C-3 Children's Recreation Shuli Zheng & Andreea Popa (W1), Eric Pacurar & local person (W2)

6. ICASSI BOARD OF DIRECTORS, FACULTY & STAFF

Honorary Chairperson:	Sadie E. "Tee" Dreikurs, USA (Deceased)
Co-Chairpersons:	Eva Dreikurs Ferguson, USA Theo Joosten, The Netherlands Uti Landscheidt, Germany
Secretary-Treasurer:	Karen John, UK
Board Members:	Marina Bluvshtein, USA Mia Levitt-Frank, Israel Anda Pacurar, Romania Hallie Williams, USA

ICASSI 2026 FACULTY

(More information about the faculty can be found on the website)

Faculty name	Country	Faculty name	Country
Abramson, Itamar	Israel	Millar, Anthea	United Kingdom
Armerding, Calvin	USA	Molan, Karen	Ireland
Balla, Marion	Canada	Oberst, Ursula	Spain
Bartels, Lutz	Germany	Pacurar, Anda	Romania
Bluvshtein, Marina	USA	Pacurar, Eric	Romania
Cice, Joseph	USA	Pavlova, Dragomira	Bulgaria
Dreikurs Ferguson, Eva	USA	Popa, Andreea	Romania
Greenhalgh, Bruce	United Kingdom	Posyniak, Greg	Germany

Faculty name	Country	Faculty name	Country
Hartshorne, Tim	USA	Schläpfer, Christelle	Switzerland
Hill, Lindsay	USA	Shaked, Anabella	Israel
Hillenbrand, Andrea	Germany	Shoham, Noam	Israel
Holder, Jim	USA	Shoham, Yoav	Israel
John, Karen	United Kingdom	Sperry, Jon	USA
Kottman, Terry	USA	Tate, Bruce	United Kingdom
Landscheidt, Uti	Germany	Todorova, Vera	Bulgaria
Levitt-Frank, Mia	Israel	Uzun, Bilge	Turkey
Lew, Amy	USA	Williams, Hallie	USA
Matti, Kathrin	Switzerland	Zheng, Shuli	China

ADMINISTRATIVE STAFF

Landscheidt, Sabine, M.A., LL.M., Administrator, Darmstadt, Germany.

Cice, Joseph A., Ph.D., Assistant Administrator, Kailua Hawaii, USA.

Hertl, Beate, Administrative Support Person, German Speaking Contact Person, Graz, Austria.

7. SCHOLARSHIP AND FINANCIAL ASSISTANCE

As part of ICASSI's mission to spread the teachings of Alfred Adler and Rudolf Dreikurs, ICASSI offers a limited number of awards for those in financial need:

- a) Major Scholarship: Covers Summer School Package, room and board
- b) Tuition Assistance: Instead of paying the full Summer School Package, these recipients will pay 241€ per week which covers the cost of 4 dinners, morning coffee and opening and closing ceremonies. Their tuition costs are covered.

Scholarships and Tuition Assistance are given to individuals who have a clear financial need and who seek to apply Adler-Dreikurs principles more effectively in their work. A letter of recommendation from a past or present ICASSI Faculty or Board member, or a member of a national or regional Adlerian Society, is required. Assistance is not available for travel.

Application Forms for MAJOR SCHOLARSHIPS and TUITION ASSISTANCE are available from our website, www.icassi.net or from Joe Cice josephicassi@gmail.com. The application form should be returned to Joe Cice by midnight (EST) February 15, 2026.

8. REGISTRATION: DUE DATES, FORMS, AND PROCEDURES

CHART OF DUE DATES

ACTION NEEDED	 DUE DATE
Scholarship Application	February 15, 2026
Early Registration Deduction	March 15, 2026
Letter of Invitation Request for Travel Visa *	April 1, 2026
Registration by (registration possible after this date, but late registration fee applies)	June 1, 2026
Final Payment (otherwise 75€ will be added)	June 15, 2026
Request for Tuition Refunds (cancellation fee applies)	June 15, 2026
Request for Room Refunds (cancellation fee applies)	June 15, 2026
Registering for classes**	Available on first come basis**

*Requests after April 1 will incur a processing charge of 25€

**Registration for ICASSI will close if we reach the capacity of the facilities.

ONLINE REGISTRATION

Registration is possible through: ICASSI.cventevents.com

If you experience any problems with registration, please contact the administrator Sabine Landscheidt @ info.icassi@gmail.com

OFFLINE REGISTRATION

Participants who prefer to register by mail please download the form from the website or send an email to the administrator to receive the form.

Payment of Fees: Payments are payable to ICASSI in Euro. Please notice that a deposit of at least 300€ (or 550€ for a family) should be made at the time of registration, and that the balance is due by June 15, 2026.

EARLY REGISTRATION DEDUCTIONS

If you are an adult (general admission) registering before March 15th, 2026 you will benefit from an early registration deduction.

GROUP RATES

Please consult the website for information about the group rates.

REDUCED FEE

Countries (regions) are the Eastern European countries of: Bulgaria, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Poland, Romania, Slovakia as well as India, Latin America, Malaysia, Morocco, Russia, Singapore, Turkey and Ukraine.

All further information (Refund policy, Travel Visas, etc.) as well as payment options can be found on the website at <https://icassi.net>

PRICES

SUMMER SCHOOL PACKAGE

The Summer School Package includes tuition, dinner on Sunday, Monday, Wednesday and Friday of each week, registration drinks, opening and welcome reception, farewell dinner, coffee breaks and organizational fees. Note: It does not include dinner on Tuesday, Thursday or Saturday.

Summer School Pkg.	One Week	Both Weeks
Early Bird Adult (Before March 15th)	681 €	1202 €
Adult	731 €	1262 €
College Student*	621 €	972 €
Youth (12-17)**	481 €	872 €
Child (4 - 11)	360 €	650 €
REDUCED FEES***		
Adult/College Student	481 €	872 €
Youth (12-17)	431 €	807 €
Child (4-11)	335 €	620 €
Fee for accommodating partners****	341 €	682 €

*Full time University or College students in academic year 2025/2026 or 2026/2027

** All ages are based on age as of July 15, 2026

*** To be eligible for this fee you must live in one of the countries listed

****Fee for adult partners of participants when partner do not take classes and stay in accommodation in the hotel

ACCOMMODATIONS: ROOM AND BREAKFAST

Accommodation fees include room and breakfast. Prices listed are all per person.

Note with regard to sharing a double room: If you want to share a double room you have to name your roommate. If you want to share a room with a stranger of the same gender, mark this on the registration form and we will try to accommodate your wish. If no room-mate can be found, you will need to pay the price of a single room. If you were assigned to a room share and you have to cancel your room registration, only a partial refund can be made for the accommodation.

ACCOMMODATION (all rooms are in the Rila Hotel)	One Week (6 nights)	Both Weeks (13 nights)
Hotel Rooms (4 Star Hotel) – Per Person		
Single Room (ensuite bath)	570 €	1235 €
Double Room (ensuite bath) - two queen sized beds - per person	330 €	715 €
Children between 2-11 years (in parents/ family room)	60 €	130 €
Children under the age of 6 sleep in their parents/ family room	free	free

**For further
information:**

info.icassi@gmail.com

www.icassi.net

