

# Babymooning

Congratulations!! Reading about a babymoon holiday hopefully means you are well on the way in your pregnancy or somebody you know is! :)

How about A Short Break Together before your new little family member arrives.

With Prenatal Yoga sessions for Mama to be, Couple Class(if you want), Surf or Windsurf for the partner while mama gets a Relaxing and Restoring MamaMassage. Enjoy time together on a mostly sunny Island.

A week of BabyMooning together is Fun, Rejuvenating and Preparing :)

## Included in Your Package

- 4 nights accommodation in Double Bed room
- 2 Yoga Classes Together
- Private Prenatal For Mama
- A couples Massage
- All yoga materials included
- A PartnerClass in Birth preperation
- 1 Surf class for the partner with beach transfer
  
- Not included in the price: 3 extra nights
- Not included in the price: Airport transfer

## The PRICES

Overview of prices for 2020.

Private Double bed, 1 week	690€
Extra Price with All Meals*	+95€
Extra Price Printed Journals	+15€
Extra Pedicure	+35€
Extra Surf Class	+50€
Postnatal Recovery Session	+25€

\*All meals are:

daily Breakfast, 3x packed Lunch.

For the other dinners we suggest you go and discover what this amazing town has to offer, or use the well equipped kitchen.

Optional you can add - an extra stay for the week;

The package only offers a 4 nights program, this way there is time left if you like to stay longer on the island for you to discover and do as you like. You can add 3 more nights to the package and possible also do more Yoga, Surf, Prenatal sessions or Massages if you want!

Also you can add:

Airport transfers, spanish classes, windsurfclasses, coaching 1 on 1.

Yoga Mat and props, PDF Journal and all bedlinnen/towels are included in your package. You just bring comfy clothes and some evening outfits, flipflops and swimwear and you'll be just fine!

## The DATES:

★ YEAR ROUND

4 nights. With possibility to add a little stay before or after.

## The PROGRAM:

The days will look more or less the following overview:

You can start on any day of the week.

For example arriving on “Saturday” will get you a day to acclimatize and settle. Recovering from the flight and getting used to the climate.

The day after arrival, in this case, “Sunday”, you’ll have afternoon Yoga together. A whole day to enjoy the area, the beach, shop or discover how you like it.

The next day, “Monday” there is Surf and Prenatal Yoga (or a pedicure if you rather do that).

The third day, “Tuesday” you have a lovely couples massage and in the afternoon Yoga together.

On the last day, “Wednesday” there is a Couples Session where you prepare the birth together.

- If you fly in the morning we will schedule this session on the day with the surf and private mamasession.

This program is doable for any who are in their 2nd trimester. We wouldn’t recommend a long flight out after you hit the 7th month of your pregnancy. ALWAYS check with your healthcare provider IF this is GOOD for you!!

## About the Teachers

Eline, teaches a mixed style yoga. She uses a slow flow to find more about your own yoga practice, how are you doing today? And what do you need? Becoming aware of your own body, postures and thoughts while working on asanas and breathing techniques. Don't try to look like the picture in the book (or on insta) but get the asana to work for you! We all have different bodies, you can't expect us all to look the same. Eline trained with Birthlight for motherhood yoga, including pre and postnatal yoga. Guiding women through this intense stage of life is a passion Eline found during her own pregnancy, it is such a precious time!

## How to get here?

You can fly to either FUE or ACE.

FUE (Fuerteventura) airport is located just outside Puerto del Rosario.

To get to Corralejo take the bus to Puerto Rosario and from there the bus to Corralejo OR use an airport transfer with pickup inside the arrival hall of the airport straight to the house.

ACE (Lanzarote) Almost as easy as flying to Fuerteventura, from the airport take the bus to Playa Blanca (1 bus, 1 hour drive) all the way to the Puerto, from there you take a 20 minutes ferry ride to Corralejo.

For flights to ACE it is important to arrive maximum 15.00/15.30h and not departe before 12.00h, to make sure you match with the ferries which go on a fixed time schedule.

Details on the bus lines and route to the house will come with the final updates and info email you receive after booking.

## Accommodation and Location

You will stay in the villa in Corralejo.

- In a Private Room, double bed with semi-private bathroom.

The house has a kitchen with all equipped you need, there is a laundry machine, wifi and lots of relax corners in- and outside.

The house is located in Corralejo which is a small town full of restaurants, shops and great beaches. The sand dunes and grandes playas are right next to the town and also ' the volcanoes' are a 15 minute walk to reach.

## Reservations and Booking

As we like to work with small groups up to 8 people we ask you to make your reservation in time!

To Confirm a spot we ask a 30% prepayment. We only accept bankwire or paypal for prepayments(service costs will be added to the total price). Details will follow once you placed a reservation request.

Cancellation policy:

Of course pregnancies bring different risks to booking your holiday, therefore cancellation is flexible. You can cancel the holiday due to health reasons at anytime. If you no longer aloud to fly or something came up, let us know as soon as possible for a full refund.

For other reasons the standard rules apply:

Up to 30 day before your arrival you are entitled to a full refund (minus possible administration costs).

If you have to cancel up to 14 days upon arrival you will receive 70% of your prepayment back.

We ask you to pay the leftover balance one week before your arrival.

In case cancellation happens within the last 7 days you will get a 50% refund. If you find a replacement in case of cancellation we can refund fully you minus the administration costs after everything has been settled.

See out terms and conditions for more details regarding bookings, rules and rights.

- You are fully understanding this holiday is at your own risk, participating, staying here and flying over. We don't recommend you to take this package if there are any doubts or health risks. If in doubt ask your doctor!

Before booking please check for availability with your preferred duration and dates,  
If you like to hold your spot in the immersion please email right away to:  
[eline@yogaline.eu](mailto:eline@yogaline.eu)

Or fill out the form here: [www.yogaline.eu/babymoon](http://www.yogaline.eu/babymoon)

