

# FREQUENTLY ASKED QUESTIONS

Is there a Kitchen in the house?

What should i bring?

How do i get there?

What is the difference between the beach house and the surf house?

How much would i spend on food?

What kind of yoga do you Teach?

What is the average age of the other guests?

What language is the class in?

A few TIPS for you:

## Is there a Kitchen in the house?

Yes!

There is a fully equipped kitchen in the house, you can cook anything you like, make tea/coffee/toast, use the oven and there is a big fridge for everybody. You will have your own cabinet to store the groceries.

## What should i bring?

About a week before your arrival you'll receive a final information mail which will have all detail for your specific package, this also includes a packing/leaving list.

Some important things to keep in mind is that the island is a bit like the desert, during the day it can be really hot, but at night the temperature can drop quite a bit. A jacket/scarf and comfy socks/shoes are no luxury if you like to sit at the terrace or make a beachwalk to gaze at the immense black sky, with sooo many stars!

Also for Yoga we recommend to wear layers to protect from the sun, against wind and keep you warm when not moving to much. Your clothes have to be comfortable, not limiting you in movement. Some extra socks and a beach towel for the final resting pose, savasana, are mostly a nice extra you won't regret.

We have all yoga materials but if you prefer your own you are free to bring them.

## How do i get there?

You can come by bus or airport transfer from either FUE airport or ACE airport.

FUE, Fuerteventura, Puerto del Rosario is the most common one. From here you can reserve an airport transfer which will pick you up in the arrival hall A. If you like some more adventure, got time and save some bucks, you also come by bus. This is 2 busses with a transit in Puerto del Rosario(1 - 3h). From the bus stop it is a little walk like max. 10 minutes. Depending if you stay at the beach house or the surf house. The bus driver prefers cash coins and don't often have change for bills, bring you small money :).

From ACE, lanzarote airport you can take the bus and one short ferry ride to town.

The bus goes straight from the airport to the harbour (1h), the ferry goes every hour till 18h and in high season a little longer.

Make sure to arrive with the flight max at 15/15.30 not to create any stress with the ferry.

If you depart from Lanzarote best are departures after 12.00h to make your way to the airport.

## What is the difference between the beach house and the surf house?

The Surfhouse is a comfortable villa with not to many beds, a pool, a very big and modern kitchen and a huge terrace + rooftop terrace.

You enjoy a comfortable modern stay just out of the tourist zone in Corralejo. The house has all you need and the rooms are clean!

The Beachhouse is a luxury comfortable villa at the beach, with seaview from some of the rooms and a hottub on the terrace this feels like a high end getaway, with many surfers in the house it still is easy going, the kitchen is fully equipped, all the fridges have space for the max 17 people that can stay here. It is not a party house, a bbq ones in a while or a long night around the Tub will be a joy!

The house offers not mixed rooms and semi private bathrooms, little higher in price but you get what you pay for!

## How much would i spend on food?

Food in Corralejo is AMAZING! There are so many great , affordable and diet friendly restaurants out there.

Vegan places, Juice bars, Homemade Italian Icecream, Cocktail bars, amazing coffee corners and fresh artesanal bakeries! You will find everything you desire!

Prices for a breakfast will be between 2 and 5 euro for fresh juice, italian coffee, croissants or sandwiches.

Dinners you can find for 6 euro a homemade burger (vegan also) with authentic fries, or 20 for a 2person fresh paella in a local place. Around 8-12 euro you find any kind of meal!

Want inspiration or have specific cravings, just write us a text and we'll tell you the right place to be!!

## What kind of yoga do you Teach?

The yoga classes with Eline are a mixture, personalized and slight therapeutic. We work on your needs for the day. Slow Flow is the best description as we try to match the pose to our bodies and take time to feel and become aware of what is happening. The breathe is there to guide you, and the mind slowly will follow. To accomplish the bliss we take tie in savasana to recover. Yoga is serious enough a little joke and a laugh are welcome.

With Tjasa you will mostly work on vinyasa flows, stronger or faster movement of poses on the breathe, discover the rhythm and get your mind to fall in the flow. Someday there is meditation and others more Yin, following the vibe and group for the day.

With Alya the postures follow a little faster and holds are stronger, the vinyasas are strong, challenging and playfull. A great match for balance in your week.

## What is the average age of the other guests?

Most people writing us are born in the 80's or late 70's. There are often some older and sometimes a few younger but average in their 30's and 40's, it feels like a place for everybody!! In the house there could be others of different ages coming on a surf or windsurf holiday, a great mix!

## What language is the class in?

We teach in English, assistance in postures and questions can be handled in many other language depending the teacher there is Dutch, German, French, Spanish, Slovenian, Chinese, Croatian, some Portuguese and Bulgarian. Aren't we a nice mix!

## A few TIPS for you:

- ★ The Fit & Yoga holiday offers a change to German Citizens to get a discount by their **krankenkasse**, the trainer, Kathi is certified and therefore you have a right to an allowance for the HealthProgram, this is up to 150 euro, mostly about 75€ which is a nice give back to cover some flights.
- ★ You could try with your boss to request some extra time off or support towards the holiday as they definitely benefit from healthier, happier employees. Yoga is proven to be highly effective in preventing BurnOuts but also helps in improving a bad office posture (keeping you from RSI and headaches). If you don't ask you won't know, it might be worth the shot! It has worked before! **Supporting the wellbeing of the Employees** could be part of your company's HR plan.
- ★ Flights can also have a short transit in Barcelona or Madrid, this could save you on the **ticketprice**. Booking real early or really late if you dare to try gives the best prices, keep an eye on the tickets and write us as soon as you can to reserve you a spot (we can refund you if it doesn't work out up to 31 days before arrival).
- ★ You might just do fine with a **handluggage** of 10kg (paying only a little extra in some companies compared to over 20€ for luggage). The island offers great climate all year around, yoga is barefoot, shampoos and liquids can mostly be bought here as well and the rest of the time you'll be fine on flipflops.
- ★ You can **help a puppy/dog** to travel to their new owner on your way home. Often adoption dogs for the island fly to other countries where their new owners wait for them, if you feel like doing a good cause you can check one of our dog rescues and see if they need a flight buddy (all you do is be the buddy as the dog is put through customs and picked up on the other side).
- ★ Group bookings give **discounts**, if you book with more than 2 people you get a group discount, ask for details!!