

# Yoga and Soul

One week of Yoga & Soul Holidays

Enjoy time on yourself, your complete self. Take your own future into your hands, during a week on this powerful island you will learn all tools on taking control of your life, your mind and your future. You can get whatever you want , i you want it strong enough.

Learn how to formulate your future, manifest your wishes and relax during yoga. Gaining more awareness of the self through the movement and breath.

A week of Yoga And Soul is renewing, Renuvatjating and Rebalancing

## The PRICES

Overview of prices for 2019.

Shared Dorm Soul week	750€
Twin Room, Soul week	780€
Private Room, Soul week	880€
Private Double bed, Soul week	920€
Extra Price with All Meals*	+95€
Extra Price Printed Journals	+25€

\*All meals are:

1 dinner, daily Breakfast, 5x 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;

Airport transfers, Massage, SUP or SUPYOGA classes, spanish classes, surf classes, 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!

## DATES:

★ NOVEMBER '19

★ MARCH '20

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

## The PROGRAM:

The days will look more or less the following overview:

Arrival Day there is an opening circle.

Daily Start with Short yoga practice and Fresh Meditation

Afternoons are for coaching and soul sessions, working with the trainer in groupformat

There are 3 moments in the week where you will work one on one.

Departure Day there is a closing circle before breakfast.

Do you feel like it might be too much to coop with, than add some extra personal 1 on 1 time into your package and create a journal to keep track on your progress.

## 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.

Zoe, is a psychologist with a bachelor degree in organisational psychology and works as holistic coach, she uses the manifestation

## 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 depart 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.

There are 3 roomtypes to choose from:

- Dorm Room, 4 person shared rooms with a shared bathroom. Mixed room with lockers.
- Twin Room, 2 person shared rooms with bunkbeds, not mixed, with lockers and a semi-private bathroom.
- Private Room, doublebed or bunkbed rooms 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 20% prepayment. We only accept bankwire or paypal for prepayments(service costs will be added to the total price),

Cancellation policy:

Up to 30 day before your arrival you are entitled on 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 left over 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 you minus the administration costs after everything has been settled.

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

Before booking please check for availability with your preferred accommodation style, 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/](http://www.yogaline.eu/)

