

50 hour Yoga Immersion

One week of Yoga, Yoga, Yoga..

Dive yourself into yoga, not just a holiday but a full immersion, nothing but yoga and yourself matter this week. Discover more about your own practice, your body and posture, your meditation progress. Following the path of Patanjali there is time to work on the steps of the 8th fold path. Dip yourself into a week of bliss...

The standard Package includes

- Accommodation based on twin or private room
- Daily 90 minutes of morning asana practice
- Daily 90 minutes of afternoon asana practice
- After the asana practice there is 30 minutes Pranayama or Philosophy
- 3 Midday YinYoga sessions
- Meditation sessions
- 3 Anatomy & Lifestyle Courses with Sports Doctor Lena
- Daily Journal Time
- Meals : A healthy Picnic and a closing Dinner
- 3 one-on-one sessions Reflecting or Deepening, your own pick.
 - Private Yoga
 - Sports Medicine
 - Nutrition
 - Ayurvedic Massage

The **50 Hours** are divided into:

21 hours of Asana Practice

3 hours of Anatomy and Body-Posture Awareness

6 hours of Philosophy & Pranayama

3 hours of Meditation

10 hours of Journal, Deepening and Reflection time

7 hours of Group activities time

Prices

The Prices for the Level 1 Immersion are:

Shared Dorm Level 1	777€
Twin Room, Level 1	860€
Private Room, Level 1	1115€
Private Double bed, Level 1	1205€
Extra Price with All Meals*	+95€
Extra Price Printed Journals	+10€
Extra Price Massage 1h	+50€
Extra Price Anamnesis with Doctor	+60€

*All extra meals are:

Daily Breakfast, 5x packed Lunch.

One dinner and one Picnic are included in the standard package.

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.

Yoga Mat and props, PDF Journal and all bedlinen/towels are included in your package.

You just bring comfy clothes and some evening outfits, flipflops and swimwear and you'll be just fine!

When

Upcoming Dates:

★ OCTOBER-NOVEMBER '19

★ JANUARY-MARCH '20

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

How to get here:

Flights, busses and airport transfers.

Flights to Fuerteventura(FUE) airport from all over europe come in every day.

To get to Corralejo from the airport it is 2 busses with a transit in Puerto Rosario, this takes about 2-3 hours and costs not more than 6€ or, faster is an airport transfer with a pick up inside the arrival hall, straight to the house, this costs between 30€ and 40€.

If you arrive a day earlier or want to stay longer let us know and we see if we can offer you a space into the house longer, or tell you the best places to stay in town and around the island!!

Via Lanzarote (ACE), Arrecife airport, it is one bus and one ferry, straight to Corralejo, this is almost as easy to get to us.

Flights to Lanzarote are best if land before 15.00h and depart after 12.00h, due to your ferry times, keeping it low stress! :) From the harbour in Corralejo we can pick you if we are around or you take a short stroll through the town to the otherside.

Accommodation and Location

About the villa:

The dorm: Is a 4 person shared room with shared bathroom.

The twin rooms: Are bunkbed rooms with semi-private bathrooms

The private rooms: Have kingsize double beds or a twin bunk with semi private bathrooms.

There is a complete fully equipped kitchen available in the house for cooking, a fridge and storage. If you need to do a laundry there is a machine available.

The house is cleaned daily and towels are included in the rooms.

The accommodation is based in Corralejo, a comfortable town on the beach in the North of Fuerteventura.

The house has all you need to live the life for a week on this amazing volcanic island.

The town has restaurants in all budgets and for all diets, we never seen so many vegan facilities in one place as in corralejo.

Beaches are white and the ocean is blue and crystal clear, in October the warm water from Europe is passing by, the wind is dropping and the winter will come with big swells.

The big grandes playas and sand dunes are a nice walk out of town, about 25 minutes to the beginning of the beaches and 45 till the dunes if you go by foot, the volcanoes are 15 minutes to the edge of the village, loads of exciting tours to make around. In the town you will find big supermarkets, handcraft-art markets and bars with terraces on the city beaches. Fresh juices are available everywhere!



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.

Tjasa, teaches vinyasa and yin. Flowing with the breath, moving through postures and meditation after exercise, with years of experience Tjasa will take you on a discovery tour in asana land. Her meditations are doable for everybody!

Lena, is doctor in sports medicine. Not just workouts there is so much more to the body and the way we move, Lena studied sport science and became a doctor in sports health! She will know what you need to improve your posture, health and all questions you have about your physics. Lena can give you exercise programs along side your yoga practice to remain a healthy lifestyle for your body, mind and life!

Alya, teaches a strong vinyasa. Advances upside down, arm balancing and strong holds, Alya offers a lovely powerful flow to experience the power of asana and breath.

The Program:

The days look mostly like this;

Morning Yoga practice with after pranayama or philosophy

Meditation session

Break; time for surf, sup and/or lunch.

After the break there is Yin Yoga or Anatomy/Lifestyle class

Short break

Personal development time / quiet hours and journal.

Afternoon Yoga practice with after pranayama or philosophy

Massages and personal sessions are scheduled throughout the day between the classes. There are some extra program parts scheduled like the walking meditation, the picnic in the dunes, the dinner night and the closing circle.

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 bank wire 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 our 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

Or fill out the form here: www.yogaline.eu/booking

