

# Yoga and Yoga

One week of Yoga more Yoga on your Holidays

Enjoy time on yourself, your complete self. And do only what you want to do.

With daily 2 yoga classes you will dive deeper into your own yoga practice, forming asanas to your body, finding your stronger and softer spots, pranayama and meditation to work on your whole self. Yoga is fun and doable for everybody, we all practice on our own pace and the flow will be created aimed at each individuals needs..

A week of Yoga Holidays is Renewing, Rejuvenating and Rebalancing

## Included in Your Package

- 7 nights accommodation
- Daily Afternoon Yoga Classes
- Daily Morning Yoga Classes
- One half day Off to have time for other plans
- All yoga materials
  
- Not included in the price: Group Dinner
- Not included in the price: Airport transfer

## The PRICES

Overview of prices for 2020.

Shared Dorm 1 week	345€
Twin Room, 1 week	430€
Private Room, 1 week	690€
Private Double bed, 1 week	730€
Extra Price with All Meals*	+95€
Extra Price Printed Journals	+15€
Extra Massage Relaxing	+50€
Extra Massage Energetic	+65€
Extra Crystal Workshop	<b>Free from +3pers</b>
Extra Essential Oils Workshop	<b>Free from +3pers</b>

\*All meals are:

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 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!

## The DATES:

★ YEAR ROUND

7 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.

The day after arrival you'll have your first morning and afternoon yoga classes.

One day we will be off for either the morning or the afternoon session depending on the weekly schedule.

## 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 a mix of yin and vinyasa, an easy flow with sometimes meditations added to it. Tjasa teaches for over 20 years, lots of classes and lots of different students.

## 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 room types 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 or twin beds-mixed, with lockers and a semi-private bathroom.
- Private Room, double bed 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 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 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/yogaholiday](http://www.yogaline.eu/yogaholiday)

