



Accommodation

Accommodation is on a shared basis unless you have arranged otherwise with us in advance.

There is a yurt and a pyramid, 4 garden rooms and 3 summerhouses - although not en-suite these are the past participant's favourite accommodation.

There are also 4 en-suite twin rooms.

Three studio apartments are slightly separate from the rest of the venue and share a private third pool - see picture above.

Cost (not including flight)

Accommodation	David's yoga students who have been on a previous retreat with him, or attend his classes, only		All other participants
	Early bird	After June 1st	
Shared Yurt	£455	£475	£495
Shared Room	£505	£525	£550
Shared Pyramid (double bed)	£480	£500	£550
Shared Summer-house	£505	£550	£570
Shared En-suite Room	£600	£620	£650
Shared Studio Apartment	£635	£650	£670

Flights: you will need a flight to Tenerife South departing from the UK in the morning. Early bookers should expect to pay about £180, occasionally less.

We are happy to search the internet for flights for you - *remember the earlier you book the cheaper it is.*

Included: accommodation, transfers from Valle Gran Rey, 3 superb organic vegetarian buffet meals per day (except Tuesday evening) and yoga. Early bird prices are for David's students booking before June 1st

Not included: flights and transfers. Travel insurance, excursions and treatments

Single supplement where applied £120 for tent and standard rooms, £170 for en-suites and apartments.

To reserve your place, or for more information, please contact the Free Spirit Travel office:-
 01273-564230 mailinfo@freespirituk.com
www.freespirituk.com



Yoga with David Sye on Tropical La Gomera



December 3rd - 10th 2010
 from £455 (plus flight) full board



Come and join us on the beautiful Island of La Gomera. Set in the Canary Islands and only 4 hours away from London, La Gomera is a truly unspoilt island

Our yoga venue is in a secluded bay just outside the fishing village and dolphin centre of Vueletas flanked all around by impressive rocks, many elements converge on this magical spot.



Yoga Beats with David Sye

David Sye, listed as one of the top ten Yoga teachers in the UK and a Yoga Elder, has developed over many years "Yogabeats", his own brand of Yoga.

Yogabeats is regularly invited to feature in various festivals, cities and countries, gaining international success and recognition. This "gentle power" yoga fuses Hatha, Astanga, Mridu and Vini. Gentle at the beginning and end but with dynamic and powerful periods at the core.

David has been practising yoga for over 20 years in international locations such as America, India and Israel.

On this holiday he will take you on a journey to touch all your senses. The Yoga class is for all levels and is driven by music that matches the pace and the flow of the Yoga

Finca Argayall is a self sufficient organic farm with its own natural spring (the water is said to have healing properties).

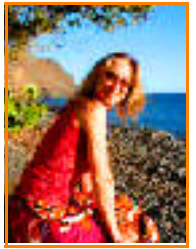
There's lots to do between your classes.

Two pools, one heated at body temperature for water therapies and one full size to have a cooling swim in the heat of the day.

Or you may want to hang around in the shade of the rubber trees, one holds a hammock the other a swing that sweeps the pool.

A variety of early morning and afternoon meditation classes are held between your yoga programme and there's a choice of easy to hard rainforest walks and dolphin boat rides. Or you can chose to just relax and spend your days basking in the sunshine on the lawns looking out to the balmy sea.

Therapies such as ayurvedic massage and reiki are available every day.



A typical day on your holiday will look like this

7.00 - 8.00	*Locally run Meditation for the early risers!
8.00 - 9.45	Yoga with David
9.45 - 10.30	Breakfast (breakfast can be taken from 8am)
10.30 - 13.30	Free-time
13.30 - 14.30	Lunch
14.30 - 16.00	Free-time/ excursions/ massages
16.00 - 17.00	*Locally run classes / Free-time
17.30 - 19.00	Yoga with David
20.00 - 21.30	Dinner
21.30 - 22.30	Free-time/ evening activity programme

**Please note we cannot guarantee the daily availability of locally run classes*

