



yogalife

GRAN CANARIA RETREAT

10TH - 16TH MAY 2024

Fitness • Yoga • Detox

For more information please visit our website yogalifeuk.com/retreats

Welcome to Yogalife's fitness, yoga and detox retreat; the perfect combination of yoga and group Personal Training sessions that are designed to complement each other and create the best version of you!

The fun fitness sessions will promote strength, endurance and fat loss, while the magic of yoga will enhance determination, flexibility, focus and of course that all important peaceful, calm mind.

We then seamlessly tie these two elements together with our nutritionally balanced, delicious, plant based meals. The best bit is all of this takes place in our private eco-biosphere reserve in Gran Canaria, where beach and mountain hold hands, 10 kilometres away from the nearest village, but only 100 metres from our secret beach...

Allow Yogalife to take care of you; you deserve it!



Bespoke

We will look at each individual's physical and well-being goals, measure where you are now and from that information we will design your diet guidelines, exercise program, yoga and beach sessions to ensure rapid, effective results.



Intimate

Our private eco-retreat is set in 10,000 sq metres of vibrant colour with palm trees, hammocks and little mediation spots everywhere. All the cabins are en-suite with single and twin occupancy available. We even have two converted cave rooms (please ask about availability). Whether you are a seasoned athlete/yogi or a complete beginner, we will take care of you and make sure you are working at your pace. The Yogalife goody bags will be filled with supplements, aromatherapy candles, oils and bath salts that are designed to sooth sore muscles and help you relax.



Energising

Our food will be freshly prepared every day and will be mainly plant based. We guarantee it will be delicious and nutritious, yet perfectly balanced for energy, health and detoxification. Produced on site are organic coffee beans; honey that is produced by stingless black bees which are not found anywhere else in the world; and cactuses that are filled with antioxidants, and therefore make the perfect juices!



Dynamic

We will use a wide variety of the latest training, yoga and meditation techniques such as HIIT training, circuits, primal movement, cross-fit, boxing, straight sets, high reps, hill runs, slow runs, beach training and all the variations of yoga - slow flow, vinyasa, power, rocket - along with deep meditation and breathing techniques.

Your experience

Our main aim of all the Yogalife life changing retreats is to bring amazing people together to some of the most unique and beautiful venues around the world and try to change lives!

We do this in a number of ways - using the power of yoga and the chakra system, fuelling the body with healthy, detoxifying foods and supplements, using the latest training methods and hormone response science. Then add to that, vitamin D from the sunshine, the sound of the ocean, beautiful views, great company and lots of rest and rejuvenation!

Let Yogalife take care of you and guide you from session to session, from experience to experience....



We are here



Highlights



Up to 6 hours of yoga/training a day



Yogalife goody bag packed with mala beads, neti pot, chakra oils, Yogalife Manual with recipes, breathing techniques and knowledge



Delicious organic plant-based menu



Tips on eating healthily, the importance of sleep, goal setting and mind mapping, understanding the chakra system



Day trip to the beautiful local fishing town and restaurant *



Airport transfers included (if recommended flights have been booked)



Tennis court, climbing wall, gym



Private pool & secluded beach



Effective results, fast!



Yogalife closing PARTY!!

* Options for paddle boarding at an extra cost

A day in the life of



Our morning begins as the sun rises & we greet the day with a superfood shot and Yogalife's take on traditional Kriya yoga to clear the sinuses and awaken the body. This is then quickly followed with a sun salutation warm up, readying you for one of our training sessions designed to super charge the body and burn fat **FAST!** We finish the session with yoga to help stretch, repair and re-focus the body and mind. After a quick freshen up with a shower and maybe a swim in our pool you will be ready for breakfast which will be served on the sun terrace next to the gardens. Expect superfood juices, eggs, omelettes, porridge, fruit salad and ice-cold water/juices.



Your day continues with kicking back by the pool or beach and watching the world go by. If you are lucky you might find the hidden hammocks to take a cheeky nap or if you have energy to burn you can have a game of tennis with your new yogi friends on our private court. The beauty is, it's completely up to you!



Once rejuvenated you will take part in another carefully selected fun training / yoga session. Again, you will have some time to rest and relax and upon your return, lunch will be waiting. Delicious soups, lentil dishes, fresh fish, vibrant salads and vegetables and ice cold pressed juices. This brings us nicely to the afternoon which can be spent relaxing by the pool, soaking up the sun with a good book, chilled music or you can go for a walk and explore the stunning views of our eco paradise.



Our third session takes place before dinner - cross fit and primal movement (a mix of strength and power as well as grace and movement). A well earned dinner offers tasty vegan, vegetarian & meat options. Each meal aligns with the goal of health and well-being as well as detoxing and burning fat. Our chef offers a fantastic array of local produce that may include fresh vegetables, grilled fish & even prawns accompanied by rainbow salads & traditional dishes.



Your evening draws to a close with a final session of meditation, themed around deep relaxation and sleep science helping to promote the best sleep environment possible so you fall into a deep NREM slumber (the most powerful healing stage of sleep). Take your time to walk back to your room not forgetting to take in the stars and the amazing views, light your aromatherapy candle and drift away while listening to the carefully selected guided sleep meditations. You will not want to leave our little oasis!

**“You will create memories
with new friends for life!”**





Accommodation

Swimming pool, gym, yoga terrace, sun terrace, ocean views, private beach less than 100 metres walk, large en-suite rooms, hammocks, 10,000sq metres of eco space, tennis court.



Dates

10th May - 16th May 2024



Recommended Flight

Easyjet
Depart Manchester - 15.05

Ryanair
Depart Gran Canaria - 19.15

Current flight price is £208. Checked in luggage and pre booked seats are not included.



Cost

From £1,675 (based on 2 sharing a twin room).
Single occupancy, double bed £1,875 (only 5 available).
(£100 early bird discount, first 5 places only)

Deposit: £675 non-refundable deposit, followed by monthly equal payments until the balance is cleared. Full balance to be paid by 1st March 2024. Pay in full discount of £100 .

Comprehensive inner health check

What you can expect

Unique to Yogalife retreats, as part of our first class service, we will also be able to provide you with insight into your cells' health and productivity levels via a finger prick blood test. Your cells are responsible for nearly every single function in the body including building bones, organs, ligaments, cartilage, skin and muscle as well as repairing injuries. Your cells are also responsible for the absorption of nutrients (converting those nutrients to energy), removing toxins, fighting disease, the list is endless. Armed with the blood test results we can determine a number of things:

- 1 Your cells' omega 6-3 ratio - are your cells inflamed? If the structure of your cell is in balance then so are you chemically, physically and emotionally
- 2 Cell membrane fluidity - this determines your absorption level of nutrients from foods and your efficiency in releasing toxins from the cell
- 3 Your cells' protection level
- 4 Your Arachidonic acid index - this is your ability to fight disease and viruses (immune strength) and also your ability to repair tissue after trauma
- 5 Mental strength - this looks at the balance and supply of omega 3-6 to the brain and nervous system. 1 omega 3 to 1 omega 6 is optimum - this will affect mood and brain-related wellness

Before you go

In order for us to provide you with this insight, you will need to arrange for a finger prick blood test to be carried out at least three weeks before you leave for your retreat.

Blood tests can be carried out by Gareth Caple, or if it's more convenient for you, they can be posted directly to your door for you to carry out yourself.

To arrange a blood test please call Gareth on 07979 520 339.

How it works



The blood test needs to be carried out at least three weeks before you leave for your retreat.



The test can be carried out by Gareth Caple or if it's more convenient for you, they can be posted directly to your door. A video and instructions on how to perform the test yourself will be provided.



The test only takes 10 minutes, it's very easy and relatively painless.



The test ID then needs to be registered at zinzinotest.com, then put in the post using the envelope provided and sent away for analysis.



Please provide Gareth with a photo of your test ID via email: gareth@yogalifeuk.com



It takes 10-20 days for the results to be e-mailed to you. You will receive a text notification when your results are ready.



These will be reviewed in a 1-2-1 consultation on the retreat. From this a plan will be put together to ensure you are at optimum health, from your cells to the top of your head to the tips of your toes!





This unique service comes at no additional cost


**Any questions, please contact Gareth Caple on 07979 520 339
or gareth@yogalifeuk.com**





Things you need to arrange/pack


-  **Book your flights!**

Book your flights! We have partnered with Donna from Travel Counsellors, she will take care of all your flight booking needs, let Yogalife take away the hassle.
-  **Travel insurance**

Please ensure you are fully insured for the area we are travelling to. Check with your insurance provider for full details of your policy. If you prefer us to have a copy of these details in the unlikely event we need to act on your behalf, then please send them to gareth@yogalifeuk.com
-  **Sun cream**

Lots of people forget this and as we will be practicing yoga outside, we want you to be safe.
-  **Currency**

You won't need much as we will have taken care of nearly everything, but get some currency just in case!
-  **Sports gear**

Bring lots of training gear, yoga leggings, sweat towel, running trainers & lots and lots of enthusiasm!
-  **Goody bag**

Don't forget your Yogalife goody bag (we will get this to you 2 weeks before we fly).

What can you expect on this retreat?

A full body cleanse inside & out

We want you to get the most from this retreat and so we have designed a nutritional program to compliment all of our sessions. There will be no alcohol until the final night when there will be an option to have alcohol at the closing party.

We eat lots of plants!

Plant-based means exactly that - lots of super healthy vegetables, fruits, nuts, seeds, beans, pulses, herbs and spices. We will slowly introduce eggs and fish as the retreat progresses and we obviously cater for any specific requirements. Please volunteer this information upon confirming your place with us.

1 Morning & afternoon fast

Fasting is one of the oldest traditions within yoga and now is widely used in sport and the health and well-being industry. To reap the health benefits of fasting we will be skipping breakfast & lunch for one day. This will only take place once. You will lose body fat and weight and you will tone up and feel bloody amazing.

What to do next?

1. Contact Gareth confirming your interest and booking.
2. Pay a non-refundable deposit of £400.
3. Book your flight.
4. Pay the full balance by 18th March 2023.

Contact details:

Gareth Caple

Director of Yogalife UK

Tel: 07979 520 339

E-mail: gareth@yogalifeuk.com

Payment details:

Barclays Bank - Life Changing Retreats

Sort Code: 20-45-45 Account Number: 03000486

* please leave your full name as a reference and email gareth@yogalifeuk.com to confirm.





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LOOK OUT FOR OUR 2024 RETREAT DATES

Val-d'isere, France March 17th - 24th 2024

Snowga retreat

Breath work, cold therapy, & yoga for snow sports retreat

£2,675pp based on 2 people sharing

UK Weekend Wellbeing Retreat April 26th - 28th 2024

Re-wilding, fitness, yoga, foraging and whittling in our SECRET location

(just 2 hours drive from wilmslow)

£680pp based on 2 people sharing

Barcelona 23rd - 29th August 2024

Yoga retreat in our breathtaking monastery Yoga, Fitness & Relaxation

£1,750 pp based on 2 sharing

UK Weekend Wellbeing Retreat September 13th - 15th 2024

Re-wilding, fitness, yoga, foraging and whittling in our SECRET location

(just 2 hours drive from wilmslow)

£680pp based on 2 sharing

Goa, India "Back to the roots" Beach Retreat

October 30th - 9th November 2024

Yoga & subversive experience, temples, ashrams & spice fields (A 5 day retreat, 4 day holiday)

£1,550pp based on 2 sharing

BOOK IN 2023 TO RECEIVE A £100 DISCOUNT ON ALL 2024 RETREATS

We will contact you directly for first refusal, keep an eye on our website www.yogalifeuk.com

and your emails for all release dates

Or contact Gareth on 07979 520 339

Instagram: @yogalifeuk or @spiritualgangstarr1 **Email:** info@yogalifeuk.com