



yogalife

KORFU RETREAT

12th – 18th September 2021

Fitness • Yoga • Detox

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

Allow Yogalife to whisk you away to the beautiful island of Corfu! This retreat promises to be our most intimate and luxurious so far.

Our aim is to give our yogis amazing experiences in breathtaking places around the world, and this venue definitely ticks all the right boxes; organic home grown and locally sourced foods, breathtaking views, first class service and most importantly amazing spaces to practice yoga.

Hidden away from all the hustle and bustle of life, this 18th century Venetian estate, just recently renovated to an extremely high standard, is set in extensive private gardens with an elevated view of Corfu's surrounding hills and villages. You will find huge, luxury double en-suite bedrooms each with their own private garden space and breathtaking views, indoor and outdoor yoga areas, an infinity pool and ample communal areas where can escape and relax.

If you love the beach and sound of the ocean, then no problem, it is an easy 10 minute stroll away. The venue alone allows you to effortlessly feel relaxed and rejuvenated even before the amazing yoga even starts! This retreat is designed with you in mind, as all Yogalife retreats are, but we really want you to submerge yourself in the practice of yoga and completely let go of the hectic western world for just one week. You will be treated to a vast array of yoga, from vinyasa, restorative, power, pranayama, mantra and mediation. As you flow through these daily practices you will effortlessly learn yogic sciences that will open the door to understanding your body and mastering your mind, there will be lots of time to relax as well as take part in daily optional fitness sessions hosted by our experienced personal trainers.



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 secret hideaway is exclusively ours and far away from any tourists, however just a short walk away you will find beautiful beaches. All en-suite rooms boast emperor sized beds and lots of space, perfect for single occupancy and couples alike. Whether you are a seasoned yogi or a complete beginner we promise to take care of you and make sure you have a life changing but relaxing experience. Our Yogalife goody bags will be filled with supplements, aromatherapy candles, oils, bath salts and muscle balm that are designed to boost relaxation and rejuvenation.



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 and honey that is produced by stingless black bees that 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 mediation 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, fueling 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....





Highlights

-  Up to 5 hours of Yoga and wellness sessions a day
-  Yogalife goody bag packed with mala beads, neti pot, aromatherapy candle, oils, bath salts and massage oil, water bottle
-  Delicious, home grown organic plant based menu
-  20 minute discussions/workshops on: the importance of sleep, goal setting and mind mapping, understanding the chakra system
-  Day trips to beaches and local restaurant
-  Airport transfers included ** if recommended flights have been booked**
-  Paddle board yoga
-  Private infinity pool
-  Coastal sun set hike
-  Yogalife closing PARTY!!



Accommodation

Luxury private estate, infinity pool, private indoor and out door yoga studio, sun, large en-suite rooms, double and single occupancy available.



Dates

12th -18th September 2021



Recommended Flight

Jet2 & Easyjet
12-9-2021 Manchester to Corfu 0720-1250
18-8-2021 Corfu to Manchester 1305-1435
£530 per person subject to availability

Checked in Luggage and pre booked seats are not included



Cost

£1,800 - based on 2 sharing
£2,100 - emperor room single occupancy

Full balance to be settled 8 weeks before departure or your place may be at risk and all payments paid are non-refundable. * Earlybird discount is paid in full

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 or involved in nearly every single function in the body, from building tissue such as bone, organs, ligaments, cartilage, skin and muscle repairing injuries, to absorption of nutrients, converting those nutrients to energy, removing toxins, fighting disease, the list is endless. Armed with these 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 efficiency of 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) 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 traveling 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 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 wont need much as we will have taken care of nearly everything, but get some currency just incase!
-  **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, we obviously cater for any directly 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 1 day. This will only take place once. You will lose body fat/weight, 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 £300.
3. Book your flight.
4. Pay the full balance 8 weeks before departure.

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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