



Yoga & Aurora Borealis Iceland

A trip of a lifetime!

**Sat 17 October – Sat 24 October 2015, Akureyri, Northern Iceland
EARLY BIRD PRICE UP TO 1 APRIL!**



We are so excited to be able to offer this 7 day Yoga & Northern Lights holiday to the magical and mystical Iceland! As well as daily yoga and relaxation classes it will include some fantastic excursions such as going to the world famous Myvatn geothermal volcanic area with natural spa, visiting Europe's most powerful waterfall Dettifossa, a day trip to an island with 'magical power spots', hiking in the magnificent hills, and of course to see the famous Northern Lights.

Join us for a trip of a lifetime to the Land of Fire and Ice! We had a wonderful time last year!



Yoga, Meditation and Relaxation Classes will be with **Rose-Marie Sorokin**, B.A., BWY Dip, fully qualified international Yoga and Pilates teacher with 25 years experience. Rose-Marie is passionate about Yoga, Pilates and Healthy Living and has inspired thousands of people to make positive changes in their lives. She has a unique ability to create a calm, inspiring and nurturing environment in her classes so that everyone can benefit. She also teaches personal development and is a keen photographer, artist and raw chocolatier. She teaches a variety of classes including Flowing Hatha Yoga (creative and easy-to-follow sequences), Evolution Pilates, Meditation and Deep Relaxation (Yoga Nidra). She is also back care expert, transformational coach and astrologer. All classes are suitable for complete beginners as well as more experienced practitioners.

Accommodation is in very comfortable and modern apartments (twin rooms – shared bathroom) in Akureyri where all rooms have a private Jacuzzi (with Iceland's wonderful geothermic waters!), terrace and garden. All apartments have at least one bathroom, fully equipped kitchen, central heating, tv, video player, internet access, wi-fi, washing machine, dryer, dishwasher, kettle, toaster, hair dryer. Linen and towels are provided. The apartments are situated 5 min walk from the centre of Akureyri, where you will find cafes, restaurants, shops etc.

One night will be in a hotel in Reykjavik.



Akureyri in Northern Iceland

Akureyri is located near some of the best sights and experiences if Iceland, and is rated a top 10 destination by Lonely Planet.



You will find some info on Akureyri here:

<http://www.visitakureyri.is/en>



The cost for the Yoga & Aurora Borealis Retreat is £1,595 per person (a non-returnable deposit of £400 secures your place). Single Room Supplement is £200. **Early Bird Offer: £1,495 if booked before 1 April. Final payment 1 September the latest.**

Spaces are held with a deposit and we can set up a reasonable payment plan over the next few months for you to make this trip-of-a-lifetime irresistible!

The price includes:

- All Yoga, Meditation and Relaxation classes with Rose-Marie Sorokin.
- 7 night's shared accommodation in beautiful apartment with private Jacuzzi (see info above) of which one night is in a hotel in Reykjavik.
- Full use of the new Spa facilities next to the yoga studio – Jacuzzi, sauna, relaxation room.
- Vegetarian (and non-vegetarian alternatives) full board, i.e. breakfast, lunch and dinner (vegetarian buffet).
- 4 super-healthy raw food lunches in a small private raw food restaurant in a spectacular location.
- Expert Tour Guide from Specialist Local Tour Operator for all excursions and throughout our stay.
- Private transfer from Keflavik Airport to Reykjavik.
- Domestic flight from Reykjavik to Akureyri (45 min).
- Transfer to apartments.
- All excursions with expert local guide:
- Worldfamous Myvatn Volcanic area including Spa Entrance Fee.
- Visit to Dettifoss, the most powerful waterfall in Europe.
- Boat Trip to Hrisey Island (known for powerful leylines and 'energy spots', nature reserve).
- Hike to a beautiful mountain lake.
- Northern Lights tours
- Domestic flight from Akureyri to Reykjavik.
- Transfer from Reykjavik to hotel (last night)
- Transfer from hotel in Reykjavik to Keflavik Airport.

Not included: Flight from London to Reykjavik, travel insurance.

Flight is approx £250 return.

Please book the following flights. Please note - we all need to be on the same flights:

www.icelandair.co.uk

Saturday 17 October, 12.35am from London Gatwick, arriving at Keflavik Airport, Reykjavik at 14.50pm.

Saturday 24 October, 7.35am from Keflavik Airport, Reykjavik, arriving at London Gatwick at 11.35am.

The price is approximately £250 including luggage fees (20 kg luggage + hand luggage).

Payment options:

1. Cheque payable to **Rose-Marie Sorokin** and sent to Yoga & Pilates Holidays, 5 Mill Hall, Aylesford, Kent ME20 7JN.
2. Bank transfer to R Sorokin – 205411 70851132.

Feedback from previous participants:

"Dear Rose-Marie, I just wanted to let you know how much I enjoyed our wonderful week in Iceland. I now know why the airline we travelled with is called WOW air. Everywhere we went our reaction was 'wow'!! Spectacular sights and sounds culminating in the most sumptuous bath in the hydro-thermal waters of Myvatn as the sun was setting on the horizon. Something I shall never forget. Your yoga classes were as restorative as ever. Our group was of mixed ability and you structured the classes accordingly so everyone felt comfortable. After a week of yoga, relaxation, delicious food and experiencing the wonders of this spectacular country, my mind and body feel rejuvenated and refreshed.

*Thank you so much
Lynette"*

"Hi Rose Marie, Just a few words to say how much I appreciated the Iceland trip:-

This trip was my first one to Iceland and my first yoga holiday and I will be back for more of both as it was such a wonderful experience. Yoga was the one thing that we all had in common and it made for a very harmonious trip. Many thanks to you, Rose Marie for organising the whole trip and the great yoga sessions which very subtly suited us all thanks to your experience and deep understanding – I loved your yoga nidra for perfect relaxation. Thanks also to Andreas for all the excellent arrangements and love for and knowledge about his adopted country which added so much to the trip. Akureyri, our base, is a lovely town picturesquely located on the fjord and offered us a warm welcome [and good shopping!]. Our day in Mvatyn was a spiritual experience for all of us that we will never forget and that we will return to in our minds again and again. Keep on organising fantastic trips and experiences. Many thanks, Sally"



Itinerary - Yoga & Aurora Borealis, Iceland 17-24 October 2015

Reservation for changes

Saturday 17 October		
Time	Activity	
12.35	Flight from London Gatwick	
14.50	Arrival at Keflavik Airport, Reykjavik. Transfer to inland airport and panoramic inland flight to Akureyri. Taxi transfer to Apartments. Dinner.	
Sunday 18 October		
	Breakfast in apartments.	
09.30-11.00	Yoga	
11.00-12.00	Sauna, Jacuzzi, Relaxation	
12.30	Buffet Lunch	
	Hike to beautiful mountain lake.	
	Dinner & Northern Lights	
Monday 19 October		
	Breakfast in apartments.	
09.30-11.30	Yoga	
12.00	Buffet Lunch	
	Tour to Hrisey Island (known for powerful leylines and 'energy spots', beautiful nature reserve). 10 min ferry trip to Island.	
	Dinner	
Tuesday 20 October		
	Breakfast in apartments.	
10.00-12.00	Yoga	
12.30	Buffet Lunch	
4.00-5.30	Yoga & Deep Relaxation	
5.30-6.30	Sauna, Jacuzzi	
	Dinner Northern Lights	
Wednesday 21 October		
	Breakfast in apartments.	
09.00	Full day Excursion to world famous Myvatn (geothermal volcanic area with nature spa). Includes spa visit and lunch there.	
	Dinner	
Thursday 22 October		
	Breakfast in apartments.	
09.30	Yoga	
12.30	Buffet Lunch	
	Free time	
	Dinner	
Friday 23 October		
	Breakfast in apartments.	
09.30-11.00	Yoga	
12.00	Buffet Lunch	
	Flight to Reykjavik and transfer to hotel.	
	Dinner (individual)	
Saturday 24 October		
	Breakfast	
	Transfer to Keflavik Airport.	
07.35	Flight WOW-201 to London Gatwick.	
11.35	Arrival London Gatwick.	



Booking form – Yoga & Aurora Borealis, 17-24 October 2015

Please use a separate form for each person booking a place.

First name		Country	
Last name		Daytime Phone	
Title		Mobile	
Date of Birth		E-Mail	
Address + Post Code			

Flight info:

	Arrival airport	Time	Flight number	Date
<i>Arrival</i>				
<i>Departure</i>				

How did you hear of Inner Light Yoga & Pilates Holidays?

Yoga centre or teacher	Magazine ad	Internet	Personal contact

Please detail:

Payment details: Payment consists of a £400 non-returnable **deposit** followed by a **balance** 6 weeks before departure. You can pay by cheque or bank transfer. Payment of **upgrades** (single supplements) is due along with the balance. Once we receive payment we'll send you a confirmation which also acts as your receipt. **Cheques made out to 'Rose-Marie Sorokin'. Full payment is due 1 Sep 2015.**

" Please note that transfer by bus is only available for the recommended flights.

Please note that if you want to share a room and we are unable to find someone who would like to share, you would have to pay the single room supplement.

Price per person:	Please tick	Amount to pay now	Amount to pay later
Deposit (£400 per person)		£400	
Balance			
Upgrades required			
Extensions:			
Single supplement is £200 in total			

TOTAL TO PAY NOW:

BOOKING DECLARATION: On behalf of the above named I agree to accept the conditions of booking which form part of this contract (see Booking Conditions below). I acknowledge that full payment is due 6 weeks before departure date.

Signature:

Date:



Booking conditions

1. Your Holiday is between the Company and the client, being any person travelling or intending to travel on a tour operated by the Company.
2. To secure a booking the Company or their agent requires a completed booking form and the necessary non returnable deposit. (Full payment for travel within 6 weeks.) Clients booking by telephone, on the website, by e-mail or fax will be deemed to have signed the Declaration on the booking form and agreed to the following four conditions:

a) they have read and accepted our Booking Conditions and general information pages, contained on our website.

b) they or anyone else on their booking form have informed Inner Light Yoga & Health Co/Rose-Marie Sorokin on the booking form of any major physical or any emotional illness within the past 5 years or of any medical or psychiatric supervision. Where appropriate, they have enclosed a doctor's certificate of fitness to travel.

A booking is accepted and becomes definite only from the date when the Company sends a confirmation invoice. It is at this point that a contract between the Company and the client comes into existence.

3. The balance of all monies due, including any surcharges applicable at that time, must be paid to the Company or their agent not later than 6 weeks before departure. In the case of non-payment of the balance by the due date the Company reserves the right to cancel your booking and cancellation charges will apply.

4. Should the client wish to cancel, cancellation charges will be imposed.

Cancellation policy: Deposits are non-refundable. For cancellations made up to six weeks before the date of the event

50% of payment (excluding deposit) will be refunded. Thereafter no refunds. No refunds for flight tickets.

5. Should the client have a complaint the client must tell both the relevant supplier and the Company's representative at the time. It is only if the Company and the relevant supplier know about problems that there will be the opportunity to put things right. Failure to complain on the spot will result in the client's ability to claim compensation from the Company being extinguished or at least reduced. It should be noted that Inner Light Yoga & Health Co is acting only to book the holiday on your behalf with the Owner of the facility/holiday booked. We will always do our best to help resolve any justifiable complaints, however it is the client's responsibility to take up the complaint with the Owner on the client's return to the U.K. Inner Light Yoga & Health Co acts purely and solely as booking agents between, and on behalf of, both parties.

6. Clients are responsible for arranging, and must be in possession of, a valid passport and any visas and vaccination certificates required for the whole of their journey.

7. Travel Insurance is mandatory for all clients whilst on a tour organised by the Company. Clients together with their personal property including baggage are at all times solely at their own risk. Clients are wholly responsible for ensuring that they are in possession of private Travel Insurance with protection for the full duration of the tour in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment, with adequate cover. Clients should ensure that there are no exclusion clauses limiting protection for the type of activities included in the tour. Clients will be deemed to have read the relevant information in our literature and on the website regarding travel insurance.

8. Clients agree to accept the authority and decisions of the Company's employees, tour leaders and agents whilst on tour with the Company. If in the opinion of such persons the health, level of fitness or conduct of a client at any time before or after departure appears likely to endanger the safe, comfortable or happy progress of a tour the client may be excluded from all or part of the tour without refund or recompense. In the case of ill health the Company may make such arrangements as it sees fit and recover the costs thereof from the client. If you are affected by a condition, medical or otherwise, that might affect you or affect other people's enjoyment or active participation of the tour, you must advise us at the time of booking. No refund will be given for any unused services.

9. The Company reserves the right to cancel a tour in any circumstances but will not cancel a tour less than 8 weeks before departure except for force majeure, consolidation or the client's failure to pay the final balance. Unless the client fails to pay the final balance, the Company, upon cancellation, will return all monies paid not including visa, vaccination or associated costs. The Company also reserves the right to change itineraries or substitute hotels to those in published itineraries should unforeseen logistical or environmental considerations occur.

Security

Our criteria regarding international instability are simple: we follow the UK Foreign Office's advice instantly and to the letter. The UK Foreign & Commonwealth Travel Advice Unit issues information advice to inform travellers about certain destinations. If you're concerned about a destination or your safety, you can check this information before you travel at:

Know Before You Go: www.fco.gov.uk/knowbeforeyougo

UK Foreign Office: www.fco.gov.uk/travel