



SUMMER SOLSTICE Yoga & Pilates Holiday At luxury Spa Hotel On the West Coast of Sweden

Sun 18 June – Sun 25 June 2017, Varbergs Stadshotell & Asia Spa, Varberg, Sweden - **10th Year!**



Now extended to one week! Including celebration of Midsummer and International Yoga Day.

One week of pure indulgence at this award winning, first class spa hotel (voted Best Spa in Sweden 2014 and 2015) in the spa town of Varberg on the beautiful west coast of Sweden. Daily Yoga and Pilates classes in beautiful purpose built yoga studio. Peace and serenity with meditation sessions in luxury meditation room. Lovely beaches and walks and great shopping. There is also a huge range of complementary therapies available such as Ayurvedic treatments, Thai massage treatments, Chinese detox treatment, seaweed treatment, rejuvenating facials, hot stone massage and much more. Several relaxation rooms such as: Temple Meditation Room, Light Therapy Room, Healing Room with Warm Water Beds and Chrystals. Also a Holistic Gym. This will be a very relaxing and enjoyable break in luxurious surroundings.

A Luxury Break at a Great Price!

More info on www.yogapilatesholidays.com

Inner Light Yoga & Health Co, 5 Mill Hall, Aylesford, Kent ME20 7JN, UK
Tel 01622 715576, email: innerlightyoga@btopenworld.com, www.yogapilatesholidays.com, www.innerlightyoga.co.uk



Yoga, Pilates, 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, meditation, personal and spiritual development and is a writer, photographer and artist. She teaches a variety of classes including Flowing Hatha Yoga (creative and easy-to-follow sequences), Evolution Pilates (Rose-Marie's unique style of Pilates, excellent for core stability and releasing tension in back/neck/shoulders), Meditation and Deep Relaxation (Yoga Nidra). All classes are suitable for complete beginners as well as more experienced practitioners.

Asia Spa is situated on the top floor of Varbergs Stadshotell (178 rooms) with views over Varberg and the coast. The hotel, built in 1902, is an interesting mixture of period and modern design and the spa has a beautiful oriental design with lots of dark wood, stone, water, candles and oriental ornaments. Great thought and care has gone into creating a deeply relaxing, serene and beautiful environment.

Spa Facilities:



Japanese bathing/washing ritual and hot springs

Cleansing for both body and soul. After a cleansing body scrub in the special Japanese wash room you can emerge yourself in the hot springs. Intro to this procedure in the spa introduction the first day.



Relaxation room

Four wonderful relaxation rooms with lovely views over the sea. Spend quite time here, relax or read.



Vitality pool

The Vitality Pool is a totally unique 'massage pool' with around 30 massage functions. There is a small sign at each 'station' telling you which part of your body is being massaged. There is also a large bubble pool with views over the harbour and the fortress and a small sauna.



Temple Room

A beautiful, cosy room for deep relaxation, stillness, peace and meditation.



Light Therapy Room

Uplifting and bright! Comfortable beds with blankets. Earphones with guided meditations or soft music.



Warm shallow pool

Wonderful warm shallow pool with views over the sea (Rose-Marie's favourite!!)



Dark/Healing Room

Room for deep relaxation with water beds filled with warm water. Healing chrystals under each bed. Earphones to listen to a guided relaxation. Beautiful light effects in the ceiling.



Sauna oasis

Two traditional 'dry' saunas and two steam rooms and cold plunge pool. Beautiful light effects in the steam room.



Holistic Gym

Beautiful fully equipped gym!



Accommodation is in twin **Classic Rooms**



(<http://www.varbergsstadshotell.com/en/hotel/hotel-rooms/classic>) with cable satellite television, in-room-movies (pay per view), coffee/tea maker, hairdryer, iron & ironing board, data ports, free wifi, room service. Non-smoking. All rooms are ensuite.

Single room supplement is £150 in total for the 7 nights.

CLASSIC ROOMS represent a more traditional alternative, yet still provide a high level of comfort and standard. They all have beautiful wooden floors and modern facilities. Some of them are furnished in an Asian style to continue the theme of our unique spa. All have beautifully finished bathrooms. You will find the Classic rooms in the middle of our hotel and many of them are overlooking the Japanese garden or the inner courtyard.

The following upgrades are available – price is for 7 nights:

Boutique Garden £85

<http://www.varbergsstadshotell.com/en/hotel/hotel-rooms/boutique>

BOUTIQUE ROOMS are something extra special and out of the ordinary. They all have individual styles - with a modern, yet very personal touch. What would you say to a night in a crisp, wintry landscape, an African lounge or an urban design metropolis? All rooms are of course well-equipped and feature espresso coffee making facilities, luxury beds, shoe polish box, minibar as well as audio visual technology amongst other things.



Boutique Prestige £105

<http://www.varbergsstadshotell.com/en/hotel/hotel-rooms/boutique>



De Luxe Premium £90

<http://www.varbergsstadshotell.com/en/hotel/hotel-rooms/de-luxe>

DE LUXE ROOMS can be found in the original part of the hotel, many overlooking the market place of Varberg or Torggatan. In these rooms we have kept the sumptuous feel of the turn of the century, complemented by all the modern comforts you can think of. The rooms are very spacious with grand ceiling height and furnished with French cherry furniture.



De Luxe Superior £140

<http://www.varbergsstadshotell.com/en/hotel/hotel-rooms/de-luxe>





All Photos: Copyright Varbergs Stadshotell & Asia Spa and Rose-Marie Sorokin.

The spa town of Varberg is situated on the beautiful Swedish west coast, about one hour's drive south of Gothenburg. There is a famous fortress in Varberg and also a beautiful old bath house and several beaches together with four other spa hotels. There are many restaurants, shops and cafes in Varberg and also great walks along the beach and several nature reserves. More info at www.turist.varberg.se The hotel website is www.varbergstadshotell.com

The cost for the Spa Retreat is £795 per person (a non-returnable deposit of £250 secures your place).

What is included:

- **7 night's shared en-suite accommodation in Classic Room (see room description). Single room supplement is £150.**
- **Large breakfast buffet**
- **All Yoga, Pilates, Meditation and Relaxation classes with Rose-Marie**
- **Full use of all Spa facilities (including pools, saunas, light therapy room, healing room, Temple room, gym, all relaxation rooms and also the smaller spa open until 11pm)**
- **Free herbal teas, juice & fruit all day**
- **Bathrobe & slippers to take home.**

Full payment is due 4 May the latest.

Not included: Flight, transfers, lunch, dinner, spa treatments, travel insurance.

- Flight is approx £150 return with British Airways.
- Transfers with mini bus £35 per person each way (only available if you book the recommended flight – see below)
- There are many cafes and restaurants in Varberg and a large super market where you can buy salads and sandwiches. Price for lunch is around £7-£10. Please note that the breakfast buffet is VERY comprehensive, so most people don't need to eat lunch!! The hotel also has an excellent restaurant with good vegetarian options.
- Spa treatments (optional) from £50-£100.
- Please note that all prices for treatments and meals are approximate prices at the time of writing this.
- A deposit of £250 (non-returnable) will secure your place.

Flights:

Transfer to/from Asia Spa is available for the following flight: British Airways, www.britishairways.com

Sun 18 June 2017, 07.35am flight from London Heathrow, Flight no. BA0790 (arriving Gothenburg Landvetter Airport 10.30am)

Sun 25 June 2017, 21.30 flight from Gothenburg Landvetter Airport, Flight no. BA0793 (arriving at Heathrow 22.35).

Included on all BA Economy Plus flights: Allocated seat and 23 kg checked baggage allowance + hand luggage (1 handbag/laptop bag plus an additional cabin bag).

You can also fly with Ryanair, Norwegian Airlines and Scandinavian Airlines but you would then have to take a train to/from Varberg or hire a car. Most people book the recommended flight and transfer.

Payment options:

1. Cheque payable to **R T Axon** and sent to Inner Light Yoga, 5 Mill Hall, Aylesford, Kent ME20 7JN.
2. Paypal via www.yogapilatesholidays.com – deposit only. There is a £5 PayPal fee.
3. Bank transfer. Contact us for details.

You will receive a confirmation email once we have received your booking and payment.



Itinerary - Spa Retreat, Asia Spa, Sweden 18 June -25 June 2017

SUNDAY 18 JUNE		
Time	Activity	Location
07.35	Flight BA0790 (from London Heathrow)	
10.30	Arrival at Gothenburg Landvetter Airport. Transfer to Asia Spa	
12.00 aprox.	Check in at Varbergs Stadshotell	
12.30	Spa Brunch (buffet) SEK185 (pre-book on booking form)	Hotel Restaurant
15.30	Introduction to Asia Spa <i>(please dress for Yoga class and wear your spa slippers)</i>	Spa Reception
16.00-17.15	Welcome and Hatha Yoga & Relaxation	Yoga Studio
	Free time	
MONDAY 19 JUNE		
08.00-08.45	Hatha Yoga	Yoga Studio
08.45-09.30	Buffet Breakfast	Restaurant
16.00-17.15	Evolution Pilates	Yoga Studio
18.00	Meet in hotel Reception. Walk along the beach to Restaurant.	
18.30	Dinner at Salt & Vatten Restaurant	Varbergs Kusthotell
TUESDAY 20 JUNE		
	Free morning	
07.30-09.30	Buffet Breakfast	Restaurant
16.00-17.15	Yoga	Yoga Studio
17.15-18.15	Meditation & Yoga Nidra	Meditation Room
WEDNESDAY 21 JUNE		
08.00-08.45	Evolution Pilates	Yoga Studio
08.45-09.30	Buffet Breakfast	Restaurant
	Market Day in Varberg. Treatments, beach, spa, relax....?	
16.00-17.15	Saluting the Summer Solstice - Yoga	Yoga Studio
17.15-18.15	Meditation & Yoga Nidra/Deep Relaxation	Meditation Room
18.30	International Yoga Day Celebration in the Square	In front of hotel
THURSDAY 22 JUNE		
07.30-9.30	Buffet Breakfast	Restaurant
Free Day. Good day for a visit to Gothenburg – 40 min by train.		
FRIDAY 23 JUNE		
08.00-08.45	Evolution Pilates	Yoga Studio
08.45-09.30	Buffet Breakfast	Restaurant
14.30	Meeting in Hotel Reception	
15.00	Midsommer Celebrations	Socitetsparken
17.00-18.30	Midsummer Yoga	Conference Room
SATURDAY 24 JUNE		
08.00-08.45	Morning Yoga	Yoga Studio
08.45-09.30	Buffet Breakfast	Restaurant
16.00-17.15	Evolution Pilates	Yoga Studio
17.15-18.15	Meditation & Yoga Nidra	Meditation Room
SUNDAY 25 JUNE		
08.00-08.45	Evolution Pilates	Yoga Studio
08.45-09.30	Buffet Breakfast	Restaurant
15.00-16.30	Yoga and Deep Relaxation	Yoga Studio
18.00	Transfer to Landvetter Airport	Hotel Reception
21.30	Flight BA0793 to London Heathrow – arrival 22.35	

Asia Spa is open 09.00-20.00 every day – you have unlimited use of the Spa and all its facilities. The smaller spa is open 6am-11pm.



Booking form - Yoga & Pilates Retreat, Asia Spa, Varberg, Sweden, 18-25 June 2017

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

Form with fields for First name, Last name, Title, Date of Birth, Address + Post Code, Country, Daytime Phone, Mobile, E-Mail.

Table with columns: Flight info, Arrival airport, Time, Flight number, Date. Rows for Arrival and Departure.

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

Please detail:

Payment details: Payment consists of a £250 non-returnable deposit followed by a balance 6 weeks before departure. You can pay by cheque or by credit card online via Paypal system (deposit only).

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

Table with columns: Price per person, Please tick, Amount to pay now, Amount to pay later. Rows for Deposit (£250), Balance, and various Upgrades required.

Please also fill in the questions on the next page.



We would be very grateful if you could also answer the questions below:

Age & Occupation:

Yoga experience:

Have you been to any other yoga/pilates holidays and/or retreats?

Do you have any of the following: Hypertension, Heart Disease, Cancer, Epilepsy, Meniere's Disease, Detached Retina, MS, ME, recent post-operative conditions, Depression or any other medical condition? Please specify.

Are you currently receiving any medical treatment or taking medication? Please specify.

Do you have any muscle or joint problems?

Do you have any food allergies?

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 4 May 2017 the latest.

Signature:

Date:



Booking Terms and Conditions

1. It is the customer's responsibility to check the reservation and ensure that the particulars contained therein are correct.
2. The customer shall pay Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) a non-refundable, non-transferable deposit of £250 for each person named in the reservation. It is also a requirement that the booking form is filled in and submitted together with the payment of the deposit.
3. The balance monies due shall be paid by the customer to Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) 4 May 2017 the latest. Bookings after this date must be paid in full at time of booking. Payment can be made via the web site (Paypal – deposit only), cheque or bank transfer. If payment of either the deposit or the balance is not received by the due date Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) reserves the right to cancel the reservation and retain the deposit. Also, if the customer fail to fill in the required Booking Form Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) reserves the right to cancel the reservation and retain the deposit.
4. In the event of cancellation by the customer, regardless of the circumstances, the following refund fees, minus the deposit, apply. The deposit is non-refundable, as mentioned in 2:
5. Cancellation 4 weeks or less before due arrival date, 0% refund
6. Cancellation 4-6 weeks before due arrival date, 25% refund
7. Cancellation 6-12 weeks before due arrival date, 50% refund
8. Cancellation more than 12 weeks before due arrival date, 100% refund
9. Due to teacher cancellations or other situations beyond our control, Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) reserves the right to change bookings and shall inform the customer as soon as possible. We do not accept responsibility for any costs incurred, including airfare.
10. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) is not held liable for flight costs.
11. The customer shall not use the property except for permitted use and shall not use the property for any offensive, noisy, dangerous, illegal, entertainment, immoral or improper purposes. The customer shall not do anything which may be a nuisance or annoyance to Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) and its guests, staff or owners.
12. The customer shall keep all Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) fixtures, fittings, furniture and effects in a clean and good condition and shall replace any articles which are destroyed or missing with articles of a similar kind and of equal value.
13. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) reserves the right at its sole discretion to terminate use of the property or any of its facilities by the customer in the event of any breach of these terms and conditions. The customer will be required to vacate the property and Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) shall not refund payment or accept any consequential liability damages or loss.
14. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) retains all copyright licence rights and sole exclusive ownership of the information, photographs and material displayed on its website. The material may not be modified, copied or used in any other way.
15. Any user of the website has to be 18 years of age or older and agrees to be entirely financially responsible for all charges and other fees arising from use of the website.
16. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) accepts no responsibility for keeping the website up to date and will not be liable for any loss by its failure to do so. We are not responsible for the contents of any links displayed on our website.
17. It is the customer's responsibility to ensure that he/she has all the relevant travel documentation and arrives at the airport in time.
18. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) can accept no responsibility for delay or cancellation of any flights, train, buses or other forms of transport.
19. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) reserves the right to alter any facility accommodation or yoga activity.
20. In the event that the customer decides to downgrade their accommodation after monies have been paid, the customer will not be entitled to any refund. If the customer wishes to upgrade the new price will apply.
21. The customer must comply fully with all and any health and safety regulations introduced by Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin). The customer must ensure that he/she is medically and physically fit and able to use our facilities and participate in activities. Customers who have injuries or illnesses are advised to seek doctor's advice if practicing yoga. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) is not liable for any injuries to the customer in his/her use of our facilities or participation in activities. A customer must always stop and rest if he/she is feeling any pain or sickness and inform the teacher of any previous injuries.
22. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) cannot accept any responsibility for loss or damage of personal possessions or valuables of the customer.
23. In the event of a customer having any complaint then he/she will not discuss this with any third party and shall notify Inner Light Yoga as soon as possible.
24. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) shall not be liable for any failures beyond its control. This covers natural disasters, war, 'acts of God', closure of airports, civil strife, accidents or failure to perform by third parties, including suppliers and subcontractors.
25. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) accepts no liability for loss, damage, injury or illnesses which may be received during the customers stay or travelling to and from Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin).
26. We recommend that all customers have adequate travel, cancellation and medical insurance for the duration of the trip.