Lotus Retreat – Corralejo, Fuerteventura, Canary Islands

**SNAPSHOT**

**Dates:** Year round
**Types of yoga:** Vinyasa Flow, Ashtanga, Rocket Yoga
**Food:** Vegetarian, local, mainly vegan and gluten-free (special requirements can be catered to, please enquire)
**Max Attendance:** 9
**Activities:** Surfing, kitesurfing, windsurfing, cycling, hiking, beach, excursions, horse riding
**Price Range:** 735€-1190€ - for normal weeks, speciality weeks may incur a supplement.

**Description**

Begin your day by stretching and strengthening your body at our beach classes with the turquoise ocean as your inspiration and the white sand between your toes. You will receive illuminating instruction by the Lotus Retreat’s highly experienced, friendly and down-to-earth instructors.

The quality of instruction is a real highlight of this holiday and you can join whatever your starting point and whatever your goals. The small class size and experience of the instructors means the classes will be tailored to you.

As well as beach yoga and Pilates, you will also have the chance to experience blissful yoga and meditation classes at the retreat. Drink in the sunset from the yoga terrace or enjoy our spacious indoor studio and drift away into savasana.

Along with a full schedule of yoga, Pilates and meditation classes (two per day with a rest afternoon on Wednesday) you will also receive a full body massage as part of your holiday package and access to a full range of holistic massage, beauty treatments and complementary therapies.

In your spare time you can relax and unwind by the pool or one of the local beaches, or get out and enjoy the beautiful sights of the island. Walk along the coastline to the stunning Corralejo Dunes National Park, visit the local markets, enjoy a seafood lunch at the harbour, climb a volcano, go surfing, cycling, horseriding or visit the beautiful lagoons of El Cotillo. There's lots to do and you will have plenty of free time to just relax with a book or get active and explore – the choice is yours!

You will have a delicious and wholesome breakfast prepared for you every day after the morning session and will receive two delicious vegetarian evening meals during your stay. For the remaining meals you can choose from the fantastic range of local restaurants, including fantastic seafood, tapas and international cuisine – all within an easy stroll of the retreat.

Lotus Retreat has a wonderfully calm and friendly atmosphere with tastefully decorated rooms and beautiful shared spaces so you can soak up the atmosphere and go home feeling utterly rejuvenated.

We hope to see you at Lotus Retreat soon!

Best wishes from the Azul Team

**Daily Schedule**

8.00-9.30 Beach yoga / Pilates class

9.30-10.30 Daily breakfast

10.30-17.00 Free time for relaxing, treatments, excursions and activities

17.00-18.30 Evening yoga class (Wednesday PM off)

19.00 onwards Sunday evening – welcome meal.

Friday evening – farewell dinner.

Other evenings free to enjoy local restaurants.

**Retreat Price**

Price range - 735€-1190€ - for normal weeks, speciality weeks may incur a supplement.

The price includes:

7 nights’ accommodation
All yoga, Pilates and meditation classes
Daily breakfasts
2 vegetarian multi-course evening meals
One-hour full body massage

Prices depend on the accommodation you choose - please see the 'accommodation' tab for more information.

**Accommodation**

**Lotus Retreat**

1. Top floor ocean view suite with twin/double bed. En-suite luxury bathroom and direct access to private terrace. Shared price - €840, single supplement - €350
2. Twin room with pool view / terrace access - a light twin room with shared bathroom. Shared price - €735, single supplement - €185
3. Twin view with terrace/garden view - a light twin room with shared bathroom. Shared price - €735, single supplement - €185
4. Single room with pool view / terrace access and shared bathroom – 735€
5. Large twin room on lower ground floor - Shared price - €735, single supplement - €185

**Travel Arrangement**

Holidays run Saturday to Saturday - if this isn't possible for you, please enquire and we will do our best to accommodate your needs.

You can book your flight to come directly to Fuerteventura airport (FUE). For a wider choice of flights, you can fly to Lanzarote Arrecife airport (ACE) and take the 20-minute ferry crossing to Fuerteventura. The last ferry crossing to Corralejo from Playa Blanca, Lanzarote is at 19:00 so please make sure your flight arrives by 16:00 if travelling with luggage.

Fuerteventura airport is 35 minutes from Lotus Retreat. To get to the retreat we recommend that you allow us to organise a transfer for you. This will ensure that you have no waiting around at the airport and that your driver knows exactly where you are going, allowing you to get to us and settle in as smoothly and stress free as possible.

The cost is as follows:

1 Guest – 40 euros
2 Guests – 20 euros per person
3 Guests or more – 15 euros per person

We always try to arrange shared transfers for guests arriving at similar times to keep your costs down.

**Principal yoga teacher**

**Sara Mattana**

After many years traveling the world and enjoying her love of board sports, Sara began her relationship with yoga during a trip to Australia in 2006, where she fell in love not only with the practice, but also with the joys of an easygoing and relaxed lifestyle, close to nature and the ocean.

Choosing to embrace this way of life, she decided to move to the Canary Islands, closer to her home (Italy) and keep following her dreams. Initially qualifying as an Ashtanga Vinyasa Yoga Teacher, recognized by Yoga Alliance International, at It’s Yoga Gran Canaria, Sara teaches a dynamic style of yoga based on breath, bandhas and drishti.

Furthering her studies, she has achieved an advanced level with 50 hours intensive training in Florence in the practice of Rocket Yoga. These energetic routines are appropriate for all levels of students and through providing different ways to modify the classical poses, Sara ensures that the benefits of the poses are transmitted to all to renew vitality and energy.