

# CORFU 2020 YOGA ACTIVITY WEEK



**23<sup>rd</sup> - 30<sup>th</sup> September 2020**

**Enjoy 7 days of tranquility & relaxation**

Elizabeth Apartments are a family-run accommodation set in a quiet part of Roda village. Set in its own beautiful green gardens, surrounded with large palm trees and the mountain back drop.

**only  
£480  
per person**

\*Flights & transfers are not included

\*\*Set price

## What's Included?

- Accommodation & breakfast
- 2 sessions of Yoga each day
- Beach Walk or Beach Jog
- Aqua Aerobics (subject to pool temperature)

To secure your place, a non-refundable deposit of £100 will be required by 31st August 2020

For further information & bookings contact:

Helen Wright on +44 07901 826 383 - email: [helenwright68@googlemail.com](mailto:helenwright68@googlemail.com)

Eleni Tsiouma on +30 698 227 2992 - email: [rodaelizabeth@yahoo.gr](mailto:rodaelizabeth@yahoo.gr)

# CORFU 2020

## YOGA WEEK ITINERARY

### Wednesday 23<sup>rd</sup> September

Arrival at CFU airport and transfer to the Elizabeth Apartments

17.30 Welcome meeting

18.00 - 19.00 Yoga session

### Thursday 24<sup>th</sup> - Friday 25<sup>th</sup> September

08.30 Running or power walk

09.30 Yoga session

10.30 Buffet breakfast

16.00 Aqua aerobics

17.00 Yoga session

18.00 Sound bath (donations)

### Saturday 26<sup>th</sup> September

Day off

### Sunday 27<sup>th</sup> - Tues. 29<sup>th</sup> September

08.30 Running or power walk

09.30 Yoga session

10.30 Buffet breakfast

16.00 Aqua aerobics

17.00 Yoga session

18.00 Sound bath (donations)

### Wednesday 30<sup>th</sup> September

Departure

# CORFU 2020 YOGA ACTIVITY WEEK



Thank you for booking our fabulous 2020 Yoga Activity Week in Corfu.

Your enjoyment, health & safety are our priority and our team of fully qualified, experienced professionals will make every effort to ensure this is adhered to.

## Medical Conditions

If you are currently under a GP/specialist for any existing medical conditions or have any concerns relating to your health, we strongly advise you consult your GP prior to attending the Activity Holiday and obtain a letter of consent.

If you have any concerns medical or otherwise (prior to or during the holiday) please report this to a member of the team at your earliest opportunity.

## What to pack

Ensure you bring the correct clothing and footwear for the activities. Sun protection, sun hat, sunglasses, a towel or yoga mat.

If you are unsure about what to bring please call us on 07901 826383 and we will be happy to advise you.

Finally, please sign and date the declaration below and return to reception on arrival.

We look forward to seeing you there!

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I have read the above information and will adhere to the advice and instructions outlined above. I will inform Activity Holiday Europe of any existing medical conditions prior to the holiday (if applicable), and I agree to notify them of any changes that may occur. I enter into this holiday at my own risk and am fully responsible for my nutrition, hydration, sun protection and alcohol consumption during the holiday. I agree that if there are any accidents, loss or damage to myself or my property there shall be no liability on the team's part.

Print name \_\_\_\_\_ Sign. \_\_\_\_\_ Date \_\_\_\_\_