

# Yoga Holiday 29th August 2009

## The Venue

Quinta Mimosa ([www.quintamimosaalgarve.com](http://www.quintamimosaalgarve.com)) is about 20 minutes drive from Faro Airport in Al Mancil. Just 15 minutes to the north is the historic town of Loulé and 15 minutes to the south is the beautiful Algarve coast.

## The Yoga

Morning & evening classes are conducted in the air-conditioned yoga studio - a converted barn with a flagstone floor, with doors that open out directly onto the garden. The hall is fully equipped for yoga. The classes are arranged to suit the needs of the group. There's a 2 hour morning session from 8.30 am, and an evening session from 6 pm for about 1 hour 30 minutes. There are 2 classes each day from Sunday, with a 'rest day' on Wednesday, when we'll do a therapeutic class in the morning and take the rest of the day off. (11 classes in all, about 19.5 hours of yoga tuition.)

## Food

Our chef Wendy will prepare a Brunch each day from Sunday to Friday - cereals, yoghurt, breads, home-made preserves, juices, fruit, salads and cheeses. There is an optional breakfast from 8-9am before departure on Saturday. There will also be a three-



course dinner on Sunday and Friday evenings. (Evening meals on the weekdays are self-catered.)

- Meals are lacto-vegetarian using locally grown, organic produce as much as possible.
- Please send full details of any special dietary requirements and we will do our best to cater for you.

There is a large supermarket nearby and local shopping in Al Mancil and Loulé.

## The Accommodation

The accommodation is arranged in 3 converted farmhouses. (Please see the **Floor Plans** on the web site.) There are en-suite rooms in each house with lounge, fully equipped kitchen, shady terrace and barbeque areas. There are also two swimming pools. The en-suite rooms can be shared between two or booked as singles for a supplementary fee. For those on a tight budget, there is a dormitory area on a mezzanine gallery integrated above the yoga studio, and a separate twin room which shares the bathroom with the dormitory area. (See the **Booking Form** for prices.) The accommodation is tastefully decorated in modern

Portuguese style of pretty colours and fabrics. There are plenty of places to sit and read, relax, chat, cook and enjoy!

## Other Activities

Plenty of time is scheduled between classes to allow for excursions or extended sunbathing sessions or perhaps a quiet massage treatment.



There are historic towns & villages, spectacular scenery, excellent beaches, golfing, great horse riding at Pinetrees Riding Stables,

tennis, sailing, walking. With the improved roads system, the spectacular Atlantic coast is 60 minutes west by car with some of the best surfing beaches in Europe. Travelling east, Spain is only an hour away.

## Travel & How to Get Here

Quinta Mimosa is about 20 minutes taxi/car ride from Faro Airport, and 2 hours train from Lisbon. We can help you with your travel arrangements if you are having difficulties or need more advice. For price comparisons of flights to Faro, travel insurance etc, see [www.moneysavingexpert.com/travel/cheap-flights](http://www.moneysavingexpert.com/travel/cheap-flights) Taxi transfers from Faro cost around €25 each way and are easily arranged at the airport. Guests who are arriving at the same time often get together to share taxis to Quinta Mimosa. It is easy to arrange taxis to the beach or town during the week. For map and directions, download the pdf from the website. It's useful to have even if you are taking a taxi. For car hire, we recommend [www.autorent.pt](http://www.autorent.pt). They can deliver to site if you want the car for a few days only.

## BOOKINGS & PAYMENTS:

**Places are limited, so please book early.**

Check availability and prices before making your booking. A word about the carbon cost of your holiday – your return flight will emit about 0.4 tons of CO<sub>2</sub> per passenger, depending on departure airport. To see how many ways there are to reduce your carbon footprint, see this site: [www.jpmorganclimatecare.com/climate/low-carbon-living](http://www.jpmorganclimatecare.com/climate/low-carbon-living)

## Contact details:

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**Web site:** [www.hannahlovegrove.com](http://www.hannahlovegrove.com)

## Yoga Holiday 2009 - Booking Form

Full name and address:

Occupation & Age:

Tel:

Mobile:

Email:

Emergency Contact number/name:

Your Yoga Experience (years & style):

How did you hear about this event?

Do you have any food allergies or intolerances? (Please email separately if necessary.)

### Important Health Information.

Please read the following carefully and tell me if you have any serious medical condition, such as:

Hypertension, Heart Disease, Cancer or Benign Tumour, Epilepsy, Diabetes, Meniere's Disease, Detached Retina, AIDS, MS, ME, recent post-operative conditions, Depression.

Do you have any muscle or joint problems?

Are you currently receiving medication or any medical treatment?

Are you pregnant?

Please advise if you have any condition not mentioned above. Please also check with your medical practitioner. Then sign below to show that you have read and understood the above.

Signed:

Date:

### I wish to book (please tick/highlight):

- Shared twin (en-suite) - £520
- Single supplement (en-suite) - £120
- Shared Studio (not en-suite) - £475
- Studio Single supplement - £95
- Dormitory (4 places) - £375
- Saturday morning breakfast - £7

Prices are per person and may be subject to change and are correct at the time of writing, 02/04/09. Should there be a significant fluctuation in the exchange rate, we reserve the right to revise these figures. Cheaper accommodation is limited – please book early. See the notes below.

### Deposit, Payment, and Refunds Policy.

1. A deposit of £50 per person is required to secure each place.
2. In the event that you cancel after 1st July, the deposit is not refundable due to administrative costs.
3. Full payment for all elements is due by 1st July 2009 and must be accompanied by a completed and signed booking form, either by post or email.
4. All medical information, and any information regarding food allergies and intolerances must be made clear prior to booking.
5. Should we have to cancel the event all monies paid will be refunded. We do not take responsibility for travel or accommodation booked, or other costs incurred.
6. We strongly advise you to take out travel insurance to cover you during your stay, or in the event of cancellation.

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