

ICELAND YOGA RETREAT 2017

The Retreat takes place in 2 different locations, Reykjavik and the Whale fjord . We will spend the first 3 nights in the capital of the country, Reykjavik, it is not a whirlwind metropolis. Few skyscrapers grace the skyline, traffic jams are rare and faces are familiar. But don't be deceived a steady beat of energy and events keeps the city alive and pulsing with excitement.

Reykjavík is a city of bold contrasts: it is both cosmopolitan and small-town; vibrant and sophisticated; young-at-heart and yet full of history. Many monuments, new and old, are also worth a peek, including the newly built oceanfront music and conference center, **Harpa**. Luckily, everything in Reykjavík is close by, and the city is perhaps best explored by foot or bike.

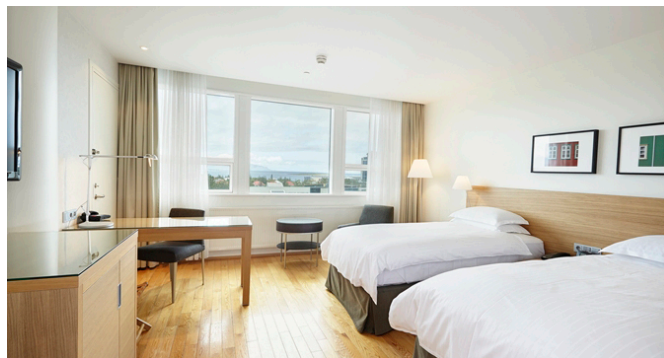
For the last part of the retreat we will stay in the countryside, surrounded by nature overlooking the stunning 'Hvalfjordur' ('Whale Fjord') it is a great place from which to view the aurora/northern lights.

From there it is easy to explore Iceland's numerous waterfalls, glaciers, geothermals and geology.

The Accommodation

The hotel in Reykjavik is one of the great hotels of the country and is part of the Icelandair Hotels family.

Cool Scandinavian chic oozes from every part, with amenities such as 24-hour room service, gym, spa and a gourmet restaurant. Light-filled rooms and comfortable beds await you.



Our **second location**, in the countryside has spectacular views over Whale fjord and the surrounding mountains. Each small villa host 4 people in 2 bedrooms, a living-room and a bathroom, they also have their own natural geothermal hot tubs outside on the veranda. We also have executive suites with ensuite bathrooms in the main hotel for those that would prefer a private room. The main hotel has large geothermal tubs to soak in under the stars.

2 Yoga Spaces

We will use the spacious main conference rooms in each location, both with wooden floors throughout and a great sound system. Each space has a few blocks, blankets and yoga belts for use.



Dining

The most important ingredient in Icelandic cuisine is location. Iceland is blessed with an abundance of fresh water, clean nature and fertile fishing grounds, while geothermal energy makes it possible to supply a year-round offering of fresh vegetables, grown locally in organic greenhouses.

In the past few years, Iceland has emerged as one of Europe's most dynamic gastronomic destinations, full of exciting places to taste thrilling new recipes. Chefs create modern dishes with traditional ingredients, influenced by the philosophy of

the New Nordic Cuisine, where freshness and local seasonal ingredients play a vital role.



The TOURS & ACTIVITIES



Iceland is a country of extreme contrasts. Widely known as "The Land of Fire and Ice", it is home to both some of the largest glaciers in Europe, and some of the most active volcanoes in the world. Iceland is also the land of light and darkness, where long summer days with near 24-hours of sunlight are offset by short winter days.

The Blue Lagoon Experience

No trip to Iceland is complete without a visit to the [Blue Lagoon](#). Set in the surreal surroundings of an ancient lava field on the Reykjanes peninsula, this geothermal wonder is the perfect place to relax and rejuvenate. It features the Lagoon, several saunas, a healthy restaurant and various spa treatment options.



The South Coast Tour

The vast expanse of Iceland's southern coastal plain, sandwiched between snow-capped glaciers and the sea and crisscrossed by some of the country's most powerful rivers, is the subject of this option-packed tour. First stop is the waterfall Seljalandsfoss, set against the backdrop of Eyjafjallajökull glacier, before continuing to the waterfall Skógarfoss and Folk Museum at Skógar.

One of the most interesting of its kind in Iceland, the museum building is roofed with turf in the traditional way. The trip then continues east, past the towering mass of Mýrdalsjökull glacier to Vík, Iceland's southernmost village. And what way to round off a busy day than with a seafood banquet at local restaurant Víkurskáli, washed down with beer and Icelandic schnapps, "brennivín", before returning to Reykjavík. (lunch is available but not included in the price)



The Golden Triangle Tour

As its title suggests, this comprehensive tour covers all the major attractions of southwest Iceland, beginning with a drive to the national park and former parliament site at Thingvellir and continuing through the mountains to the area around the lake Laugarvatn, known for its high level of seismic activity.

Next stop is Geysir, the world's most famous hot spring, and Strokkur, its smaller neighbor, which erupts in a spectacular of blue water every few minutes.

The trip then continues to Gullfoss, the Queen of Icelandic waterfalls, returning to Reykjavík via Skálholt, site of Iceland's first episcopal see, founded in 1056, and the garden village of Hveragerði.



SUMMARY

Included In price:

- 3 Nights in Reykjavik
- 3 Nights in the Whale fjord
- All breakfast, 5 dinners
- The Blue Lagoon Experience
- Golden Circle Tour
- South Coast Tour
- Airport transfers

Not included In Price:

- Extra Activities not included.
- All flights, drinks soft or alcoholic, all lunches, gratuity for all staff, other extra activities

The logistics:

Travel Information

You will need to arrive in Reykjavik Airport before 11am to be picked up with the group. So we can all go to the Blue Lagoon as a relaxing way to start off your retreat after a few hours flying.

We recommend you to use Skyscanner for cheap flights from The States. But do check for cheaper prices elsewhere.

Duration of the Retreat 7 days

Visa requirements:

Pretty much all nationalities can get a visa on arrival. But just in case check with your embassy website in Iceland to be completely sure as laws change constantly.

You and your students Passports need at least one full blank page and 6 months validity.

Vaccines:

There is no specific indication about vaccines in Iceland.