

Yoga Holiday in Iceland

22-29 July 2018 w/ Janet MacLeod



Tour price includes

- Country hotel en suite accommodation for four nights
- Three nights en suite hotel accommodation in Reykjavik
- Sightseeing tour of Reykjavik
- Full day Golden Circle Tour
- Boat trip on Bay
- Shark museum
- All yoga tuition and yoga equipment
- Private coach, driver and tour guide for entire trip
- Farewell evening meal in Reykjavik restaurant

Daily yoga classes are taught by experienced teacher Janet MacLeod who was certified as an Iyengar Yoga instructor in 1983. Janet conducts retreats and workshops worldwide and her teaching style is demanding on all levels; this combined with her ability to create a joyful atmosphere in class has a transformative effect on students. We have our own coach, guide and driver to take us on daily excursions exploring Iceland's naturally beautiful western peninsula with plenty of time to spend in Europe's northernmost capital Reykjavik. Svava Sparey organises and conducts the tour and is also an Iyengar qualified yoga teacher.

Iceland

Iceland is an un-spoilt, spectacular and peaceful destination, with long hours of daylight during the summer months. A nature lover's paradise, with pure air, hot springs, dramatic coastlines, glaciers, waterfalls, mountains, volcanic craters, lava fields and diverse geological formations. Iceland also has a rich cultural heritage and a capital city that is vibrant but relaxed.

Yoga

Each full day typically starts with a morning yoga session of approximately two hours (7.00 to 9.00am) before breakfast. This is not a yoga retreat, there is a full itinerary of excursions and visits and we stay at different hotels around the peninsula and in Reykjavik. This holiday is suitable for all levels of ability. All yoga equipment is provided.

Accommodation

All rooms are en-suite and we stay in comfortable country hotels situated in stunning locations and conveniently located close to the many natural attractions that we shall be visiting. We stay on the peaceful coast at the foot of the Snaefellsjokull volcano and glacier and in the charming fishing port of Stykkisholmur with views across the bay. The centrally located hotel in Reykjavik is within walking distance of the shops, museums, harbor, galleries and restaurants of Europe's northernmost capital city.

Food

All hotels provide excellent and large buffet style breakfasts, which include a range of cereals, fruits, preserves, cheese, meats, eggs, breads, pastries, hot and cold drinks and skyr, Iceland's tasty and healthy yoghurt. The hotels in the country provide three course evening meals and cater for every dietary requirement. In Reykjavik we dine out at a popular restaurant in town for our farewell evening meal.

Schedule

Usually we will leave for the day in the coach at around 10:15am after our yoga class and hearty breakfast. This may be altered to fit our travel times on one or two days. The whole programme is subject to local conditions. Our coach journeys are mostly relatively short, with regular rest stops and the opportunity to purchase and take our daily café or picnic lunch.

Activities Include

The landscape of Iceland is unique and ever changing so each day is exciting and completely different. With our many years experience and local contacts we are able to offer a very personal and authentic tour. We visit the impressive 10 metre high basalt rock column wall at Gerduberg. take beach walks at picturesque Budir and Djupalonssandur. visit the fascinating interactive Settlement Museum in the saga rich area and stop at the unique Shark Museum. A morning boat trip on the beautiful fjord of Breidafjordur amongst the many islands where thousands of birds including puffins nest is included and a relaxing afternoon exploring the historic harbor town of Stykkisholmur with its regional museum, craft stores, out-door pool and fishing port rounds off the day. We take a coastal walk across lava fields with unique rock formations and the backdrop of an ice-capped volcano.

Activities in Reykjavik (and surrounding area)

A city tour of Reykjavik, Blue Lagoon geo-thermal spa visit and the Golden Circle tour which includes the beautiful National Park of Thingvellir one of the most popular tourist destinations in Iceland are highlights of this holiday. At Thingvellir we visit the world's first Parliament established in AD930 and see the dramatic faults that traverse the region which dramatically reveal the drift between the North American and Eurasian plates. We visit 'Gulfoss' the huge two-stepped waterfall and then Strokkur geyser, which erupts every six minutes in the hot spring area. In Reykjavik you will have a free day to explore all that this laid-back but culturally rich capital has to offer.



Fees

\$3300 - Double occupancy

\$4200 - Single occupancy

This includes tour travel in Iceland, yoga tuition, guide, hotel accommodation for seven nights, breakfasts, five evening meals, museum entrance fees, boat trip and more! There are a limited number of spaces, so please book early. Non-yoga participants are welcome and can subtract \$200 from the above fees.

Price does not include:

- Flights to and from Iceland
- Daily lunches
- Two evening meals in Reykjavik
- Travel and medical insurance



The Iceland 18 Vacation is currently full. To be put on the waiting list please contact us with your accommodation preferences.

For more information or to register, contact: Paul Levine
info@jmacleodyoga.com
(415)533-8894

No refunds unless your space can be filled from a waiting list.

Please note: Due to the special nature of this holiday, the yoga schedule will vary according to each day's activities and travel. We plan to offer approximately two hours of yoga tuition per day, this will mostly take place in the morning before setting out on excursions. However, this arrangement may be varied if its more appropriate to feature the main yoga session later in the day) or if environmental conditions suggest a change). If you suffer from any serious medical condition, please check before booking, to find out if this trip is suitable for you. This holiday is organized and hosted by Svava Sparey who has led several group holidays to Iceland and France and who draws on the experience of her Icelandic mother Jona Sparey who has been organizing and conducting tours to Iceland since 1985.