

Yoga in the Algarve

28th May to 4th June 2011 &

4th June to 11th June 2011

With Gillian Russel

British Wheel of Yoga Diploma Course Tutor
Yoga Biomedical Trust Yoga Therapy Practitioner



Accommodation is mainly in 2 converted farmhouses both have their own living rooms and kitchen and are fully equipped. Twin with shared bathroom and dormitory are situated in the studio block. Towels are provided for bathroom and pool and there is a maid service. There are two swimming pools and acres of fruit orchards to explore.

PROGRAMME quintamimosaalgarve.com

Saturday arrival & dinner 7.30pm

Sunday *class 9.30-11.30am* brunch 11.30-12.30pm *class 4.30-6.30pm* dinner 7.15pm

Monday *class 9.30-11.30am* brunch 11.30-12.30pm *class 4.30-6.30pm* dinner 7.15pm

Tuesday *class 9.30-11.30am* brunch 11.30-12.30pm *free time to explore the area*

Wednesday *class 9.30-11.30am* brunch 11.30-12.30pm *class 4.30-6.30pm* dinner 7.15pm

Thursday *class 9.30-11.30am* brunch 11.30-12.30pm *free time to explore the area*

Friday *class 9.30-11.30am* brunch 11.30-12.30pm *class 4.30-6.30pm* dinner 7.15pm

Saturday depart for home

Breakfast is self-catering if required.

Participants should have been practising yoga regularly for a minimum of 6 months.

Brunch: cereals, yoghurt, breads, home made preserves, juices, eggs, fruit, salads & cheeses.

Dinner: starter, main course & dessert.

All meals are lacto-vegetarian and include teas and or coffee.

There will be plenty of time to enjoy other therapies on offer (cost not included in price).

Cost per person:

Shared twin with ensuite: £495 (single occupancy £605);

Studio twin & shared bathroom: £445 (single occupancy £515)

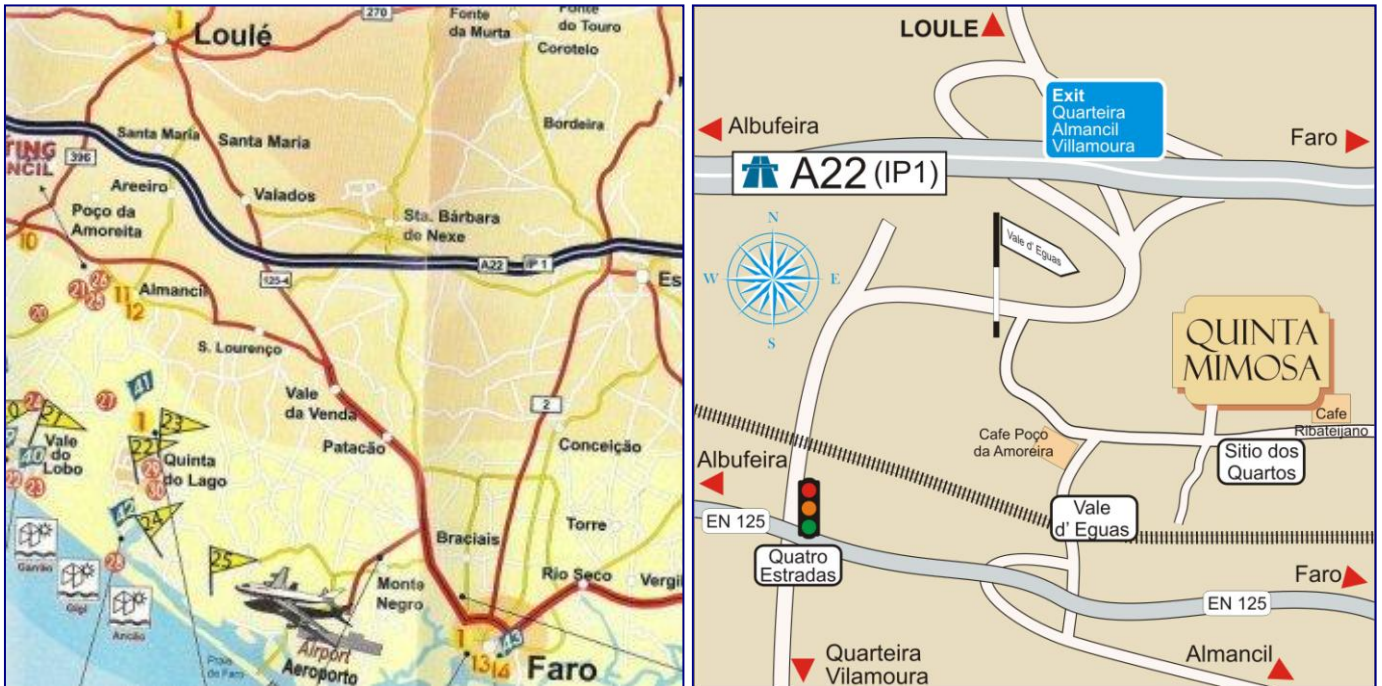
Studio dormitory & shared bathroom (5 beds): £395

The above charges include accommodation, all classes and meals listed above.

The charges do not include flights to and from the UK and transfers from home to the airport or from Faro airport to the accommodation.



DIRECTIONS TO QUINTA MIMOSA



DIRECTIONS FROM FARO AIRPORT

- Leaving the Airport follow the road for **A22 /IP1**.
- When you reach the Motorway follow the signs for **A22 Portimao, Lisboa**..driving West.
- After about 5 minutes you will pass under the Areeiro bridge. Take the **N396** exit signposted **Almancil/Quarteira/Vilamoura**...(do not take the exit for Loulé (which is the same road number heading north) and go towards Almancil/Quartiera south.
- Follow the dual carriageway which curves downhill and **before** you reach the main junction, get into the left hand lane and take the left turn sign posted **Vale d'Eguas**.
- Drive uphill for a short distance, past a traffic light on the brow of the hill and just after passing **Café Poço da Amoreira** and a T junction on the right, you will see the entrance to **Quinta Mimosa** on the left opposite a sign for **Sitio dos Quartos**.

FLIGHTS

Faro is easily accessible all year round from many U.K. and European airports and fares are very reasonable if you are able to book well ahead.

AIRPORT TRANSFERS

The 15 minute taxi ride from faro airport costs approximately 23 euros. Please print off the directions/map to Quinta Mimosa to show to your taxi driver.

SITIO DOS QUARTOS, 8100-256, LOULÉ, ALGARVE, PORTUGAL.
Tel: 289 395 196 ~ email: quintamimosa@sapo.pt
www.quintamimosaalgarve.com

Booking Form

To reserve your place/s please fill in your details below

Name.....

Telephone No.....Mobile.....Email.....

Address.....

.....

I wish to reserve a place on w/c 28th May..... w/c 4th June.....

..... single room with ensuite at £605 per person (3 rooms))

..... shared twin room with ensuite at £495 per person (7 rooms)

..... shared twin and shared bathroom at £445 per person (1 room)

..... Single twin with shared bathroom £515 (1 room)

..... dormitory bed with shared bathroom at £395 per person (up to 5 beds)

The dormitory offers very basic accommodation above the yoga studio

To secure your place please enclose a deposit of £150 per person per holiday (payable to Gillian Russel), the remainder to be paid before 10 weeks prior to the start of the holiday.

I regret that no refunds can be made and you are advised to take out holiday insurance.

Please return this form to:

Gillian Russel, 1 Manor Farm Drive, Morton Bagot, Studley, Warks. B80 7ED

If you require any further details you can contact Gillian on 01527 857586 or email girus3@btinternet.com