

Iyengar Yoga Retreat with Angela Hulm Weds 16th Sept – Weds 23rd Sept 2020

Algar Seco Parque, Carvoeiro, Algarve, Portugal

Our retreat starts Weds 6pm with a restorative yoga class, and ends with a pre flight class on Weds 23rd September on our dedicated sea view covered patio.

Included in your £450 holiday are 7 nights shared spacious luxury accommodation, and 18-hour yoga asana and pranayama course. Single room £650.



Villa Gonçalo Velho

- a Moorish wonderland castle
Enjoy yoga on the terrace with sea views. Our villa has 4 twin rooms most with en suite facilities, 2

living rooms, dining room, kitchen, a private terrace, covered patio, private 60 square meter pool suite and roof terrace.



What's Included –

- 18hr Yoga course includes
- 6 x 2 hour morning invigorating asana/pranayama class,
- 6 x 1 hour relaxing asana/pranayama class early evening.



Afternoons are free for walking, swimming, sunbathing and excursions. There's an excellent coastal walk from the resort.





What do I need to arrange?

You are responsible for paying for and arranging your travel to and from Algar Seco. **Travel Insurance** is your responsibility; cancellation insurance is recommended.

Please book your place before booking your flight as Carvoeiro is very popular at this time of year and further accommodation may be difficult.

Algar Seco Parque is the beautiful garden resort that's home to AH Yoga's autumn retreat in the Villa Goncalo Velho. Relax unwind and revitalise yourself. Algar Seco

Parque boasts 3 pools as well as Most rooms have views over the beautiful peaceful well maintained gardens and open sea.

<https://www.algarseco.com/en/>



Parque Algar Seco is a family run garden resort with dramatic sea views. The parque resort includes a family run restaurant which is open all day and evening. The three pools outside the restaurant are suitable for all levels of swimmer: toddlers pool, heatable leisure pool and a full sized feature pool.

About Carvoeiro



Carvoeiro boasts an average 9 hours of sunshine during October, Carvoeiro has warmer air temperatures Av for Oct is C19 degrees, (Min 14, Max 23) like a English summer's day.

Discover Praia do Carvoeiro, a 10-minute promenade from Algar Seco Parque. A variety of shops allow for leisurely window shopping, or enjoy a drink at one of the cafes or bars right in the square.

Right below **Algar Seco Parque** lies the fabulous rock formation of **Algar Seco**. Stairs are leading down to these famous rocks - a mysterious world of caves, sculptures, tunnels and shimmering pools.





AH... Yoga Abroad



IYENGAR yoga retreat with Angela Hulm Algar Seco, Carvoeiro, Algarve, Portugal

Weds 16th Sept 2020

Registration Form

Booking made at <https://www.ahyoga.org.uk/holidays>

Dear Angela

Name as used on flight booking		
	Outward	Return
Flight number		
From airport		
Date		
Time		
British passport number		
24hr Emergency contact number		

I accept the terms and conditions of AH Yoga Holiday 2020

Signature

Date



Terms and Conditions of AH Yoga Holiday 2020

AH YOGA Cancellation Policy

If YOU want to cancel. AH Yoga will charge you the full amount to cover any expenses incurred as a result of your cancellation. This does not affect your legal rights.

Cancellation by AH Yoga

In the unlikely event that Angela Hulm has to cancel teaching the yoga course, we will notify you as quickly as possible and refund you the £60 cost of the yoga course.

The consumer is entitled to compensation by AH Yoga except when the yoga course is cancelled due to unusual and unforeseeable circumstances beyond the control of AH YOGA.

Flight Confirmation and Insurance

It is your responsibility to book and confirm your flight times with your airline before your outward and return journey.

It is your responsibility to ensure that you are in possession of private travel insurance with protection for the full duration of the holiday in respect of medical expenses, injury, death, repatriation, cancellation and curtailment, with adequate cover.

Exclusions of Liability

Cancellations, delays or changes caused by war, threat of war, terrorist actions or threats, closure of airports, civil strife, industrial action, natural disaster, technical problems to transport, staff cancellations or other events beyond our control. Loss of, or damage to, personal property of participants.

Payment

Bank payment is required. Please use your full name as your reference. If the balance is not paid on time AH Yoga may cancel your booking and retain your deposit.

If you have any queries please email Angela at angelahulm@hotmail.com