



A Choice of Holidays

The EcoLifeWalks Package: come on the Main Package based in an oceanside 5-star hotel with the powerful MoretoLifeNow Life Change Course plus trips and tours to places of outstanding beauty and ecological interest



Hotel Pool by the Sea



Typical Sea View Room

Just the Course

If you are a resident of Lanzarote, are coming already or want to book your own accommodation, you may take part in the week's MoretoLifeNow Life Change Course, with the option to take in yoga, trip and other activities as you wish, as extra.



Trips and Tours

Unspoilt environment of beaches, waves, flora, geology and volcanoes, clean air, warm water, sunsets, stars, no pollution, guided walks and tours plus the eco attractions of Cesar Manrique. Included in Main package but bookable separately.



Lots of Options

Whichever basis you come on, there are extra options you can include, such as morning yoga sessions at the Spa Hotel, learning to surf, trips and tours, therapies, personal training, cycling, desert island exploration and free time, whatever.



Course Activity: Eco Life Walks: Typical Schedule of Main Package

Accommodation and Trips & Tours and the Life Change Course is included in the Main Package, See Prices and Schedule in Booking Section on WebSite

It is possible to book the Life Change Course and Trips and Tours separately and make your own way to the hotel base in Puerto Calero

Thursday: Arrival Day; Evening Welcome Drink, General Introductions, We point you to a selection of local eating places in the nearby yacht marina area. Optional Therapies.

Friday: Optional Yoga at the hotel, buffet breakfast, Life Change Course Session 1 in Villa, Depart by Car for Lunch Location, EcoLifeWalk / Guided Tour, Return to Hotel, Own Evening and dinner arrangements.

Saturday: Life Change Course Session 2 ,Eco Talk Trip: Drive to West of the island to Secret Black Sand Beach and Lava inlets, Visit to Incredible Crater and Lunch by the sea, Return to Hotel, Own Dinner arrangements.

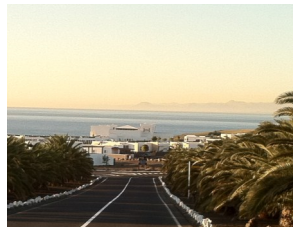
Sunday: Early breakfast, Drive to Orzola, to catch inter island ferry to La Graciosa Island. Guided Tour and Picnic at world-class beach, walking or optional cycling. Course Discussions, Returning to Lanzarote we visit Mirador del Rio, voted as one the best cafes ever!

Monday: Optional Yoga at the hotel, buffet breakfast, Life Change Course Session 4 in Villa, Depart by Car for vortex Meditation, Eco Talk trip. Panoramic Cliff Top Walk with Island Vista. We take you to local seaside restaurant.

Tuesday: Optional Yoga at the hotel, buffet breakfast, Life Change Course Session 5 Eco Talk Excursion to a Cesar Manrique Botanic Garden, Cafe Lunch, Return to Hotel, Own Evening and dinner arrangements

Wednesday: Free day for relaxation, reflection and optional activities such as surfing or therapies. Early Evening Close Meeting.

Thursday: Departures



5-star Spa Hotel



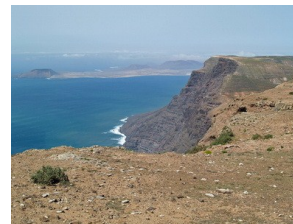
Voted one world's best café!



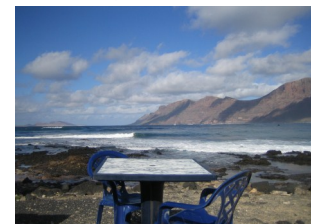
Optional Yoga with Lynne Oliver



Lounge Course Setting



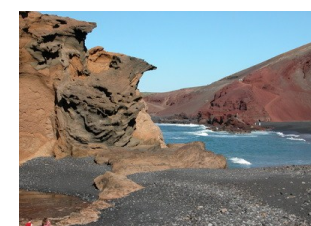
Cliff Top Walk



An Oceanside Restaurant



Secret Black Beach



The Incredible Crater



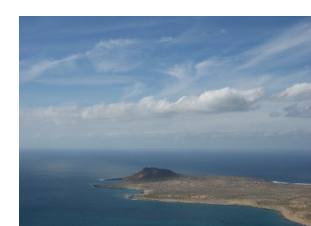
Inter Island Ferry



Volcanic Tube Garden



La Graciosa Beach



Mirador del Rio View

What's the Weather like in Lanzarote?

It's an arid Saharan Climate so sunny all the year round. Sometimes breezy, never humid, sunbathing nearly always!

Are flights included?

Flights are not included in our price. It is more convenient for our clients to choose their dates, times and departure points (both in the UK and Europe). See Website Bookings Section.

Where do I fly to?

There is only one airport in Lanzarote, Arrecife (the capital) often simply listed as "Lanzarote" (or airport code "ACE"). Look for either name in on-line search list.

How do I find flights?

There are many web-based flight services but Skyscanner.net is amongst the best, serving all countries. Most major European airports have direct flights to Lanzarote

Which day do I arrive?

The course starts on a Friday as overall there are more flights to Lanzarote from the UK on a Thursday. However you can arrive any day before Friday and stay as long as you like afterwards. Just add on a number of extra nights to your week's stay. See Prices on Web Site

For whom are the Courses?

Anyone who is open minded, feel or believe that there must be more to life, prepared to suspend disbelief, feels the need to change, not on heavy medication, addiction or depression. You must be able to, or be prepared to try to, access your emotion / feeling system!

Do I need to prepare before I come?

Not necessarily, but some people like to check out the reading list we supply, in your booking confirmation, and get into some of the course content before-hand

What about accommodation?

We recommend you stay in the Spa Hotel at Puerto Calero which is part of the total package, although it is up to you if you wish to make your own accommodation arrangements and make your own way to and from the hotel base. Accommodation is only included in the Main Package,

What about Food?

The main package includes breakfast. You will be taken to a selection of special restaurants or picnic places for daytime meals, where you can choose and pay for whatever you want. The 5-star Hotel obviously has eating facilities and there is a big selection of restaurants at the nearby, walkable marina frontage. Puerto Calero has a supermarket which covers most requirements. At the villa there is a guest fridge for anything you may wish to keep cool.

How do I get to the Hotel and the Villa?

On the main package, which includes hotel accommodation at the Hesperia Hotel, or even if you have booked there separately, you will be sent detailed email instructions, although a taxi journey from Arrecife airport, to the hotel is about 2 minutes. You will be taken by car to any course sessions held at our villa, about 10 minutes away, and we will return you to the hotel at the end of the day.

What's Included?

See the website schedule and price options for what is included. The main Package course fee includes 20+hrs of presentation, chats and workshop time in the Villa and/or in situ at places we visit. It includes shared car transportation to the places of interest. We include admission charges to scheduled events such as the Manrique Foundation and Botanic Garden. Your boat fare to La Graciosa island is included but not the optional cost of bike rental should all the group agree to cycle rather than walk. Any yoga or therapies at the villa are extra. The price of yoga with Lynne can be see on her website at www.lynneyoga.com. If you want to take up the surfing option, within the payable surfing fee, (currently €40 at time of writing) our teacher will collect you from the villa, return you there, supply board and wetsuit, snack lunch.

Do I need to be experienced in Yoga?

No previous yoga experience is necessary although we do cater for all levels including beginners. Yoga mats and blocks are provided

Health Situation?

Make sure you tell us about any medical conditions and have any relevant permission from your Doctor to take part in the published activities.

Will I be OK on my own?

We have always been a popular destination for people travelling on their own as the direct flights and short transfer time make us very accessible. The hotel is quiet, and safe yet close to many amenities of shops, eating and entertainment. Lynne and Stuart reside in their villa. You will have the company of other attending guests. This usually works well in that you have your own space yet someone to team up with for meals, extra trips or whatever.

What do the courses cost?

The latest price information is on the web site at http://www.ecolifewalks.com/?page_id=568

Where is the course held?

In our private panoramic villa on the outskirts of Tias, or in the Hotel small lounge, at the discretion of the facilitator.

Will I need a car?

While you don't need a car it is useful, although you will be transported to the various eco places we visit in one of the villa cars. Car hire is a good idea as there is lots to see, good roads, light traffic, small distances. A basic car will usually suffice.

What if I have further questions or want to Book?

Speak to Stuart on +34 928 524 216 or from the UK 020 8123 9250 or email to change@ecolifewalks.com.

Visit our Bookings Page at

<http://www.ecolifewalks.com>

The web site is the most comprehensive and latest source of information. April 2011