

An in-depth yoga holiday in Lanzarote



A Journey into Yoga

With Lynne Oliver



Yoga Secrets as a Specialist Holiday

"After running general Yoga Holidays for over a decade and accumulating a wealth of knowledge about well-being and the human body, I have decided to share my greatest yoga secrets". The "***Journey into Yoga***" programme embodies recent studies from her Hawaiian trip in Yoga of Conscious Trust, Yin and Kundalini Yoga.

New Oceanside Spa Base

Yoga Holiday Weeks are now based at the lovely 5-star Hesperia Spa Hotel next to the sea in Puerto Calero. This is a quiet location away from the main tourist resorts, with its own wild beach, sea swimming pontoon, adjacent to a cliff walk to a small village with typical restaurants.

Stay Where You Please

You can book the Spa Hotel at our Group price, which includes access to the Spa and Gymnasium, as well as a discount on the Hotels many therapies. Make your own accommodation arrangements elsewhere if you prefer. All you have to do is get to the Puerto Calero hotel which is only a 10 minute drive from the resort of Puerto del Carmen and 20 minutes from the airport..

Plenty of Choice

There are many options to join in trips and tours to places of outstanding beauty, either as a week's package or individual trips such as the exploration of the desert island La Graciosa, an established favourite, over the years.

Eating

Apart from the restaurants at our hotel base in the Hesperia Hotel, you have a big choice of international restaurants on the marina harbour front, as well as a supermarket if you want to pick up your own water and snacks.

Questions

If the idea of dedicating a week to your well-being and happiness resonates, then you will have questions, however many answers we include here. The best thing is to ring Lynne for a chat and more information.

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