



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. My new *“Journey into Yoga”* programme embodies my recent learning from my Hawaiian studies in Yoga of Conscious Trust, Yin and Kundalini Yoga.

Panoramic Private Villa

Yoga holidays, both morning sessions and the Journey into Yoga week, are set in the lovely Villa Isis, on the edge of Tias Village with its many amenities in walking distance. Rooms are ensuite and there is a lounge with balcony that overlooks the coastline and distant islands

Enjoy the Company of Cats

Over the years we have rescued many cats and they have become part of the villa experience. We find that the cats help people to relax and furthermore many of our guests are ardent cat admirers. By the same token, if cats are not your bag, this may not be the place for you, although some claiming cat allergies have had no problem in our airy rooms.

Plenty of Choice

Lots of options, if you want them, 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

Tias has a great selection of Supermarkets with fresh produce, Tapas bars, Health Food Shops, restaurants and bars, all within walkable distance. If you should have access to a car, then there are some special Oceanside locations that we can point you towards.

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 and ask away to your heart’s content. After all that is the business we are in!

For [Location](#), [Prices](#), [Flights](#), [Options](#), [Courses](#), [Guided Tours](#), [Therapies](#), [Surfing Lessons](#), [Car Hire](#), [Personal Training](#), and much more, please refer to LynneYoga.com Tel 020 8123 1650, Email lynne@lynneyoga.com