

## It's a Holiday

Easy direct flight to sun-all-year desert island of Lanzarote, away from tourists, combining relaxing with fun and scenic guided tour chats on how to improve your life. Single and Double Ensuities



## Change Your Life

The latest scientific updates on how life works, in harmony with ancient wisdom and indigenous people on how we use inner technologies to change the outcome of our life, out in the biosphere!



## Biosphere Islands

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



## Lots of Options

Extra to your schedule of walks and talks with Stuart, add more yoga (beginners too), therapies, personal training, surfing lessons, cat stroking, cycling, and free time, whatever.





The following benefits can accrue to you if you practice and apply the course content

## Logistic Benefits

- Have a Holiday and **Change your Life** as a Bonus
- See great places while learning from the Course
- Virtually always sunny in our Saharan Climate
- Safe and appropriate to come on your own
- Easy access with European Direct flights
- Last Minute and Short Notice Flexibility
- Come on your own; Meet other guests
- You have a room to yourself or discount for sharing
- Gaze across our ocean panorama to distant islands
- The pleasure of being with animals, (mainly cats)

## Lasting Benefits

- Discover new possibilities from open mindedness
- Being in awareness of what is **really** happening
- Get into Yoga as a supportive tool,
- Ability to Find Happiness and Fulfilment
- On-going access to Abundance,
- Awareness of feedback from Relationships
- Clarity in new business directions
- Removal of limitations
- Ongoing ability to Re-assess

## Life Change Benefits

- Quality time to YOURSELF for essential whatever
- Guidance as to Mainstream Updates
- No Distractions and Pressures, from Family, Friends,
- Find New Direction
- Space to feel and assess, without interruption,
- The Chance to Think and See things differently
- Freedom to Take stock and move on with life
- Dismantling of old restricting habits
- Lighten up and have fun:
- Space to change in supportive environment
- The prospect of an exciting new life
- A Life of your making, not by default
- Make more of your life: Learn to feel better
- Get some clarity in your life
- Move out from that stuck feeling
- Discover how to use your inner technologies
- Make your life be the way you want it
- Turn challenge into opportunity, big-time
- Discover the things that are holding you back
- Learn how to remove limitations
- Energy support of a powerful Natural environment





## Course Activity: Eco Life Walks: Typical Schedule

Accommodation / Food: Food and Therapies not included in Schedule

Items may be exchanged but week will contain equivalent.

**Thursday:** Arrival Day; Welcome Drink 7pm, We take you to a local Restaurant by car. General Introductions, Outline of the Week. Description of Options, Registration for Surfing Lessons, Massage, Shiatsu, Reflexology, Reiki, Personal Training, Extra Yoga.

**Friday:** Introductory Life Change Yoga by the pool with Stuart, Course Work in the Lounge. Optional Therapies. Depart with Stuart by car to Oceanside Restaurant .

**Saturday:** Optional Yoga, 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. Own Dinner arrangements.

**Sunday:** Free Day. Optional Surfing Lesson at Famara Beach (Recommended)

**Monday:** Life Change Yoga with Stuart in dramatic Volcanic Crater, Eco Talk trip. Panoramic Cliff Top Walk with Island Vista. Picturesque Villages of the North. We take you to local seaside restaurant.

**Tuesday:** Eco Talk Excursion to a Cesar Manrique Botanic Garden, Cafe Lunch, Evening Course Work in Lounge, Own Eating arrangements.

**Wednesday:** Culminating in Full day Island Trip to La Graciosa. Drive to Orzola, Inter Island Ferry to La Graciosa, (Boat fare included) Choice of Walk (or Optional to go by Mountain Bike) Guided Tour to World-class Beach. Course Work Questions and Answers. Visit to Mirador del Rio, Closing Meeting. Own Eating arrangements

**Thursday:** Departures



Villa Isis



One of the Local Tapas Bars



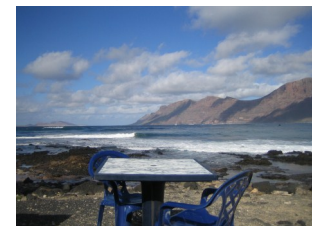
Yoga By the Pool



Lounge Course Setting



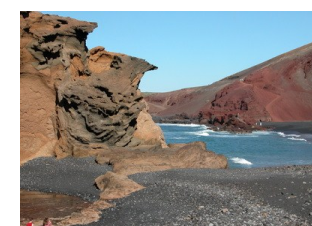
Cliff Top Walk



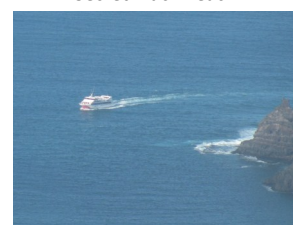
An Oceanside Restaurant



Secret Black Beach



The Incredible Crater



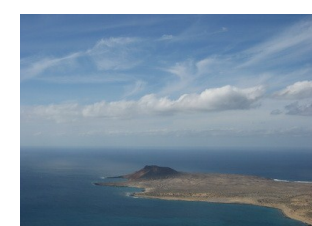
Inter Island Ferry



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

## What's the weather like in Winter?

The Canarian winter is one of the best times to come, as it is still very summery but not too hot. There can be occasional rainfall in the winter although the norm is blue sky with intermittent fluffy clouds. It can be cooler in the evenings, but you can still sit outside with a warm top.

## 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)

## 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?

You have a choice of making your own accommodation arrangements or having us help you. There are limited spaces in the villa. See Accommodation on the website. Accommodation is not included in the Course sSchedule.

## What about Food?

Course price does not include food or accommodation. If you are staying at the villa, breakfast is included. The Townhouse has a self catering kitchen. Tias village has a great selection of supermarkets, health food shops, tapas bars and restaurants. Guest Fridge for own purchases.

## How do I get to the villa?

If you need to get to the villa from the airport or to the villa from where you are staying, we will supply detailed photographic instructions. We are 10 minutes from the airport and 5 minutes from Puerto del Carmen by Taxi

## What's Included?

The 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. Also included is an opening Life Change Yoga session with Stuart and Volcanic Crater Yoga. Any yoga or therapies, such as Massage, Shaitsu, Kinesiology, Reiki or personal training sessions are extra and €70 / hr. 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. The cost of the Inter Island Ferry to La Graciosa is included, but not the optional cost of Bike rental should all the group agree to cycle rather than walk.

## 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 villa is quiet, and safe yet close to many amenities of shops, eating and entertainment. Lynne and Stuart reside in the villa as does our housekeeper and maintenance manager. 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](http://www.ecolifewalks.com/?page_id=568)

## Where is the course held?

In our private panoramic villa on the outskirts of Tias,

## 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 popular with our guests and most often they wait until they arrive and share with others in the villa. At busy times it is a good idea to book ahead. If you do this you can pick up your car at the airport. 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](mailto:change@ecolifewalks.com).

## Visit our Bookings Page at

<http://www.ecolifewalks.com>

The web site is the most comprehensive and latest source of information. November 2010