



'Sand, Sea, Self-Care' Yoga Intensive

with Irina Verwer

Zandvoort, The Netherlands

31 AUGUST - 2 SEPTEMBER 2018



WWW.GLOBALFLOWRETREATS.COM

The Intensive

A yoga and self-care weekend retreat at the beach for women.

Today's fast-paced society often leaves us little time for restoration, relaxation and rejuvenation. This is why taking time to un-plug and (re)connect with yourself is so important. This long weekend in Zandvoort, you'll be invited to do just that.

You'll be led through delicious yoga classes, explore your boundaries in a gentle way, learn more about Ayurveda and how this ancient philosophy can help you to make the best choices for you in each moment, and learn all about self-care in a practical and fun way.



Staying at the beautiful Lichthuis in Zandvoort, you get to enjoy the silence while being only a 10-minute walk away from the beach. The comfortable accommodation in this special old church offers you all you need: a terrace to relax on, a sauna to enjoy, delicious meals that will nourish you and more!

In your free time, you get to enjoy walks on the beach, the company of other women, and moments where you simply don't have to do anything!

Irina will offer all classes in English

Intensive Highlights

- Stay 2 nights at a beautiful retreat center close to the beach
- Practice with a senior teacher
- Learn about self-care practices and Ayurveda
- Daily Yoga
- Relax deeply in a group of like-minded women
- Enjoy delicious, home-made, vegetarian meals



Accommodation

Het Lichthuis is a hidden gem in Zandvoort and offers a sacred space where you can come to relax deeply and recharge. Built with care, eye for detail and comfort in mind, it is the perfect location for boutique retreats.

The accommodation consists of 6 beautiful apartments, each apartment sleeps 2 to 5 people. All rooms have single beds or a comfortable sleeping couch.

Each apartment has a beautiful living room, bathroom, and kitchen.

Shared facilities that are available are a sauna and sunbathing terrace. The house is situated a 10-minute walk away from the beach and 8 minutes from the train station.



The Teacher

IRINA VERWER

Irina Verwer Irina's journey into yoga began on a grey and cloudy day in an even greyer city, many years ago. As she stepped on the mat that first time, she knew she had found her path. She fell in love with the practice and it quickly became a way of life.

That's when she knew she wanted to share this love for yoga with others. She traveled the world to study with amazing teachers and



completed several in-depth teacher trainings in hatha, vinyasa, Anusara, restorative and yin yoga.

Through the years, she created a unique style of teaching that's diverse, intense yet gentle at the same time. Most importantly: her love for yoga and life is tangible in each class she teaches.

Besides being an inspiring yoga teacher, Irina is a gifted holistic coach as well. She incorporates her knowledge of Ayurveda, Tantra, myths, and philosophy in her classes and coaching sessions - and by doing so, she always manages to inspire those around her to take better care of themselves.

Irina also teaches online at Ekhart Yoga and writes for several yoga magazines, such as the Dutch and French 'Yoga Magazine'. She has written two well-received yogic cookbooks: 'Kopstand in de Keuken' (Headstand in the Kitchen, only available in Dutch) and 'With a Pinch of Yoga'.

www.irinaverwer.com

Meals

During the retreat, you will get to enjoy home-cooked vegetarian meals with vegan options. Starting the morning with a nice snack, you get to enjoy a delicious brunch after the first yoga class. In the afternoon another snack is served and in the evening a delicious dinner. Tea and water is available throughout the day.

Schedule

Friday 31 August | Arrival Day

15:00 hrs | Arrival

15:30 – 16:00 hrs | Welcome with a light snack

16:30 – 18:30 hrs | Yoga Class

19:00 hrs | Dinner



Saturday 1 September

7:30 – 8:00 hrs | Morning snack

8:00 – 10:30 hrs | Yoga & Self-care Workshop

11:00 – 12:00 hrs | Brunch

12:00 – 16:00 hrs | Free time

16:00 – 18:00 hrs | Ayurveda & Self-care Workshop

18:30 hrs | Dinner

Sunday 2 September | Departure Day

7:30 – 8:00 hrs | Morning snack

8:00 – 10:30 hrs | Yoga Class

11:00 – 12:00 hrs | Brunch

12:30 hrs | Departure

Value

PACKAGES INCLUDES

- 2 Nights' accommodation
- 4 Yoga & Self-care classes (9 hrs)
- Brunch & Dinner
- Morning & afternoon snacks
- Use of sauna

INVESTMENT

Early Bird Rates:

2 Person Apartment: €397

(1 bedroom with 2 single beds)

3 Person Apartment: €367

(1 bedroom with 2 single beds and one bed in the living room)

4 Person Apartment: €347

(2 bedrooms with 2 single beds per bedroom)

Regular Rates:

2 Person Apartment: €472

(1 bedroom with 2 single beds)

3 Person Apartment: €442

(1 bedroom with 2 single beds and one bed in the living room)

4 Person Apartment: €422

(2 bedrooms with 2 single beds per bedroom)



Booking & Cancellation Policy

The early bird rate is only available for the first 4 registrations paid in full before 15 May 2018. All bookings (early bird or regular rate) are to be paid in full to secure your booking.

When booking a double as a solo traveler, we will do our best to find a same-gender roommate for you. In case this is not possible, you will be required to upgrade to a single or double room respectively and pay the accompanying rate. When single rooms are not an option to book, we will look at an appropriate solution and rate with you.

All participants are required to have full travel and medical insurance, including medical transport.

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:

- Notification received more than 60 days before the start of the retreat: 30% of the full fee + €25 administration fee.
- Notification received 31- 60 days before the start of the retreat: 50% of the full fee + €25 administration fee.
- Notification received less than 30 days before the start of the retreat: 100% of the full fee.

Global Flow Retreats reserves the right to cancel the retreat if fewer than 14 participants have signed up by 1 August 2018. In such circumstances, the participants will be informed promptly and registration monies will be reimbursed. Any travel costs will not be reimbursed. We recommend all participants to get coverage through their travel insurance.

How to Get There

Het Lichthuis
Emmaweg 22
2042 NV Zandvoort



By Public Transport: Take the train to Zandvoort aan Zee. From the trainstation it is a 10 minute walk. When leaving the trainstation, take a left, continue until you reach Zeestraat and take another left. Continue onto Zeestraat, continue onto Kostverlorenstraat and take a right onto Juliana weg. Take your first exit to the left onto Emmaweg, at the end you see the old church at number 22.

What to bring?

Temperatures can vary quite a bit. We can have lovely late Summer weather or some cloudy days with a shower every now and then. Bring clothing for different temperatures. Please keep the eco-friendly nature of the retreat in mind when packing your bag. We recommend you to bring the following:

- Yoga mat (there are mats available at the retreat center too)
- Water bottle to refill
- Swimming clothes
- A scarf or long shawl (nice to have for meditation and savasana)
- Cool clothes for warm days and warmer clothes for the mornings and evenings
- Notebook and a pen
- Camera
- Sunscreen
- Slippers and good walking shoes if you like to go for walks in your free time

