



How It Works...

Andorra Yoga and Ski itinerary

5 night stay with daily yoga, skiing or boarding and relaxing in the mountains

DATES: February 2nd - 7th, 2013

Yoga Ishta Style want you to get the most out of your trip so we are packing in as much as possible to your time with us whilst allowing ample time to relax in the mountains.

NOTE: This is an example itinerary; some of the times will vary according to specific flights and package booked.

Day 1 - Saturday. Barcelona Arrival- transfer to Andorra

After a long week at work, your ski break starts here...

- Check in early to your chosen flight to Barcelona. Aim to arrive at 1pm. Relax in the airport lounge putting work behind you and focusing on the ski and yoga retreat ahead.
- Be met at 1.30pm at Barcelona airport T2 by a Yoga Ishta Style representative to be whisked away with the small group to Andorra. Leave airport at 2pm.
- On the way we will stop at the Ski Hire shop, so whoever needs to pick up their pre-booked equipment can do so here.
- Arrive a couple hours after departing Barcelona airport to the chalet for a welcome tea and an unwind yoga session.
- Indulge in a lovely and nutritious vegetarian 3 course meal with wine.
- Early night, settle down for a restful night sleep ahead of a great day of Yoga and Skiing or Boarding activities ahead.

Ski or Board Day 2 - Sunday

- Before breakfast, 90 minute yoga and meditation session
- Delicious hot breakfast at chalet
- Drive to slopes for full day skiing. The Ski area Grandvalira has 205 kms of marked pistes and is excellent for snowboarders & skiers of any ability. It joins with Soldeu ski domain by Funicamp which is a resort that sits 1720m high up in Andorra between France and Spain.
- Pick up at meeting point after day skiing or snowboarding at 5.00pm
- Return to chalet
- Wind-down 60 minute slow stretch and gentle yoga class
- Relax
- Enjoy 3 course meal with wine
- Overnight in chalet

Ski or Board Day 3 - Monday

- Before breakfast, 90 minute yoga and meditation session
- Delicious hot breakfast at chalet

- Drive to slopes for full day skiing
- Pick up at meeting point after day skiing or snowboarding at 5.00pm
- Return to chalet
- Wind-down 60 minute slow stretch and gentle yoga class
- Relax
- Enjoy 3 course meal with wine
- Overnight in chalet

Ski or Board/ or other activity Day 4 - Tuesday

- Before breakfast, 90 minute yoga and meditation session
- Delicious hot breakfast at chalet
- Drive to slopes for full day skiing or if only on 2 day full skiing package/ choose to relax at chalet or sample other activity eg; snowshoe
- If skiing, pick up at meeting point after day skiing or snowboarding at 5.00pm
- Return to chalet
- Wind-down 60 minute slow stretch and gentle yoga class
- Relax
- Enjoy 3 course meal with wine
- Overnight in chalet

Sleep in Yoga / Spa Afternoon Day 5 – Wednesday

- Sleep in
- Delicious hot breakfast at chalet
- 90 minute yoga and meditation session
- Relax/ read in chalet/ local walk
- Buffet lunch at chalet
- Drive to late afternoon session at a Day Spa and thermal water destination
- Final evening group meal- chefs night off
- Return to chalet
- Final night sleep

Return to Barcelona Day 6 – Thursday

- Before breakfast, 90 minute yoga and meditation session
- Delicious hot breakfast at chalet
- Return to Barcelona airport for flight home
- Book a 4pm return flight home
- Thanks for coming and hope to see you again soon!

PRICES: 5 nights/ 6 days

3 DAY FULL SKIING OPTIONS/ 1 day of relax and Spa

690€ - full package with 3 day ski pass and equipment hire- skis/ boots/ poles or snowboard & boots

625€ -full 3 day ski pass package without ski equipment hire

2 DAY FULL SKIING OPTIONS/ 2 days of relax and Spa

655€ -2 day ski/ board package includes ski equipment hire

630€ -2 day ski/ board package without equipment (eg. on day 4 on itinerary above you won't ski)

Includes:

- Transport from Barcelona airport to Andorra return
- 5 nights shared accommodation (1 x twin share/ 2 x triple rooms)
- Daily return shuttle from Mountain Chalet to Ski Resort
- 1 Thermal Spa Entry
- 4 x 3 course dinners with wine
- 5 hot breakfasts
- 4 packed lunches
- 1 self serve buffet lunch
- 1 x welcome yoga & meditation session
- 5 x morning 90minute yoga & meditation sessions
- 3 x post ski gentle yoga stretch sessions
- 3 Full day ski pass at Grandvalira ski domain
- 3 day equipment hire- Skis/ Boots & Poles or Snowboard & Boots.

Does not include:

- Flights
- Insurance
- 1 dinner out in restaurant.