

# Yoga Vibe Tenerife

Tenerife

EUROPE



## THE PLACE

Living up to its nickname "Island of Eternal Spring" the winters are gloriously warm and the summers are just gorgeous! The outdoors lifestyle can be enjoyed every day.

## THE YOGA

Group classes: enjoy your own holiday and drop into the regular yoga vibe sessions held outside overlooking the ocean and stunning skyline. Private classes: pre-arrange personalised, private yoga from your holiday accommodation or a beautiful outside space. Yoga holidays: immerse yourself in twice daily yoga, sunny savasanas, nutritious delicious soulfood and discovering the beauty of Tenerife during set retreat dates.

## THE FOOD

Your break can be enhanced with an environmentally conscious meal plan whether you choose a retreat week or holiday your way.



## The Unique Stuff

Our teacher, Emily teaches through modification so every'body' can reap the rewards of the practice, regardless of level of fitness or flexibility. Special guests: delighted to announce David Sye's notorious Yogabeats raves, workshops and retreats in Tenerife!

## THE ACCOMMODATION

During set retreat dates: the beautiful, tranquil Colonial House is located up the hillside boasting a jaw dropping view of the coastline & neighbouring Islands or source your own accommodation and enjoy drop-in or private classes.

## THE ACTIVITIES

Endless activities to choose from including: SUP, surfing, paragliding, trekking, cycling/exploring the beauty of Tenerife via land or sea.

## THE INFO

Holiday weeks are priced from €700. Private, personalised sessions on your own holiday are priced from €60.



+34 678 71 21 51  
yogavibetenerife.com