



# Yoga & Hiking Retreat

In Northern Iceland

## When?

September 28 - October 5, 2024

Seven nights, Saturday to Saturday, exploring, adventuring, and connecting to nature.

## Where?

Akureyri is known as the Capital of the North, being the largest city in Northern Iceland. Yet being nestled at the base of a fjord, Akureyri keeps that picturesque town atmosphere. This is where we will stay, in four local apartments equipped with outdoor hot tubs.

## What's Included?

Group transport from Akureyri airport

All breakfasts, lunches, and 4 dinners

Yoga mats and props

Transfers to apartments, yoga classes, and excursions

Ferry ride to Hrisey Island

Horse riding excursion

Full day at Mývatn nature baths

Waterfall excursions

Northern lights tour

## How much does it cost?

The rooms vary in sizes and privacy, so there are multiple pricing options to meet your needs. The pricing starts at \$4,039 with our early bird pricing for a double room, and increases from there. Don't miss our early bird pricing special, and get \$500 off if you register at least twelve months prior to the retreat (September 28, 2023)! Give us a

call today to discuss what works best for you (504) 327-7483. We require a \$800 deposit to secure your spot, the remainder is due February 1, 2024. This is a trip of a lifetime, and we want you there. Sign up early to discuss payment plan options.

\*a note about the meals provided: expect vegetarian options with some fish and lamb. Fish is caught right from the arctic, and lamb is free roaming, all part of the natural ecosystem. Almost all food in Iceland is organic. All dietary restrictions will be sent to organizers in advance.

\*\*a note about travel: Arrive at Akureyri between 11:30 am - 2:00 pm, a document will be provided upon booking with flight suggestions and travel recommendations. Everyone will fly into Keflavik International, domestic flights to Akureyri depart from neighboring Reykjavik airport.



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## Excursions

### Grisey Island



Known as a 'fairy island', Grisey is a remote space for connecting with nature. A short ferry ride from the mainland, this picturesque island is also a great spot for bird watching. Here we will hike, meditate, and enjoy a local dinner.

## Myvatn



We will be spending an entire day in the Myvatn region. This area's geothermal activity will be evident throughout the day. Scattered hot spots, like these lakes above, flowing lava, and mineral pools are a must experience in your Iceland adventure!



You'll want to bring your swimsuit this day! We will be entering the natural thermal baths. Great for the skin, body, and soul!

## Goðafoss



Possibly the most famous waterfall in northern Iceland is Goðafoss. Expansive and breathtaking, this waterfall is rich with history.

## Horseback riding



The Icelandic horse is not just a horse, but a national symbol. These majestic creatures are short with thick coats to withstand the sometimes harsh climate. We will spend an afternoon riding and befriending these magical beings.

## Secret waterfalls

Thanks to our local guides, we will be hiking to remote locations to immerse ourselves in natural landscapes only experienced by locals and those 'in the know.'



## Optional Whale Watching



During our downtime, whale watching can be arranged for you. By going out on a boat, you have the chance to get up close and personal to these divine beings.

## Northern lights



As it is never a 100% guarantee of witnessing this phenomenon, we have chosen a time of year with the most solar activity and ample hours of night. Our local guides will be checking the solar forecast, and on the clearest night we will venture out to one of the best viewing locations. It is our hope to have many nights of this phenomenon during our stay, so some evenings can be spent viewing from our apartment hot tubs.