



To Be You Yoga Retreat

Costa Brava, Spain

22 - 29 September, 2024



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Namaste and welcome

Before we have the pleasure of welcoming you in person in Spain, this pack will help you prepare for your retreat with information regarding the location, how to find us, what to pack, the food you'll be eating, adventures we have planned and more exciting details.

TBY Yoga and Create Space Yoga travel agency have teamed up to offer you a beautiful, handcrafted retreat to deepen your practice alongside the perfect Spanish vacation.

Questions or concerns? At Create Space Yoga our minds, ears and eyes are always open so please don't hesitate to contact us - admin@createspace.yoga

With love and blessings,
Julia, Andrew & The Create Space team



I'm Julia

Meet your Hosts



Growing up, Julia experienced migraine headaches and chronic back pain. It wasn't until she found yoga in college and started deepening her practice that she realized the connection between physical and emotional pain. Yoga gave her the opportunity to get in touch with what she was truly feeling and take better care of herself, which resulted in relief of many of her symptoms.

Today, Julia is passionate about sharing yoga in a therapeutic way, for people experiencing physical pain, illness, or simply just want to feel better in their mind and body. She is known for combining functional, mindful movement with wisdom teachings of yogic philosophy and Ayurveda. Julia enjoys working with athletes, those recovering from injuries and illness, and people with cerebral palsy and other physical limitations.

Julia has been practicing and studying yoga and meditation since 1991, and teaching since 2007. She has many years of therapeutics and general study with Gabriel Halpern, founder and former director of the Yoga Circle in Chicago. With more than one thousand hours of training, Julia also draws inspiration from Desiree Rumbaugh's instruction and the wisdom of the Venerable Bhante Sujatha. She also holds a certification in Plant-Based Nutrition from eCornell and offers plant-based coaching and healthy lifestyle support.

Earning a degree in Broadcasting & Film with a minor in Sociology from the University of Central Missouri, Julia worked for more than a decade as a television newscast producer in the South Bend, Orlando and Chicago markets. Julia blogs and writes articles about yoga, stress relief and mindful living. Among her published works is a children's book, *Just Me & The Trees, A Children's Guide to Meditation*. Julia is also the mother of a young adult and a teenager and two rescue dogs. She enjoys nature walks, plant-based cooking with her husband Andrew, ballroom dancing, barre classes, reading, and of course, yoga.



I'm Andrew

Meet your Hosts



Andrew walked into his first yoga class in 2005 at a time when he was overweight, depressed, and hopeless about life. He quickly started feeling better in his body and developing self confidence—he was hooked! After a few years of practice and completing his teacher training in 2009, he noticed that the more he slowed down, the more he realized there is so much more to the practice than just the physical exercise.

Today, Andrew is passionate about providing people stress relief and an opportunity to feel better in their body and mind. He offers an alignment-based approach in his group classes while striving to keep the atmosphere light-hearted and accessible to beginning students as well as long-time practitioners. His favorite yoga pose is, hand's down, handstand (and many other challenging inversions!)

Andrew has hundreds of practice and study hours with his primary teacher Desiree Rumbaugh, and also draws from the dharma teachings of Gabriel Halpern and the Venerable Bhante Sujatha. He has also co-organized and co-led three yoga retreats, including two in Tulum, Mexico, and one on Costa Rica's Osa Peninsula.

In addition to teaching yoga and co-owning TBY Yoga for many years with his wife Julia—Andrew is an engineer at Underwriter's Laboratories. He has worked in UL's Fire Safety Division since 2003. Andrew earned his degree in Government & International Relations from Clark University in Worcester, Massachusetts. In 2000 and 2001, Andrew embarked on the life-changing journey of living on a kibbutz in Rishon Lezion, Israel.

In his free time, Andrew enjoys guitar playing and singing, voraciously reading, and he's a fitness nut! Andrew chooses from many fitness modalities to stay healthy and in shape including long outdoor hikes, weight-lifting, or riding one of his many bikes. His favorite form of exercise is walking his two rescue dogs. He also swears by plant-based eating and loves creating vegan baked goods.



Retreat Location

In the northwest corner of the Mediterranean is the sun-kissed land of Costa Brava, which runs from just above the city of Barcelona to the French border. It's characterised by cute little towns and villages, rugged rocky coastlines, mountainous peaks and stunning beaches, bays and inlets. Its beauty extends inland, with Costa Brava being the home of important Greco-Roman ruins, quiet Medieval villages and boasting a unique artistic heritage thanks to its most famous native, Salvador Dalí.

Costa Brava is, without a doubt, home to some of the country's best beaches. They may not be extended and sweeping – but they're small and intimate, surrounded by soaring clifftops and unusual rock formations. Many of the beaches can only be reached on foot, scrambling down steep coastal paths to find pebbly shorelines lapped by clear blue waters.

Accomodation

Located on the seafront with extraordinary views, the Park Hotel San Jorge offers you a unique experience in the heart of the Catalan Costa Brava. Enjoy an unforgettable stay in a 4-star superior category hotel in Playa de Aro, surrounded by pine trees and crystal-clear waters, with direct access to the Belladona and Cap Roig coves.



How to get there?



Recommended airport (flights not included) :

Arrival

- Home to Josep Tarradellas Barcelona-El Prat Airport (Barcelona International airport)

Departure

- Josep Tarradellas Barcelona-El Prat Airport (Barcelona International Airport) to your next destination

If you opt into our airport transfers, we will pick you up from Barcelona International Airport and drive you to the resort. Please allow an hour and a half drive time and between \$40 - \$60 per transfer.

Alternatively, you can plan your travel by visiting rome2rio.com



Retreat facts

Trip Duration: 7 nights / 8 days



Your Investment Includes



- 7 nights accommodation (4 star)
- Airport transfers
- Daily Yoga
- Kayaking tour
- Day tour of Girona and Tossa De Mar
- Light hike along the Cami De Ronda
- 1 x one-hour massage
- Two meals per day

Excludes

- Return airfares
- Return airport transfers
- Compulsory Travel Insurance
- Personal spending money
- 6 meals
- Tips and drinks/ alcohol

Yoga



Depending on weather circumstances, yoga may be held inside or outside on the grass overlooking the sea.

Your hosts, Julia and Andrew, are gifted, passionate and inspiring teachers who will take care of you on and off your mat.

Whatever your capability or level of experience, you are truly welcome. We strongly encourage beginner yogis to join us, as this is a wonderful opportunity to find the inspiration to start a personal practice. For more experienced yogis, this is a great place to deepen your yoga practice and grow.

Please bring your own yoga mat.

Meals



You will be nourished from the inside out with 2 meals per day made from fresh, locally sourced ingredients to support your daily yoga practice. We are delighted to accommodate special dietary requirements; please update our client travel forms with all requirements.

*Included in this retreat are two meals per day. The third meal and snacks will be at your own expense. Prices range from \$15 - \$70 per meal. Depending on your choice of restaurant and order.

Wellness



Included in this package is a 1-hour spa entry pass. If you would like to enjoy added spa treatments, a one hour body treatment ranges from \$70 - \$150.

Pools & Spa



Your resort has an on-site spa, thermal pool with hydromassage, turkish bath, emotional showers, playful pool and Sauna.

Retreat Itinerary

Here you will find the day-by-day itinerary for this trip. Unless otherwise noted, daily excursion options are included in the cost of the trip. We do our best to adhere to the scheduled itinerary, but in the spirit of our expeditionary style of travel, we may deviate slightly to take full advantage of encounters with the destination and its people, culture, weather and wildlife.



Day 1: Sep 22

Buenos Dias, and welcome to Costa Brava!



Fly into Barcelona Airport. Make your way to Park Jorge Hotel or join our shuttle. Once you arrive, refreshments will be served while check-in is arranged. An evening opening circle to meet your fellow travellers, followed by yoga and a group dinner.

Day 2: Sep 23

Fancy a day at the beach?



Morning Yoga, followed by breakfast. Today we will head to the beach with an afternoon of massage and spa. The day will conclude with an evening yoga session and group dinner.

Day 3: Sep 24

A day for adventure.



Awaken with our morning Yoga ritual, followed by breakfast. We will spend the morning kayaking to discover the hidden and most charming corners of the Costa Brava. Afternoon yoga and group dinner.

Day 4: Sep 25

Awaken your body and soul.



Today, we set off for a day exploring the Costa Brava, the first stop, Tossa De Mar, followed by lunch and later travelling to Girona for a walking tour of the Game of Thrones set. Tonight, relax and unwind back at the resort or in town.

Day 5: Sep 26

Adventure calls.



Morning yoga and breakfast. Today we take a soft hike along the Cami de Ronda with a typical Spanish lunch along the way. Later we will meet for evening yoga and free time to unwind or explore for evening.

Day 6: Sep 28

All aboard.



Morning yoga and breakfast. Next, we set off for a half day of sailing on the Balearic Sea. Enjoy snorkelling, relaxing onboard in the sun or swimming the crystal clear waters. Light lunch and refreshments included. Group dinner in the evening.

Day 7: Sep 28

Enjoy the solitude.



Dive deeper into your yoga with a morning yoga workshop, followed by breakfast. Today is a day to feed your soul and do as you wish. Lay by the pool, hit the shops or take an additional tour. Gather back in the evening for yoga closing circle, great food and conversations.

Day 8: Sep 29

It's time to say Adéu



A morning of delicious foods to complete our journey together. Take a walk along the beach or dive into the ocean. Depart for your next destination with the blissful memories of Costa Brava.



Room Options

Twin-share:

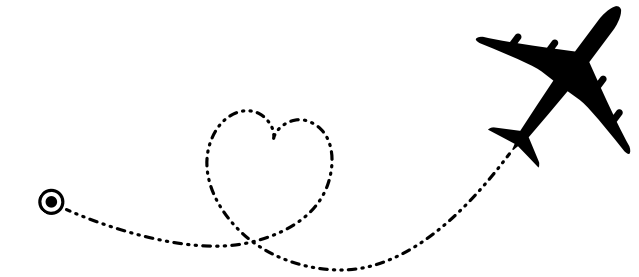
Ideal for couples or people who are comfortable sharing with one another. One room with twin beds or a double bed and bathroom are included.

Single room:

For those who like the comfort of their own room and or travelling solo. The single room has a double bed and a bathroom.

Price USD

Early bird price: **Ends May 25, 2024**



Ⓢ	Early bird	Standard
Twin	Room \$3290 pp (Deposit 400)	Room \$3490 pp (Deposit 500)
Single	Room \$3990 (Deposit 500)	Room \$4190 (Deposit 600)

Twin room pricing is per person. If you would like to share a room, it's required that you fill the other spaces. If you're a solo traveller and would like to share, please get in touch. We will try our best to find you a suitable roommate. Alternatively, the single room rate will apply.

Please Note: All payments made to our business accounts are non-refundable.



Passport & Visa requirements

A valid passport is required for participation in this retreat. It is necessary that your passport is valid for 6 months from the date you intend to return home. A visa is not required unless you are travelling for 30 days or more.

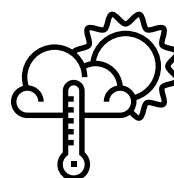
We suggest that you carry a couple of photocopies of your passport, visa and any other important documents when travelling.



Currency and money

Euro is the official currency in Costa Brava.

Having some Euros on arrival can be helpful or using a travel card that has euros can be an easy way to pay. We suggest having at least 50 euros in cash as some places do not accept cards.



Climate

Approximately 26°C during the day and 15°C overnight. (78 - 59 Degrees Fahrenheit)



Travel insurance

We require each guest traveling on this retreat to hold active travel insurance with COVID cover. Please purchase your travel Insurance as soon as the retreat is booked as per our terms and conditions, all payments are non-refundable. This will cover you for any medical care you need, loss/damage of any goods and any potential disruption or cancellation of your travel.



Health Information

Please consult a doctor concerning health precautions, and prescriptions based on your physical condition and medical history. Please note this should be done two months before travelling.



Internet and Wi-fi capability

Wi-fi is available at the resort.



Packing list

Attitude, attitude, attitude!

The first thing to carry of course is a great attitude! Be fully prepared to soak in the sights, and culture of Italy. The ability to unwind, de-stress and relax, will come in handy.

Apparel

- Cotton, breathable t-shirts
- Singlet tops
- Dresses and or skirts
- Shorts
- Evening wear for our dinners
- Sleepwear
- Hat
- Swimwear
- Yoga wear
- Light-rain jacket
- 1 warm jacket
- Walking shoes
- Flip flops/sandals
- All toiletries

Travel items

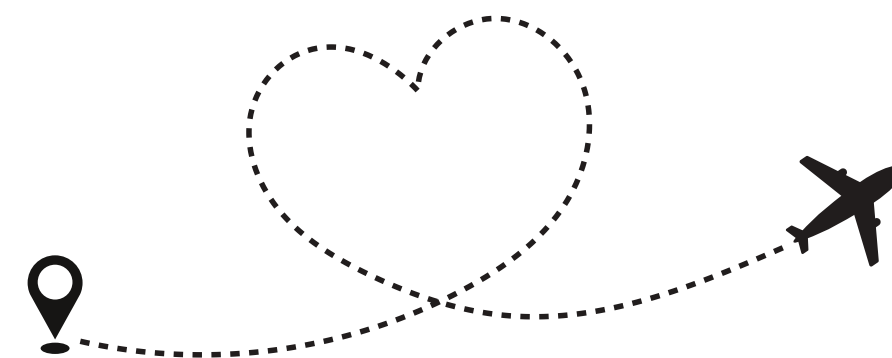
- Travel adaptor for electronics
- Day bag
- Hand sanitizer
- Insect repellent
- Sunscreen
- Sunglasses
- Water bottle
- Yoga mat

Be Earth-Friendly

Please limit kgs, your consumption of disposable plastics and packaging and take the initiative to leave all locations better than you left them. We also recommend that you bring biodegradable and paraben-free toiletry products.

Misc

- Journal
- Good book
- Camera
- Ear plugs



Checklist in order

- Read our terms and conditions
- Choose/fill your room selection
- Travel Insurance
- Flights
- Waiver & Release completed and submitted
- Student Information form completed
- All retreat payments finalised
- Passport check
- Exchanged currency
- Copies of travel documents
- Pack
- Pack hard copy of waiver
- Enjoy your retreat!



CSY Village Project in India

For every student that travels with Create Space Yoga, we supply food to one child for a whole month through our not-for-profit organisation, The Village Project in the Himalayas.

Today we sponsor 7 women and children as we believe every child deserves the gift of an education, health care and the daring to dream.

When you travel with Create Space Yoga, you're not only investing in a life-changing experience for yourself. You are changing the lives of children living below the poverty line.

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that books
feeds a child
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Through our
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CREATE SPACE

CSY Story

In 2015 we opened the doors to Create Space Yoga. Today we are a team of 7 passionate individuals who thrive on helping inspiring studios around the globe host unforgettable international yoga retreats.

When you travel with Create Space Yoga, you're not only investing in a life-changing experience for yourself. You are changing the lives of children living below the poverty line.

We hope you have a beautiful retreat.

Blessings,
The Create Space Yoga Team

CSY Mission

Our mission is to take every guest on a guided journey of self-discovery while exploring their chosen destination. We strive to hold a space open to all people that combines an authentic yoga immersion with the perfect holiday vacation.

Create Space Yoga supports and empowers remote communities in North India, as we believe that every child deserves the gift of education.

Want to know more about us?
Head to our website
www.createspace.yoga



Terms & Conditions

Cancellation policy

All payments made to our business account are non-refundable, and cancellation leads to the loss of all funds paid. CSY will issue an Insurance Claim Letter for all medical, death in the family, accidents, and/or natural disasters stopping the participant from travelling.

Travel insurance, travel documents and immunisations

CSY requires all participants to purchase/hold travel insurance with pandemic coverage on the same day as the retreat payment.

Travel documents and immunisations

CSY advises each participant and host to obtain all required travel documents, including Visas, passports, insurance, immunizations, and any other documents required for travel. CSY takes no responsibility for entry, entry requirements, or other information that is required by law, or individual jurisdictions, for travel to and from your selected retreat destination. It is the participant's responsibility to visit the travel doctor well in advance of their selected retreat to ensure the participant has the correct immunizations.

Read our full terms and conditions www.createspace.yoga





Let the countdown begin.
We can't wait to welcome you to Costa Brava.

Blessings - Julia, Andrew and the Create Space Team

 www.createspace.yoga

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