

What is Holiday with WindSurfYoga™ like?

v1.6

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## **What or Who is WindSurfYoga?**

We are people with a huge passion for windsurfing, goodlife, yoga, traveling and hooked to water sports.

We want to inspire, connect, meet, travel, discover together and grow.

We want people to enjoy the good life.

We want to share the love and passion for windsurfing and make this sport more popular (also under girls).

We use windsurf & yoga as a way to connect, travel, meet, discover...

We want to make things happen.

You can find us:

[www.windsurfyoga.eu](http://www.windsurfyoga.eu) (more details on behind the scene, in the [BLOG](#))

[facebook.com/WindSurfYoga](https://facebook.com/WindSurfYoga)

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We are

Eline; Office, Yoga Teacher, SupYoga & Sup instructor.

Martin; VDWS Windsurf Instructor, ISA surf instructor lv 1, Office.

Alex; Surf in Fuerteventura

Yannick; Windsurfing in Fuerteventura

Kathrin; Fitness in Fuerteventura

Tjasa, Sarah, Alya, Nina; extra teachers for Yoga in Fuerteventura

Laura; Help, Yoga Fly, Driver in Fuerteventura

## **What holidays do you offer?**

We offer many different packages all about watersports/sports/yoga.

There is the Yoga Holiday which offers 2x a day Yoga

There is the Windsurf Holiday which offers Windsurfing & Yoga in a day.

There is the Surf Holiday which offers Surf & Yoga in a day

There is the Wind+Surf Holiday which offers Windsurf, Surf & Yoga in a week.

There is the Fit&Yoga holiday which offers Workouts & Yoga in a day.

And there is a SupYoga&Yoga Holiday which offers some SUPYoga classes & Yoga in a week.

Then you can add surf to the Fit&Yoga and do less workouts, more surf or sup.  
You can choose to do a yoga holiday with only ones a day yoga and have more time off.

You can add any of the activities to another packages..

Enough options for EVERYBODY!..

### **What is windsurf?**

Windsurfing is a watersport where you use wind to move yourself through the water. You use a board and a sail to steer yourself around.

There are different styles when you get 'the hang' of it.

- Waveriding
- Freestyle
- Slalom
- RS-X (olympic category)
- Formula riding
- Freeride

For those different styles you use different conditions and material.

To learn windsurfing you need half an hour, to improve and develop yourself, you need years :).

### **What will i learn when i join the windsurfcamp?**

What we will teach you depends on conditions, your skills and the duration of your camp.

Beginners:

- Theory on: Wind directions and sailable directions, conditions, wind.
- Water safety & rules
- How to get on the board and start sailing
- Sail in different directions
- Rotate downwind and upwind
- FastTack
- None planing jibe
- BeachStart

Intermediate:

- Harness
- Low wind Freestyle (if conditions allow)
- Footstrap use and Planning

Advanced: (especially depending on conditions)

Waterstart

Power Jibe/Carve Jibe

Extreme: (with minimal 5 years of experience)

Wave riding, Jumping, Freestyle, Front Loop.

Ask for the possibilities!

### **How does the program look like on a windsurf or surf holiday?**

The Windsurf Holiday looks like this;

Day 1; arrival day. Nothing planned, time to relax and acclimatize

Day 2&3; Windsurfing in the morning or afternoon and before or after Yoga

Day 4; maybe your day off

Day 5,6&7; Windsurfing in the morning or the afternoon and before or after Yoga.

Day 8; departure day. If you have a transfer you will be picked at the house in time to be on the airport at the best time for your flight (1,5/2 hours ahead of departure time), and nothing else has to be done today!!

- ★ Once a week we have our dinner night (bbq/local restaurant)
- ★ One day a week you have a day off, this varies and can be after 1 but also only after 4 days of lessons, it depends the weather, instructor schedule, tides, and the group. Maybe you like to join an optional activity or take a break and relax on the beach.

!Attention, these days can vary if necessary, according to upcoming forecast etc.!

- ★ ON your DAY OFF there is the opportunity to join in a SUPYoga class, there will be no morning YogaSession this day mostly.
- ★ The SURF holidays are pretty much the same!
- ★ In windsurf we have maximum 4 students per instructor and per level (those who can sail in the same area will go together)
- ★ In Surf the group is 6 students with one instructor or 7/8 students with two instructors.
- ★ In Yoga we have average 4-7 students per group (some have mornings and others have afternoons), in busy days we take maximum 10 people in the group.

A normal windsurf session takes about 3 to 4 hours, before and after there is the drive to the spot and back to the accommodation.

A normal surf sessions takes about 3-4 hours, before there is the driving time and sometimes after there is time for theory/first aid/photo analyses.

If possible you will go skateboard (longboard) before surfing (incl in the 4 hours) to work on your technic and to give you the possibility to keep training even when you are back at home (if no sea/ocean available)

A normal Yoga sessions takes about 90 minutes and sometimes we on top drive down to the beach or dunes.

### **What do we do if there is no wind?**

In Fuerteventura, the north shore is a watersports paradise; If there is a day with not enough wind there are waves for different levels to surf, beautiful clear diving and snorkeling locations and SUP options everywhere! With low wind we will work on specific technique exercises! If you are improver and onwards, there is on low wind days always time to work on low wind freestyle, these are all different maneuvers which will help you gain more sail and board control, and let you improve faster! (plus you now can always go windsurfing even if you think there isn't enough wind and still look cool!).

### **Why is there yoga in the package and what kind of yoga is offered?**

Every course day we will start or finish with a yogasession.

Eline teaches a mixture of Vinyasa (flow), Yin, Power and Therapeutical Yoga, based on individual needs.

We use the yoga to help your body to relax, adapt and prepare for upcoming classes, while you restore from the past training.

You probably will use muscles which you normally don't use in daily life, to avoid muscle ache or bruises, we try to offer your body a balanced workout.

When you sport, you make the same movements every day. Some parts of your body are being used more than others. By doing yoga you try to offer your whole body&mind the attention it needs and keep it balanced.

With yoga you work on Balance, Concentration, Stretch of the joints and muscles, Strength and Relaxation.

An improved blood flow will help you recover faster, stretching your connective tissue and keeping your body flexible reduces the risk of injuries.

### **What are the age limits/ What is the average age of participants?**

WindSurfYoga has different options for groups per location.

Some camps have options to book GirlsOnly..

Our camps are mainly 18+, unless the information on the location describes differently. If you are between 16 and 18 and your parents declare complete responsibility and sign the terms and conditions, it is possible under agreement of both parties that you join the windsurfcamp. WindSurfYoga is not responsible for the student also not when underaged. There is no maximum age limit to our participants. Momentarily most visitors average age is about 35 years, or i could say most are born in the 80's and around that time, biggest group of participants are above 25yrs till 55yrs.

### **Do i need to have a good endurance or be able to swim a lot?**

Well, it will help you to maybe take more out of your day;), but you don't need to be in perfect shape. Even when you haven't been sporting for yeeaaars, with some easy going yoga your body will be ready.

For windsurfing you don't need to swim so much (mostly), we prefer that you can stay above the water for 10 minutes easily. Beginners also don't go in deep water. When you get tired you can take a break, enjoy your lunch, and you will find that with our enthusiastic instructor and the sun the days fly by;) The day off is scheduled to give everybody a deserved break, so your mind and body can relax, this will benefit your learning curve and your time here.

### **What do i have to arrange to come on your Holiday?**

step 1: Fill out the request/bookings on our **website** or facebook. If you have more questions before filling out the form just e-mail us.

step 2: After your reservation request we will contact you by email or phone for more details, to match your package to your wishes and the possibilities, when this is all set we can turn the reservation into a booking.

(The pre-holiday happiness can begin now!). We will sent you a form for details to put you in the administration and arrange your holiday.

step 3: Pay a minimum of 20% bookings-deposit to secure your spot, Your booking get confirmed when your payment has been received, to complete the process.

step 4: Find and book flight tickets.

Fuerteventura: Fuerteventura airport Puerto Del Rosario (FUE), you can also fly to Lanzarote (ACE) and take the ferry from Playa Blanca to Corralejo (but only if you can find an early arriving flight, before 15/16h, to make it with the last ferry (at 20.)).

Look for a quick stop over in Barcelona or Madrid when direct flights get to expensive.

step 5: Check or Book a travel insurance which covers water sports. No Need for extreme sport coverage, but double check :)

step 6: Pack your back don't forget: a beach towel!, flip-flops, sun lotion, bikini or board shorts, your passport, atm-card & toothbrush.

For the yoga lessons it's nice to have:

Comfortable/Flexible pants, a long-sleeve vest/sweater (also for going out in the evenings) and warm (anti slip) socks.

step 7: (Your holiday actually really starts here) Get into the airplane In Fuerteventura; get out on the airport, take your transfer or the bus via Puerto del Rosario to Corralejo or Lajares, where we pick you up/meet you on the street behind the busstop or see you at the house

step 8: **ENJOY THE GOODLIFE**

### **There are no meals included, how about food?**

We don't add meals into the standard package, as we like to keep the basics budget friendly. The houses have a kitchen which is fully equipped, the supermarket is one block away and restaurants are everywhere in any price class..

From 5€ up to 30€ for a good meal.

If you like to have breakfast into your package, it's possible to add it to your package as an extra, in Lajares. For windsurf and surf camps occasionally there is lunch included, if so you'll be informed in your booking.

### **How does WindSurfYoga choose the locations?**

In our search for the best locations we make choices by our strict guidelines:

- how is the wind (there must be a regular wind, but not too much)
- how is the spot location (is it a safe spot and is there any law)
- how are the surroundings (is there enough to do in free time, cultural , authentic, not too quiet/not too noisy, good vibes)
- how are the people (is it busy / touristic / open characters, we rather have just enough tourist)
- how is the accommodation and the distance to the windsurfspot.
- we work together with local schools; we look for schools which share a passion and love for watersports and above all they need to be open to work together with our projects!

Hopefully by sharing our high standard you understand that we want to make your holiday the best!

### **I want to Surf instead of Windsurf, is this possible?**

Yes.. We offer surf camps and we offer a Wind+Surf trip.

The Wind+Surf trip is a one week package (8 nights). It includes 3 days windsurfing and 3 days surfing, accommodation and yoga.

Spread through the year we offer this package also as Girl Only. Check our website for details about the package.

The Surf camps are in combination with the local surfschool which is just as passionate about surfing as we are. No big groups, no hassle!

You can also get out for a surf on a non-windy day or day off during your windsurfcamp.



## What will i learn when i join the surfcamp

### Beginner:

- Beach and water safety theory
- Introduction to equipment
- Surfing basics: prone surfing, paddling, standing up and introduction to turning
- Basic weather and tide theory

### Improver:

- Re-cap on the basics of surfing
- Beach and water safety
- Stance and paddling techniques
- Getting out back techniques
- Catching and riding green waves (un-broken waves)
- Wipe out techniques
- Weather, wave and tide theory

### Intermediate:

- Beach and water safety
- Stance
- Positioning and take off
- Wave selection
- Turning
- Surf theory
- Surf fitness

## I already can Surf can i just come for accommodation and surf by myself?

Yes, we offer a possibility to enjoy 'surfsafari'. Depending your skills you can take a board every day (different ones if you like), take the ride to the best spot for the day, get an explanation by a teacher or local about the spot, and surf with locals! In this package there is only Accommodation, Yoga, Rental and Transport included. No lunch, wetsuits or other materials. Ask for the surfsafari!

## How does a Workout Look like?

The workouts are based on functional training, circuit training and bootcamp. Most of the workouts are outdoors, unless we can't due to too much wind, rain or other

circumstances.. Outside you will discover more about the island as the workouts take place on different locations around the North; Cotillo beaches, Cotillo village, Lajares plaza, Lajares Volcano, Corralejo beaches, Corralejo Paseo Marítimo (boulevard on the sea side) and even on the roof terrace.

Some sessions you will work on specific areas of the body, each day another part. Other sessions it's a full body workout. Classes are aimed to aid you in your own process, you start from where you are and work on those things you need/like to get your hands on! It involves all kind of exercises with the body, with benches, water bottles and rocks, sand, stairs, and any thing the location can offer to assist you! Great way to learn more about yourself but also useful if you want to continue back home!!

It is good to bring a little towel (to put underneath when doing floor exercises) and running shoes. If it's windy you want to protect yourself from catching a cold with a wind jacket if you can!

A workout from July 2018 will take 90 minutes, this includes warm up, cooling down. The trainer will have a moment 1-1 with you before the first sessions start to set your goals, go over your history, health and questions.

### **When can i Start?**

You can start at any day! We prefer that you don't waste money on the most expensive flights, so look up those flights that fit best to you! Let us know which dates you can fly and we tell you what space there is available.

It could happen you start the next day with a day off, due to your arrival schedule, some extra time to land and get used to the new place you are in...

If you are not sure which week you prefer you can always ask us which time we recommend.

### **Can i stay more or less than one week?**

Yes we offer the holidays with flexible duration. Even if you can't make it a whole 7 nights week, we have package with 6 nights or customize even less for you.

The minimum to have fun would be 3 nights, this way you have an arrival day, departure day and 2 days of activities, one to get started and one to keep it going..

We have standard packages for 10 nights, 12 nights, 14 nights and 17 nights.

You can stay as long as you like, and we make sure the price will be adapted, the longer the stay the lower the costs.

## **What is the accommodation like?**

This is very diverse and has its own style in every location.

In Fuerteventura where we have year round holidays there is Lajares with the WindSurfYoga villa, which has only people who are on holiday with us and there is Corralejo where we have the standard house and the luxury house, both are local guesthouses and you will share with many others, also from other schools and places.

The villa in Lajares has a big kitchen (with fridge) with all equipment you need. There are multiple patios and terraces to relax on, hammocks at the side, roof terrace with sunbeds and bbq area. There are only twin and double bed bedrooms. The shared rooms are not mixed so female / male separated. The bathrooms are shared. There is private parking space and free bikes for use as well.

The standard house has a big kitchen (with fridge), living room, different relax areas. It has shared rooms for 6, 5 and 4 persons (but before hand you don't know which dorm you will be in) and there are a few private rooms with double and twin beds. It has shared bathrooms throughout the house.

The garden is big, sometimes we even do yoga in there. It's 2 blocks from the main street, 1 street from the beach and 1 block uphill from a big supermarket and some nice restaurants, bakery and a market.

The luxury house has a small but fully equipped kitchen, different relax areas, a terrace with hot tub and seaview, and an entrance to the beach.

The bedrooms are triple or twin shared with only BUNKBEDS and privates also with bunk or double beds, some rooms have sea view (more pricey) , there is breakfast during the weekdays and every 2 bedrooms have a bathroom. This house has a higher price in the package as you would choose for the extra luxury.

In Portugal, Canos de Senhorim, Curacao, Bulgaria we have different houses, as we don't spend long term seasons there, the houses might vary every year.

Our idea is ; a bed is a bed.. And even the people with less budget should be able to enjoy a holiday, if you want to have more luxury you can upgrade your package. There for the lowest price accompanies the biggest shared room, without any extras or for the same price a not mixed twin room in Lajares.

If you have any other question, please don't hesitate and ask!