

YOGA RETREAT IN VALPARAISO & ORGANIC VINEYARDS

YOGA OUTDOOR / VALPARAÍSO CITY/ ORGANIC VINEYARDS

INTRODUCTION

Yoga outdoor, organic vineyards, history and culture. All this gathered in the same retreat, where we will visit the famous city of Valparaíso and one of the most important wine valleys of Chile.

HIGHLIGHTS

- Outdoor yoga session among the organic vineyards of Viña Matetic in Rosario Valley.
- Half day tour in the vineyard with wine tasting and lunch included.
- Accommodation in Cerro Alegre Guest House in Valparaíso, located in a very picturesque and central area which will allow passengers to walk and explore the city.
- Time to explore the famous city of Valparaíso.

SKILL LEVEL

- Beginner
- Intermediate
- Advanced

YOGA STYLES

- Hatha Yoga
- Vinyasa Yoga
- Anusara Yoga
- Kundalini Yoga
- Ashtanga Yoga

ACCOMMODATION

Cerro Alegre Guest House Valparaiso is located in the hill named the same, in a picturesque area, historical and very central. The location allows you to walk around and explore the major attractions, restaurants, easy public transport access and it's an ideal point to get to know the city and the surrounding areas.

The hostel has a large exhibition of art in all the rooms. So, each one works as an art gallery. looking to give you the best experience during your stay.

Cerro Alegre Guest House is located 200 meters from Paseo Gervasoni and 200 meters from Yugoslavo Walk.

GENERAL INFORMATION

An exceptional tour thought to enjoy all the bounties that offers the beautiful V Region. We will start with an outdoor yoga session among the organic vineyards of Viña Matetic in Rosario Valley, one of the most important wine valleys of Chile. Here the passengers will delight themselves with a premium wine tour tasting and traditional lunch.

We will continue to the Coast of the V Region to stay in one of the most famous cities of Chile: Valparaíso.

The second day will be reserve to explore Valparaíso city. Optional walking tour through the small roads of the historical center of the colorful city (not included in the price of the program). Delicious lunch with a nice view of the Pacific Ocean (not included in the price of the program). We will leave during the afternoon to Santiago city.

ITINERARY

DAY 1

9 AM Passengers will be picked up by private transportation at their hotel in Santiago.

10:45 AM Outdoor yoga session among the organic vineyards of Viña Matetic in Rosario Valley.

12:30 PM Tour and wine tasting with chocolate shots.

2.00 PM Traditional lunch in Viña Matetic's Restaurant.

4.00 PM Departure to Valparaíso in private transportation.

5.30 PM Approximate time of arrival to Valparaíso city. Check in Cerro Alegre Guest House.

Free time to explore the surroundings.

DAY 2

9:00 AM Delicious breakfast at Cerro Alegre Guest House.

10:00 AM Free time or optional guided walking tour through the historic center of Valparaíso. During the walk, we will introduce ourselves into the history of this beautiful and bohemian city, enjoying its architecture.

Lunch in one of the top restaurants that Valparaíso offers (not included in the price of the program).

3:30 PM Private transfer to Santiago.

5:30 PM Approximate time of arrival to Santiago. Passengers will be taken to their hotel in Santiago.

**** END OF SERVICES****

LOCATION INFORMATION

The retreat will take place in the V Region of Chile. One of the most touristic regions of the country, famous for its coastal cities of *Valparaíso* and *Viña del Mar*.

The V Region is also recognized for being one of the most important wine sectors in Chile, with the *Casablanca Valley*, famous for its *Pinot Noir*, *Chardonnay* and *Sauvignon Blanc*.

ORGANIZERS

Javiera Marín Floegel

Chilean Certified instructor of Jyotim Yoga, with more than 10 years of experience teaching Jyotim, Vinyasa and Hatha Yoga.

She has trained with important professors such as Karen O'Bannon, Renato Turla, Sharat Arora, José María Vigar, Ramiro Calle, Emma Marín and Valeria Schneider (India, Spain and Chile).

In addition to Yoga, Javiera has another great passion that is nature and outdoor sports. She has a vast experience as a guide of trekking and mountain, guiding voyages through different scenarios of the Chilean Andes.

Gemma Xicota

Certified instructor of integral yoga, ashtanga progressive yoga, kundalini yoga and anusara yoga. With more than 5 years of experience teaching in

various centers and spaces in Chile, Peru and Spain. Formed by prominent professors such as Swamini Lakshmi Devi, Ricardo Ferrer, Sat Hari and Gaby Zermeño.

Agustina González

Commercial Engineer, Certified Yoga Instructor and chronic traveler.

She fell in love with yoga in 2011, when she travelled to Asia and decided to reside at Sivannanda Ashram, where she began her training as an instructor.

In Chile, she was form in Sakhyam Yoga Center and in the year 2014 she travelled to Perú to be train in the Ashtanga Vinyasa method in the Yoga Inbound school.

Josefina Martín Floegel

Chilean journalist, master in audiovisual formats and contents, Diploma in linguistics and indigenous cultures, and holds a rational horse-riding certification.

DATES

All year round.

CONDITIONS OF RESERVATIONS AND CANCELLATIONS

- a. 50% of the retreat value is required to confirm reservation. The balance must be paid up to 40 days before the beginning of the retreat.
- b. Cancellations before 40 days from the beginning of the retreat, will have a fine of 25% of the total price.
- c. Cancellations between 39 to 31 days before the beginning of the retreat, will have a fine of 50% of the total price.
- d. Cancellations between 30 to 15 days before the beginning of the retreat, will have a fine of 75% of the total price.
- e. Cancellation from 14 days before the beginning of the retreat, will have a fine of 100% of the reservation.

LANGUAGES

English – Español

WHAT´S INCLUDED

- Accommodation in Cerro Alegre Guest House.
- Yoga class guided by certified yoga instructor
- Lunch at Viña Matetic's Restaurant and breakfast in Cerro Alegre Guest House.
- Tour leader during the whole program.

- Private transportation
- Tour and wine tasting with chocolate shots in Matetic Vineyard

WHAT'S NOT INCLUDED

- Health Insurance (it is mandatory you to purchase appropriate insurance for this trip)
- Airfares
- Bilingual local guide for the walking tour through Valparaíso city.
- Dinner and lunch in Valparaíso
- Items not stipulated in the program
- Tips

HOW TO GET THERE

The retreat begins in the city of Santiago. Passengers will be picked up by private transport at their hotel.

Santiago is the capital of Chile and offers multiple options for which you can get there, being the main one by plane, to Arturo Merino Benitez International Airport.

OTHERS

Type of food

Lunch at Viña Matetic's Restaurant and breakfast at Cerro Alegre Guest House are included.

In Valparaíso, passengers will be able to have dinner and lunch in one of the many restaurants that Valparaíso offers (not included in the price of the program). There are all kinds of options, being the main ones with fresh products from the sea (seafood and fish).

People with food restrictions such as vegetarianism or veganism, should indicate it in advance to the organizers.

Excursions included

- Tour and wine tasting with chocolate shots in Matetic Vineyard.

Basic equipment required

- Comfortable clothes for the yoga classes.
- Sun hat
- Sunblock
- Sunglasses
- First aid kit or medicine staff needed (if it's required).