

MARCH 2020

BECOME BUDOKON

Travel to Gran Canaria for a week of BDK movement

International teachers Beach, mountains excursions and delicious food.

Details at beko@budokonlondon.com To book visit www.senseibeko.com



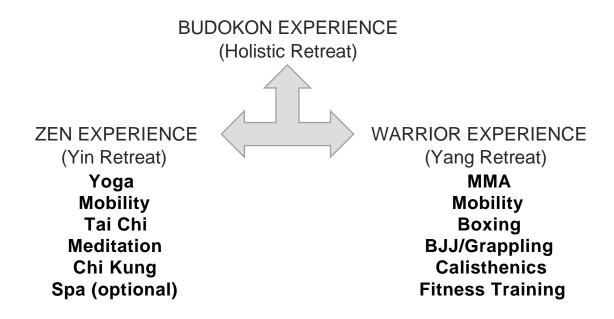
Zen Warrior Retreat - Gran Canaria THE "BECOMING BUDOKON" EXPERIENCE

23 - 30 March 2020 (Monday to Monday)



Join us in Gran Canaria for a week of Sun, Sea and Mixed Movement Arts!

- Resident Budokon Chef providing delicious healthy meals throughout your stay
- International Teachers providing a wide variety of classes to choose from
- · Beautiful mountain treks or chill out on one of the gorgeous beaches
- Fantastic excursion and activity options
- Accommodation for 7 nights
- Includes airport transfers
- Excludes Flights



Accommodation

Residency for the duration of your stay will be in shared apartments (couples will room together). Apartments feature all the usual facilities and amenities including fully functional kitchens, lounge area, dining area etc.,

ZEN WARRIOR GRAN - CANARIA RETREAT

General Information

YOUR PACKAGE OPTIONS...

Silver (Basic Retreat) £750 - Includes:

- Accommodation
- Breakfast and dinner
- All timetabled classes & training sessions
- Gym access (x3 days)
- Airport Transfers

Gold (Premium Package) £850 - Includes:

Everything in the Silver package plus...

- Spa
- Excursion Mundo Aborigen

Platinum (Ultimate Holiday) £950 - Includes:

Everything in the Gold package plus...

Extra treat - Boat Trip

Activities

Outdoor Training -

Some of the sessions will be held at one of the best parks on the island with plenty of large green open spaces to enjoy.

Gym Training -

On 3 occasions, we will visit Team Werdum Maspalomas. Here you can participate in a Brazilian Jiujitsu session, join a fitness class or do your own thing – taking advantage of their equipment and facilities to have your own workout.

Additional activities (optional)

Paddle SUP (€50.00) -

On a lake in the middle of the sacred mountains. A most beautiful experience which also includes a picnic under the trees.

PARTY AND DINNER (TBC) -

On the last night of the retreat, those that would like to, can join us for an evening out with either dinner and/or a bar/club (VIP area can also be arranged).

Excursions

Boat Trip -

Enjoy a unique trip on board a catamaran along the south west coast of Gran Canaria.



The catamaran sails from the Arguineguín dock following the south west coastline to eventually stop in front of a beautiful beach. Along the way it is common to find dolphins that often come to play with the boat. We recommend that you keep an eye on the sea, to watch the way these animals swim through the ocean. It could be one of the most magical memories that you take away from the islands.

When we get to the beach, we will drop anchor and prepare the food. You can relax while sunbathing or take a swim in the Atlantic away from the tourist massification.

Details

Duration: 4 hours.

Requirements: Sunscreen and a willingness to enjoy yourself!

Food included: Breakfast or lunch (depending on the time of the trip)

Images

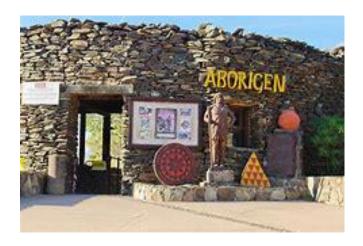




Mundo Aborigen (Aboriginal World)

Surrounded by the rugged landscape of the Fataga valley and within the Ayagaures Natural Park in south Gran Canaria, Mundo Aborigen is a journey through the history and culture of the Canary Islands. This theme park is a reconstruction of an old Canary Island village. In its interior you will see a reproduction of the Guanche pre-Hispanic culture with more than 100 real-size figures doing daily life tasks.

Images









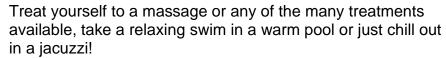




Spa Day



For those wanting that little bit extra in the way of pampering whilst on holiday, the spa day will give you that much needed R&R and a break from the training schedule!













Flight Information

Please book your flights to Gran Canaria (LPA) Las Palmas, Spain.

Preferred arrival time would be after midday (12.00 hrs) for ease of transfers to the apartment.

Example Schedule



Day 1

WELCOME DAY
FIRST CIRCLE & MATCHA CEREMONY
YIN RESTORATIVE YOGA
DINNER
REST

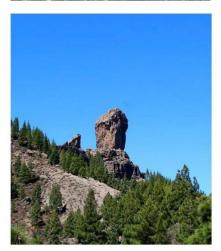


Day 2

BREAKFAST
YOGA
WORKSHOP
BREAK
LUNCH
TRAINING IN LAS DUNAS DE MASPALOMAS
SUNSET
DINNER







Day 3

BREAKFAST
MEDITATION
YOGA
BREACK
LUNCH
TRAINING IN THE PARK
DINNER

Day 4

BREACKFAST
MOUNTAIN EXCURSION ROQUE NUBLO
MEDITATION.
LOCOMOTION
DINNER



Day 5

BREAKFAST
BEACH AT SUNRISET
YOGA & MEDITATION LUNCH.
TATAMI
WORKSHOP
DINNNER



Day 6



BREAKFAST
BOAT CROSSING
SNORKELING
LUNCH
EXCURSION AND WORKSHOP
DINNER. & PARTY

A WEEK OF MOVEMENT & PURA VIDA