




SOULFOOD LONDON

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Yoga and Photography Retreat
Villa Zaharoula, Zakynthos, Greece
Monday 24th September – Sunday 30th September 2018

with Charlie Morgan Yoga,
Crewe-Read Photography
and Soulfood London recipes

Programme details

Date: Monday 17th September – Sunday 23rd October 2018 or

Tuesday 25th September – Monday 1st October 2018

£1375 Double shared occupancy/ £1795 Single occupancy

This is the ultimate escape for yoga junkies, avid photographers of any level, anyone keen to learn a new skill, or someone who is simply seeking some R and R

Price includes

- 7 nights at the stunning Villa Zaharoula on the idyllic Greek island of Zakynthos
- Soulfood London fresh, organic, locally sourced breakfast and lunch or dinner included daily (one meal to be eaten out at nearby restaurants at your own expense)
- Dedicated yoga teacher for the week – daily dynamic and energizing morning practice and evening restoration and relaxation class
- Dedicated photography teacher for the week
- Transfers to and from the airport
- We will have several exciting excursions on offer including a sunset trip the famous Shipwreck Cove

*Flights / Excursions not included

Dear Guests,

Here at Soulfood London, we pride ourselves in the nature of our retreats; each one is different and customized to your personal needs. We provide a service specifically tailored to you, and understand you are likely to be in need of some rest, a little revival and wish to acquire some new skills whilst at the same time having a holiday. In light of this, we take into consideration not to over-load you with a wall-to-wall itinerary.

All classes are optional and we encourage you to do whatever will ensure you have a very relaxing experience.

We hope this info pack has all you need to know in advance of our September retreat, but if you require any further information or have any questions at all, please don't hesitate to contact us – we are always happy to help.

Best wishes,

Kate, Charlie and Chloe

info@soulfoodlondon.com

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Charlie (+44) 7825 337763

Chloe (+44) 7796 952181

Instagram: [Soulfood_London](#)

Facebook: [Soulfood_London](#)

Twitter: [Soulfood_London](#)



Charlie Morgan - Yoga Instructor

Charlie's been practicing yoga for 12 years. Initially coming to it from a workout perspective, it fast became something pretty integral to her life after an amazing trip to the Himalayan Institute of Yoga. Keen to share the positive effects that yoga has had on her life, she left her corporate job and qualified in Bali with WLYA (affiliated with the oldest yoga school in the world). She now teaches in top studios in and around London, private tuition and is the go-to yoga instructor for the Harlequins rugby team. Charlie teaches with an emphasis on correct body alignment, whilst maintaining a strong dynamic and creative flow. Her classes are challenging, but at the same time down-to-earth, enjoyable and light-hearted, maintaining her passion of making them accessible to all! Charlie is also an ambassador for Sweaty Betty and Coco Zumí. Her goal is to spread yoga as far and wide as possible, especially amongst those who may not have otherwise found it.



Chloe Crewe-Read - Photographer

Based in London, Chloe Crewe-Read works as a professional, commercial, portrait, and event photographer. With a background in both traditional and modern methods, Chloe's flair for photography began in the darkroom at school whilst being able to experiment with different techniques. Her love for creating beautiful images carried on throughout her university years and reading photojournalism at The Arts London University gave her a distinct documentary style which is seen throughout her professional events work today. Capturing a moment is a wonderful thing and as her love for images continues to grow, so too does her desire to share her knowledge of the medium. Whether you are a first timer to photography or an experienced enthusiast, all levels of experience are welcome and Chloe will offer you a chance to improve or learn new skills in a fun, sociable and relaxing atmosphere. She will also guide you through a number of ways to get to grips with your camera, make the most of natural lighting and create a personal work flow to ensure your photos don't just stay on your computer at home, but are printed out and enjoyed by everyone!

Yoga

During the course of the retreat, you will deepen your physical yoga and meditation practice. Each day, Charlie will select one key part of the body to focus on, and build the practice around it.

Photography

The photography classes will teach you a combination of theoretical and practical techniques, ranging of from basic to intermediate and advanced levels. You will have the opportunity to learn:

- The basic principles of how a camera takes a photo
- Understanding of shutter speed, aperture, ISO and white balance
- How to use the camera's light meter
- How to create background blur in your portrait and close-up photographs, or isolate objects from the background to make them stand out more
- How to obtain detail in your landscape shots
- How to make sure your subject is sharp by controlling autofocus
- How blurring can occur due to camera-shake or movement and ways to prevent this
- How to create blur or motion in a photo when required
- How to use Exposure Compensation and what effects it has
- When shooting in manual mode can help
- How to shoot moving objects and keep them in focus
- Understanding the technical aspects of a digital image, resolution, pixel count, JPEG
- What is RAW and why you should always shoot in this format
- Composition - Composing your photos for the best shots
- Basic editing using iPhoto / Photoshop

***We will provide more detailed itineraries nearer the start date of the retreat.**

A Typical Day at a Soulfood Retreat

0800 - 0915

Morning Yoga Session – Meditation and Dynamic Vinyasa Flow

0930 - 1000

A Soulfood Breakfast

1000 - 1200

Photography Theory – e.g. "Using available light"

Slideshow of images and Q&A

Explanation of functions (AV, TV etc.)

Getting off Auto & experimenting with manual controls

Free Afternoon - beach & boat trips can be arranged

1730 - 1800 (optional as per request)

Re-cap of the day's tuition

Edit pictures - help is provided for anyone who is new to editing

1830 - 1945

Evening Yoga Session – Restorative and Relaxation

Evening

A Soulfood Dinner at Villa Zaharoula or nearby restaurants

Packing

There are no rules on this retreat and **everything** is optional. Our main priority is that you leave feeling relaxed, revived and rejuvenated. As a rough guide, the following might be useful though..

- Yoga clothes
- Loose clothing for meals and between classes during the hotter days
- Flip-flops/ sandals/ trainers for between classes
- Swimwear (should you wish to use the pool/ swim in the sea – highly recommended)
- Warm and waterproof outdoor clothes and trainers for hiking outdoors and the cooler evenings
- DSLR Camera
- Laptop for editing photos

Before you visit

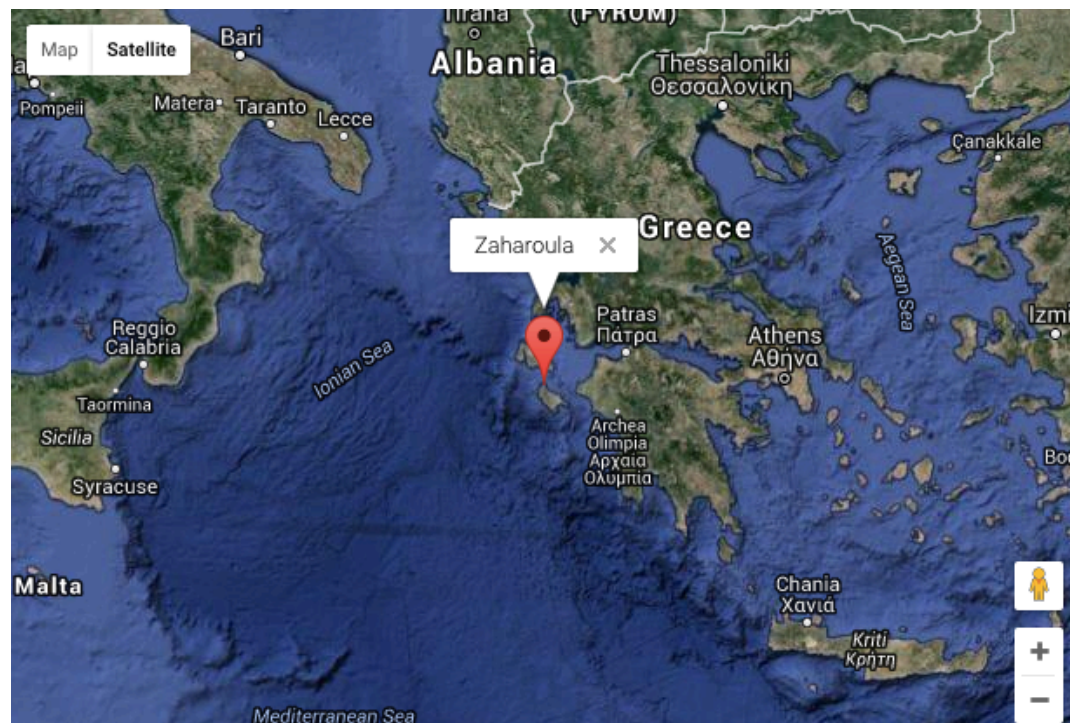
The week before the retreat, your Soulfood and Zaharoula hosts will contact you on the number you provided to go through your preferences. They can answer any questions you might have about Soulfood and Zaharoula, so please feel free to ask about anything you're unsure of. Check-in time for the retreat is from 4pm on Monday 17th September or Tuesday 25th September and the retreat ends at 10am Saturday 22nd September or Monday 1st October. Please note that travel insurance and medical insurance cover is your responsibility, so please ensure you have this in place prior to your trip if you require it.

How To Get to Villa Zaharoula

Villa Zaharoula is located in the unspoilt, mountainous, north-eastern part of the island of Zakynthos, on the west side of Greece. The further north you drive, the more beautiful the island becomes. The house is about 2 kilometres from the small, picturesque port of Agios Nikolaos.

There are regular direct flights from most UK main airports through Easyjet, Monarch and Thomas Cook, including London Gatwick, Luton, Stansted, Bristol, Manchester and Birmingham. There are also regular flights from most European capital cities. The flight time from the U.K. is around 3 hours.

The drive from the airport is approximately 24 km and will take you about 40 minutes. We will provide exact directions to the villa nearer the time of the retreat.



Your arrival at Zaharoula

Once you arrive at Zaharoula, your hosts can help you with your bags, show you to your beautiful room and tell you where everything is.



Villa Zaharoula

This magical villa is set into the hillside allowing access to both with sweeping views, through olive trees, over the Ionian sea, towards mainland Greece, Kefalonia, and Ithaca. An ample parking area gives way to the lower pool terrace (with sunbeds, shower and shaded pool-house) and a ground floor level terrace with seating, tables and table tennis table (also shaded). Through the entrance doors is the spacious living area (with TV, DVD, HiFi system, Ipod dock, board games, drinks fridge and sink) and three sets of French doors onto a large terrace. On this level, off the living area, is the laundry room with washing machine and dryer, and 4 of the 6 bedrooms:

Bedroom 3 – double bed, en-suite shower, french doors to the terrace, views

Bedroom 4 – double bed, en-suite shower

Bedroom 5 – twin bed, en-suite shower

Bedroom 6 – twin bed, en-suite shower with separate outside access and private terrace.

The upper terrace features a large open-plan kitchen, seating area and inside dining area with windows and fantastic views on three sides. During cooler weather, there is a wood-burning stove located in the kitchen. Two sets of French windows open onto the large rear terrace with table and seating for 18+ and a large built-in BBQ. This terrace is bamboo shaded and gives access to the two other bedrooms:

Bedroom 1 – super king 4 poster double bed, en-suite bath/ shower room, balcony with stunning sea-views, dressing area, outside access

Bedroom 2 – twin bed, en-suite shower, outside access.

All bedrooms and the main open plan room have air-con and heating; fans are also available.

All linen, towels and pool towels are supplied.

Food

Over the course of the retreat, Soulfood London will be serving you nourishing and delicious food, free from refined sugar, using local, organic produce. Our resident chef has worked for several catering companies in London and Sussex and more recently for one of London's best loved vegan and vegetarian café's – Kin in Fitzrovia. She is currently spear-heading the new Soulfood London Café, Gallery and Urban Retreat space opening in West London before the end of the year.

Portions will be generous, and each and every meal will be packed with nutritious ingredients.

There will be some eggs, cheeses and yoghurt used, but in general, dairy and gluten will be kept to a minimum.

We'll supply you with herbal teas and caffeine-free drinks, but there will be caffeinated options too.

Menus will be provided nearer the time of the retreat, once all dietary requirements have been taken into consideration.



Swimming

Throughout your stay, you will be able to enjoy access to Villa Zaharoula's pool. If swimming in the sea is more your thing, there will be plenty of opportunities to dive into the tranquil, turquoise Ionian Sea too!

Massage Therapies & Treatments

There will be a massage therapist available upon request to indulge you in an abundance of relaxation treatments. Please be aware, these are payable by you and not included in the price of the retreat.

Yoga Mats

We will provide you with a yoga mat to use throughout your retreat and return to us at the end of your stay, but you are very welcome to bring your own if you prefer.

Photography Equipment

Please bring your own DSL cameras on the retreat. If you are unable to for any reason, let us know in advance and we will be able to provide one for you for the week, at an additional cost.

Laptop

Where possible, please bring a laptop for editing your photos on the retreat. If you are unable to for any reason, let us know in advance and we will be able to provide one for you for editing purposes.

Payment Details

To confirm your spot, please fill out the booking form and send back to us. We require a 50% deposit (so 687.50 for single occupancy and £897.50 for double occupancy) and the remainder balance is due no later than 4 weeks before the retreat start date.

Bank details are as follows:

ACCOUNT NAME: Soulfood London Ltd.

ACCOUNT NUMBER: 30890928

SORT CODE: 203593

Alternatively, you can pay through Paypal on our website. However, should you choose this payment method, please be aware you will be liable to pay the transaction fee – usually 2.9% within the UK, slightly more for international payments.



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For further enquiries and bookings, please contact Kate Farmer, Charlie Morgan or
Chloe Crewe-Read

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