

# What's on your bucket list?

**This trip should be!**

*Laura Vanderberg, ERYT, YTh has been offering international yoga vacations for over 7 years. She calls them yoga vacations because, while yoga is a part of your trip, it's not the sole focus. We emphasize experiencing the local culture, cuisine, countryside and activities – all the best that a location has to offer. Through all of these aspects of our vacations, you have the opportunity to unwind, explore your inner landscape, and broaden your horizons. It's the perfect recipe for personal growth!*

Spending time on the UNESCO World Heritage Site & Biosphere Preserve Galapagos Islands is one of those bucket list trips. The untouched nature in these islands is only found here! Come and immerse yourself in this wonderland with exceptional accommodations right on San Isabel Island. Enjoy excursions in the company of a certified naturalist, experience first class yoga, and relish exceptional meals and activities, all in the company of your skilled teacher/guide & other like-minded travelers. Read on for the experience of a lifetime!



# The Galapagos Islands

**A yoga vacation with  
Laura Vanderberg, ERYT, YTh  
Oct. 10 – 17, 2015**



**Yoga with Laura**

**307.899.3147**

**[www.lauravanderberg.com](http://www.lauravanderberg.com)**

**[yogictraveler@gmail.com](mailto:yogictraveler@gmail.com)**

**"You just have to experience  
a Laura vacation"**

**-participant, Peru trip, 2013**



# Trip Details

**Arrive Saturday, Oct. 10 at Baltra**

**Depart Saturday, Oct. 17 from Baltra**

Our incredible journey takes place in the Galapagos Islands, which are over 97% National Park! Participants will need to arrive at Baltra, Ecuador on the morning of the 10<sup>th</sup>. Please contact Laura for details about the best way to reach Baltra.

We'll spend time in the highlands of Santa Cruz and visit all of the must-see locations on other islands. We'll be accompanied by a Certified Galapagos Naturalist to give us the history of the flora and fauna on our boat excursions to other islands and on the highland tour. Our trip will include the stunning Bartolomé Island and either Santa Fe, South Plazas or North Seymour (two of these three). Each boat trip includes opportunity for swimming and snorkeling. Dive in and join penguins, sharks, rays, sea turtles and Galapagos sea lions!



We'll explore the Galapagos Highlands pit craters, lava tunnels and cloud forest. Giant Tortoises roam freely through this part of the island, and they're not afraid of people!

Endemic species are found everywhere, so whether you cruise past a Galapagos Penguin during a day of island hopping, hang out next to a Marine Iguana on Tortuga Bay or snap a photo with a Giant Tortoise as you tour the highlands, you'll return home from this once in a lifetime experience with stories and photos of frolicking with some of nature's finest!

## Itinerary

This is one adventure-packed vacation! We'll try to do yoga once or twice each day, except on our full day tour of Bartolome Island. Because so much activity is planned, each day will be slightly different and a detailed schedule will be provided as the trip gets closer. Please note that, although most everything is included, you are welcome to partake or not, to your personal comfort and interest level.

We will do our best to maintain our schedule, but we ask that you keep in mind that sometimes weather and/or other unforeseen circumstances may require a shift in plans.



### Typical Daily Schedule\*:

Morning yoga  
Breakfast at Semilla Verde  
Excursion  
Lunch  
Afternoon activity or free time to explore  
Late afternoon yoga  
Dinner at Semilla Verde (2 dinners in town included)

\*No yoga on full day excursion.

On two days, we'll explore Puerto Ayora, where you can enjoy town, relax at the beach, hang out with sea lions, pelicans and iguanas at the Fishmarket or on the deck of the Red Mangrove, or arrange for healing modalities at Chi Spa.



**Etc., etc.**

Our trip includes: 7 nights lodging at Semilla Verde on Santa Cruz Island, Galapagos; all meals; daily yoga; 5 Galapagos Certified Naturalist accompanied land/boat excursions; snorkeling and swimming on all day excursions; 2 dinners out in Puerto Ayora; kayaking on Tortuga Bay; 12 acres of private walking paths to explore (wild Giant Tortoises roam the property) & transfers to and from the airport (arrival and departure days only).

Trip does not include airfare/travel from the US to Baltra. An overnight in Guayaquil, Ecuador is required to get to Baltra from the US. Also not included: required National Park entrance fees, the Ecuador travel fee and tips.

Semilla Verde is a small guesthouse with only 6 rooms. Each room is listed below with the total trip cost per person per occupancy. A \$500 deposit (that will be deducted from the total below) is required to reserve your room on a first come basis. Payment in full is due by July 1, 2015\*.

Garden view (Rm 1), Tortoise Pond (Rm 2)

Trpl 2895//dbl 2995//sngl 3995

Plantation view (Rm 3)

Dbl 2895//sngl 3995

Tortoise Pond up (Rm 4)

Trpl 2995//dbl 3195//sngl 4095

Forest View (Rm 5)

Trpl 3095//dbl 3195//sngl 4195

Ocean View (Rm 6)

Dbl 3395//sngl 4495

\*Full payment can be made through several smaller payments. Contact Laura for details.

Please send deposit and payments to:  
Yoga with Laura  
2137 Kerper Blvd North  
Cody, WY 82414