

# Yoga Holiday in Gambia, with Jody

March 12<sup>th</sup> – 19<sup>th</sup> 2018

**Venue:** Footsteps Eco Lodge is an Award-Winning Eco Lodge and is 100% operated on sustainable and ecological principles.



The lodge is in a stunning rural tranquil location in the bush, next to a protected forest with an array of bird life and monkeys, and only a 20-30 min walk to kilometers of deserted golden sandy beaches. This is a peaceful serene natural sanctuary, an ideal place for yoga.

It offers authentic, intelligently designed, cool accommodation in natural, relaxed and friendly surroundings. The venue is completely off-grid with solar panels, hot water, composting toilets, grey water recycling and the grounds are full of fruiting trees, vegetables and flowers. It also has the only freshwater pool in Gambia.

They are proud of the food and its quality. It produces its own fruit and vegetables but also source locally from neighbouring farmers. The bread is baked early morning by local bakers.



Close relationships with the local community, local schools, development projects and local villages have been built over the years and guests are encouraged to visit and involve themselves with local projects and local people to enrich their experience. The staff are extremely friendly and welcoming and have been there for many years creating a warm, family atmosphere.

**Yoga:** The designated Yoga area is set back from the lodge in just under an acre of its own grounds.

It is based on a large bantaba (traditional thatched African meeting hut) and will be used for group sessions.



There are also decked areas under the trees for individual practice. Mats, blocks and bolsters are provided.



The yoga area has many fruiting trees (oranges, bananas, avocado, grapefruit), palm trees, flowers, various plants and mature trees, an abundance of birdlife and even its own well. True tranquillity, ideal for yoga practice.

Yoga with Jody is twice a day with one day off for excursions. The first class is in the morning before breakfast after which your day is your own. Our second yoga class of the day will be in the late afternoon after which we will have dinner together.

**Accommodation:** The lodge has 9 detached en-suite roundhouses which surround the center piece pool. All roundhouses have their own fruiting trees which supply shade, privacy and of course fruit.



There are 2 stylish, self-contained log cabins set in their own grounds which have a kitchen, lounge and bathroom and 2 double bedrooms. They also have their own bantabas and hammocks to enjoy relaxing afternoons in the shade.

Finally, there is the clay brick house called Sunbird

House again set in its own grounds and has a kitchen, lounge, balcony and 2 en-suite double bedrooms.



The accommodation is clean and comfortable, and in keeping with the strong eco ethos has odourless, composting toilets that use no water, the hot water is solar powered and grey water is recycled.

**Things to Do:** There are many interesting and unusual activities on and off site to create a unique holiday experience.

If you want to be creative there is a resident wood carver, silver smith and tailor on site. Try your hand at tie dye or local cooking. If you enjoy music try traditional djembe drumming or the local 21 stringed instrument the Kora. Every week there is a barbecue around an open fire under the stars and they have drumming, dancing, kora playing and tales from the local traditional storyteller.



If you want to relax, massage and beauty treatments are available. You can lounge on the sundeck and take a dip in the freshwater pool or stroll down to kilometers of near deserted, golden sand beaches.

**Excursions:** Amongst the many available:

- Try the Abuko Nature reserve full of birdlife, monkeys and crocodiles
- Take a relaxing boat trip through the mangrove forests
- Visit the local fishing village - fishing is major local source of food

Take a nature walk with the Lodge's knowledgeable guides who can fill you in on the local wildlife, fauna or flora and give you an insight into village life. There are many lovely walks in the area or you can hire a bike.

**Cost:** Shared accommodation - £531 Single accommodation - £631

**Includes:** Accommodation, yoga, breakfast, three course vegetarian dinner and use of the lodge facilities.

Guests can help themselves to fruit growing in the grounds.

**Not included:** Flights, transfers, travel insurance, lunch and drinks, any treatments and excursions

**Flights:** Gambia is served by:

- Thomas Cook
- Gambia Experience
- Vueling

It is just a 5-6 hour flight from the UK and the same time zone as the UK so no jet lag. You fly into Banjul International Airport which is one hour's drive from the lodge.



**Transfers:** Available at £20 per person one way - 1 hour from Banjul Airport

**Visa/Medical Advice:** British nationals are given a 28 day visa on arrival. Passports must have 6 months' validity remaining. You may wish to speak with your medical practitioner for travel advice.

**Booking:** To reserve your place, or for more information, please contact the Free Spirit Travel office:- 01273-564230 / [info@freespacityoga.co.uk](mailto:info@freespacityoga.co.uk)  
[www.freespacityoga.co.uk](http://www.freespacityoga.co.uk)



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