

ADELES YOGA HOLIDAY

Confu 2026

8TH - 15TH JUNE



Welcome

To this yoga holiday at a beautiful and lush island located in the Ionian Sea - Corfu. Enjoy this 7 night yoga and wellness holiday where you can be as active or relaxed as you'd like. Expect lush green hills, turquoise blue waters and the renowned Mediterranean climate.

You'll be nourished with incredible organic Greek cuisine, twice daily Yoga and a luxurious stay at an eco-conscious organic farm estate surrounded by olive groves and cypress forested mountainsides.

During your stay, there's a chance to explore the region with a set of trips and tours that have been locally sourced for you, with free-time sprinkled in throughout the week.

Adele. x

The Place



You'll be staying in the North West of Corfu enjoying absolute seclusion and privacy as well as relaxation. Nestled amidst the slopes of Mt. Istoni; 28km from Corfu's town and a 20min walk to Agios Georgios beach.

We have exclusive access to the Kumquart Estate for our Yoga holiday, which comprises of 6 buildings accommodating up to 20 people. The Kumquart Estate has been designed and built in an eco-conscious way, following the guidelines of Green Key, ensuring the highest sustainability standards. It is also an organic farm, with most of your food coming straight from the garden.

The Host

ABOUT ADELE WILLIS

Adele is your host and leads the Yoga sessions on the holiday. Adele is there to support you with any requirements you might have and ensure you have the best possible holiday.

Adele's style of teaching is based on the principle of Real Yoga for Real People. The style of yoga you'll experience is warm, welcoming and it suits people of all abilities; it's for every body and every body. Adele's meditative style blends Hatha, Yin, Restorative, Breathing and Meditation techniques, all wrapped in kindness. The mantra that Adele teaches by is 'to have no shoulds, to have no expectations, to be welcome just as you are'. When we let go into that place within, we rest and then gently rejuvenate.



The Yoga



Throughout the week enjoy energising morning Yoga and restorative evening Yoga. Styles include Hatha, Yin and Restorative. Breathwork and mindfulness are also woven into the classes throughout the week. The main take-out from the experience is rest, relaxation and rejuvenation from the inside out.

Our outdoor Yoga space is a well shaded outdoor shala. The venue supplies all our Yoga mats and blocks.

Throughout your holiday you can dip in and out of the yoga, do as much or as little as you'd like. See the daily schedule for more info.



Real Yoga for Real People

Trips & Treats

Included in this Yoga Holiday package:

- Day trip to Corfu town
- Visit to 7th Heaven for Sunset
- Olive Oil Factory Tour & Tasting
- Around the world (Emphasis on Greek islands) Food & Wine Pairing evening.
Hosted at Kumquart and led by a local sommelier
- Beach fun: paddleboards and pedalos on our local beach
- Farm orientation walk
- Beach yoga!

The evening meal out at Corfu town is not included in the package price. Drinks and refreshments on our trips are also not included.

Trips and excursions are optional. You are also welcome to enjoy different trips and excursions in your free time – this would not be covered in the package price.



The Facilities

The Kumquart Estate is a newly built (2020) collection of apartments surrounding an outdoor swimming pool with a lawn area and a shaded dining area. It has been lovingly built by a family who care about the environment and sustainability. The facilities in each apartment are as follows:

- Towels, Pool towels
- Mini Fridge, ceramic cooktops, oven, kettle, coffee machine
- A small supply of coffee, tea and sugar are offered for free
- Hair dryer, shampoo, shower gel and soap
- Heating and Cooling System with ceiling fan coil units
- Free WIFI
- Rooms serviced daily

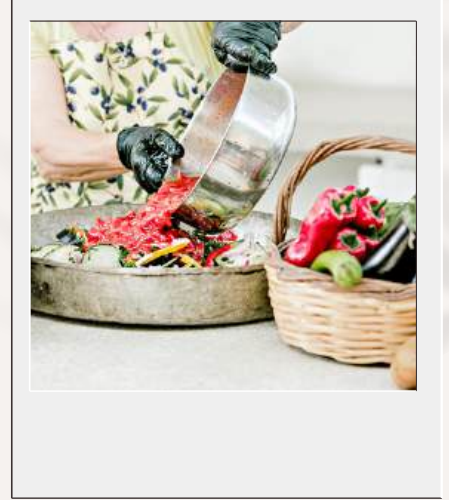
Shared facilities include:

- Private pool and loungers
- Free bike hire



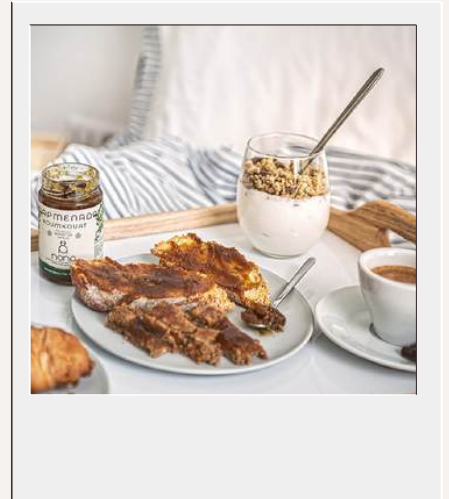
The Food

Enjoy delicious, fresh, wholesome vegetarian food on this holiday, created by a local in-house Corfiot chef. You'll experience a creative menu of Greek-inspired dishes, with the fruit and veg coming directly from the organic garden to the table. Each meal will be balanced to keep you energised all day.



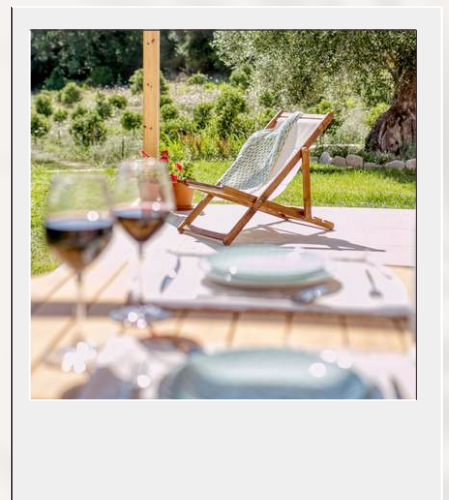
Included in the holiday:

- 7 mornings Greek style breakfast by the pool
- 5 x 2-course evening meals at the villa
- 1 x Greek supper + welcome drinks on day of arrival



** Also included in this holiday is a special evening event whereby you'll experience an 'Around the World Food & Wine Tasting' event, led by a local sommelier and hosted at our villa. There'll be emphasis on the Greek islands. Non alcoholic options are also available.

You'll enjoy a meal out on one of the evenings to experience the local culture when we head to Corfu Town. This isn't included in your package.





Prices + what's Included

£1499-£1899 p/p

Price based on 2 people sharing / room options. Non-refundable deposit of £450 is required for your booking. Payment plans available: ask Adele for info.

Accommodation

7 nights stay including exclusive use of the hotel facilities. Rooms cleaned daily. Check-in from 4pm on the day of arrival, checkout 11am.

Organised trips

Trips and treats are included in the package price, these include a day trip to Corfu Town, an olive oil factory tour with tastings and more - all are optional.

The yoga

Twice daily yoga except for one day when we head out to Corfu Town. See the schedule for a daily breakdown. This is a yoga holiday and factors in free time.

The Food

Vegetarian, home-made meals every day based on the Mediterranean diet. You'll enjoy 7 breakfasts, a supper and 5 evening meals.

Refreshments

On arrival you'll receive your own glass water bottle - this can be filled at the filtered water station throughout the duration of your stay.

What's included

YES I'M INCLUDED

- 7 nights accommodation and twice daily yoga: see schedule
- Food: 7 x Greek breakfast by the pool; 5 x 2-course vegetarian evening meals at the villa; 1 x welcome supper + drinks
- Yoga shala for your yoga classes inc mats and blocks
- Orientation walk on day 2
- Day trip to Corfu Town
- Olive Oil factory tour + tasting
- Beach fun! Group paddle board & pedalo session
- At least 1 x beach yoga class
- Evening excursion to 7th Heaven for the best sunset on the island!
- 'Around the Greek Islands Feast + Wine pairing' evening with local sommelier
- Stunning settings and sunsets
- Filtered water throughout
- Possibility of a shared transfer - see flights slide

NOT INCLUDED

- Flights & travel insurance *See flights slide for recommendation
- Airport transfers if you're choosing to arrive at a different time to the group.
- 1 evening meal out to experience some Corfu culture
- Lunches - buy food to put in the fridge or lunch at the beach

Room Options

HOW IT WORKS

We have exclusive use of the Kumquart Estate, and having visited the accommodation and personally viewed each of the apartments, I know exactly what options are available to us. The accommodation can facilitate up to 20 people, however for our Yoga holiday I'm capping the number to 16 people plus me as your teacher.

The accommodation is generally based on shared options either as twins or in double rooms, with a couple of single supplement options available too. What's wonderful about the accommodation is that each apartment includes a shared kitchen / chill out area alongside the privacy of the bedrooms.. plus your own outside patio area too - it's a very well thought out venue.

For ease I've broken down the room options on the following pages. When a specific room has gone, it's gone. And so if upon viewing the brochure you're interested in a particular room, please contact me with your wishes and I'll do my best to accommodate them. A booking is only confirmed once the booking form is completed and your non refundable deposit is received.

For the booking form please contact me at adele@adelesyoga.com

For the bank details to do your deposit bank transfer again contact me on adele@adelesyoga.com and I'll send you the bank details.



BERGAMOT: SHARING TWIN/SHARING DOUBLE

A three-room apartment of 66 square metres, featuring 2 bedrooms with en-suite bathrooms, and a sitting / dining area with kitchen. Enjoy the seated areas on the surrounding terraces also. **This apartment is for 4 people.**



Twin Room



£1499pp based on 2 sharing

2 single beds with an en suite bathroom. Bed are equipped with orthopedic mattresses for ultimate in comfort and support. Enjoy a light and bright open plan sitting/dining area. The sitting area is equipped with a double sofa bed. NB This is a shared apartment with Bergamot Double.



Double Room



£1499pp based on 2 sharing

A queen double bed equipped with an orthopedic mattress. Enjoy a light and bright open plan sitting/dining area. The sitting area is equipped with a double sofa. NB This is a shared apartment with Bergamot Twin.

Bergamot offers superb views to the surrounding, densely-forested hills and features an outdoor sitting area with pergola to relax into natural shade.



LEMON: SHARING TWIN / SHARING DOUBLE

A three-room apartment of 66 square metres, featuring 2 bedrooms with en-suite bathrooms, and a sitting / dining area with kitchen. Enjoy the seated areas on the surrounding terraces also. **This apartment is for 4 people.**



Twin Room



£1499pp based on 2 sharing

2 single beds with an en suite bathroom. Bed are equipped with orthopedic mattresses for ultimate in comfort and support. Enjoy a light and bright open plan sitting/dining area. The sitting area is equipped with a double sofa bed. NB This is a shared apartment with Lemon Double.



Double Room



£1499pp based on 2 sharing

A queen double bed equipped with an orthopedic mattress. Enjoy a light and bright open plan sitting/dining area. The sitting area is equipped with a double sofa. NB This is a shared apartment with Bergamot Twin. Note that this particular room can also be converted to a Twin if needed.

Lemon offers superb views to the surrounding, densely-forested hills and features an outdoor sitting area with pergola to relax into natural shade.



ORANGE: SHARING TWIN/SHARING DOUBLE

An apartment of 43 square metres, featuring 2 bedrooms with en-suite bathrooms, and a sitting / dining area with kitchen. Enjoy the seated areas on the surrounding terraces also. **This apartment is for 4 people.**



Twin Room



£1499pp based on 2 sharing

2 single beds with an en suite bathroom. Bed are equipped with orthopedic mattresses for ultimate in comfort and support. Enjoy a light and bright open plan sitting/dining area. NB This is a shared apartment with Orange Double.



Double Room



£1499pp based on 2 sharing

A double bed equipped with an orthopedic mattress. Enjoy a light and bright open plan sitting/dining area. NB This is a shared apartment with Orange Twin.

Orange offers superb views to the surrounding, densely-forested hills and features an outdoor sitting area with pergola to relax into natural shade.



GRAPEFRUIT: SHARING TWIN / SINGLE ROOM

A maisonette of 66 square metres, split across 2 levels. On the ground floor is the open plan kitchen/dining room. Also on the ground floor is the Sharing Twin bedroom with bathroom. On the first floor is a double bedroom including a sitting area with sofa bed and bathroom. Enjoy the seated areas on the surrounding terraces also. **This apartment is for 4 people.**



Twin Room



£1499pp based on 2 sharing

2 single beds with an en suite bathroom. Bed are equipped with orthopedic mattresses for ultimate in comfort and support. Enjoy a light and bright open plan sitting/dining area. NB This is a shared apartment with Grapefruit Single.



Double Room



£1499pp based on 2 sharing

A double bed equipped with an orthopedic mattress. Separate sitting area with sofa bed and bathroom. Enjoy a light and bright open plan sitting/dining area. NB This is a shared apartment with Grapefruit Twin.

SOLD OUT

Grapefruit offers superb views to the surrounding, densely-forested hills and features an outdoor sitting area with pergola to relax into natural shade.



MANDARIN: SINGLE SUITE

A suite of 22 square metres, with an open plan kitchen/dining room and separate bathroom. Enjoy the seated areas on the surrounding terraces also.

This apartment is for 1 person.



Single Room



£1899 single supplement

A double bed equipped with an orthopedic mattress. Separate sitting area with dining area and a bathroom. Enjoy a light and bright open plan suite.

SOLD OUT

Mandarin offers superb views to the surrounding, densely-forested hills and features an outdoor sitting area with pergola to relax into natural shade.

Daily Schedule

Subject to change based on weather and availability

MONDAY 8th

day of arrival

Airport arrival if on the suggested flights 18:55

Gather at the airport exit by 19:30 for
your minibus connection to the venue 19:30

Arrive at Kumquart to a warm welcome,
refreshing drink and a light supper 20:30

Settle into rooms / space and get a good
night's sleep 21:00



Daily Schedule

Subject to change based on weather and availability

TUESDAY 9th

Morning Yoga: A light, releasing practice to shake off your journey and bring yourself back into your body. 08:00

Brunch is served! 09:30

Orientation walk on the farm 10:30

Free time: Explore the area, head to the beach or chill by the pool.

Evening Yoga: Expect a calm and restorative practice. 17:30

Time for our evening meal 19:00

Daily Schedule

Subject
to change

WEDNESDAY 10th

Morning Yoga	08:00
Brunch is served!	09:30
Olive oil factory tour with tastings TBC	11:00
Early evening meal	17:30
Beach yoga (sunset over Porto Timoni)	19:30

FRIDAY 12th

Early breakfast (no yoga)	08:00
Day trip to Corfu Town. <ul style="list-style-type: none">• free time shop/explore• evening meal out (not inc in package price)	10:00 17:00
Walk back to the Liston for a pre travel drink	20:00
Transfer back to Kumquart	21:00

THURSDAY 11th

Morning Yoga	08:00
Brunch is served!	09:30
Beach fun! Paddle boards & Pedalos (our local beach)	11:00
Early evening Yoga	16:00
Early evening meal	17:30
7 th Heaven bar for sunset	19:00

SATURDAY 13th

Morning Yoga	08:00
Brunch is served!	09:30
Free time: relax/explore	10:30
Evening Yoga	17:30
Around the World / Greek Islands feast and wine pairing evening with local sommelier	19:00

Daily Schedule

Subject to change based on weather and availability

Sunday 14th

Morning Yoga 08:00

Brunch is served! 09:30

Free time: relax / explore 10:30

Time for our evening meal 17:30

Sunset yoga on the beach 20:00

Monday 15th

departure day

Morning Yoga 08:00

Brunch is served 09.30

Depart for the airport for the suggested flights 10:00

Flight departs (unless you choose a different flight plus 70 Euros for your transport 14:00



SUGGESTED FLIGHTS

MANCHESTER OPTION - TUI GOING OUT & JET2 RETURNING

- **Leaving 8th June 2026**

13:30 from Manchester

- **Arriving 8th June 2026**

18:55 to Corfu Airport



- **Returning 15th June 2026**

14:00 from Corfu Airport

- **Arriving 15th June 2026**

15:40 Manchester



The shared transfer is at 14:00pm and included in the package price.
If you choose a different flight / prefer to make your own way to the venue, the cost for a private transfer is around 70 Euros.
Adele can help you with the private transfer if you wish.



PACKING LIST

- Comfy clothes to lounge around and do yoga in
- A water bottle (you'll be given a glass water bottle from the venue, however you'll need a water bottle for when you're out and about)
- Sun hat, sunglasses, mosquito repellent and sun cream
- Swimwear – for the pool, sea, surfing, snorkelling etc
- Sleep essentials: eye mask, ear plugs, etc
- Currency card and/or cash
- European plug adaptor
- A secure bag/backpack to carry your essentials in
- Comfy shoes to walk around in
- A good book and a journal for documenting your travels

****Yoga mats, straps and blocks are provided at the venue****

**** Towels are provided for the pool and beach ****

TRAVEL INSURANCE: PLEASE make sure you have adequate travel insurance for the usual cover and for covid



NEXT STEPS



Thank you!

There are 16 places available on this yoga holiday. To book on, please contact me directly at adele@adeleyoga.com

I will send the booking form out to you, which must be completed and sent back with the deposit to secure your place.

e: adele@adelesyoga.com
w: adelesyoga.com

BOOKING TERMS & CONDITIONS

No booking will exist until a completed booking form & deposit has been received.

Each person attending the week must fill out their own form.

A confirmation email will then be issued.

The deposit is NON-REFUNDABLE in ANY instance

The balance of the money is due 8 weeks BEFORE the weekend. Please make sure you have entered your correct email address on this form as an email reminder is sent out 10 weeks before the week starts with all the details on that you will need.

If the balance payment is not received by the due date Adele at Adeles Yoga reserves the right to cancel your reservation, retain your deposit and offer your space to someone on the waiting list.

Should you have to cancel due to a positive Covid test or any other illness and have paid your balance NO REFUNDS will be given - you will need to claim from your travel insurance company. Please refer to my cancellation policy below. I recommend that you print this form off and keep a hard copy to refer to.

Adeles Yoga reserves the right to alter these conditions where necessary.

Cancellation Policy

If unfortunately you need to cancel the following charges will apply;

- * 8 weeks notice or more: 50% of the balance payment refunded minus the deposit
- * Less than 8 weeks notice: NO REFUNDS WILL BE GIVEN. The full amount is payable
- * It is STRONGLY recommended that you purchase travel insurance which provides cancellation cover.