



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

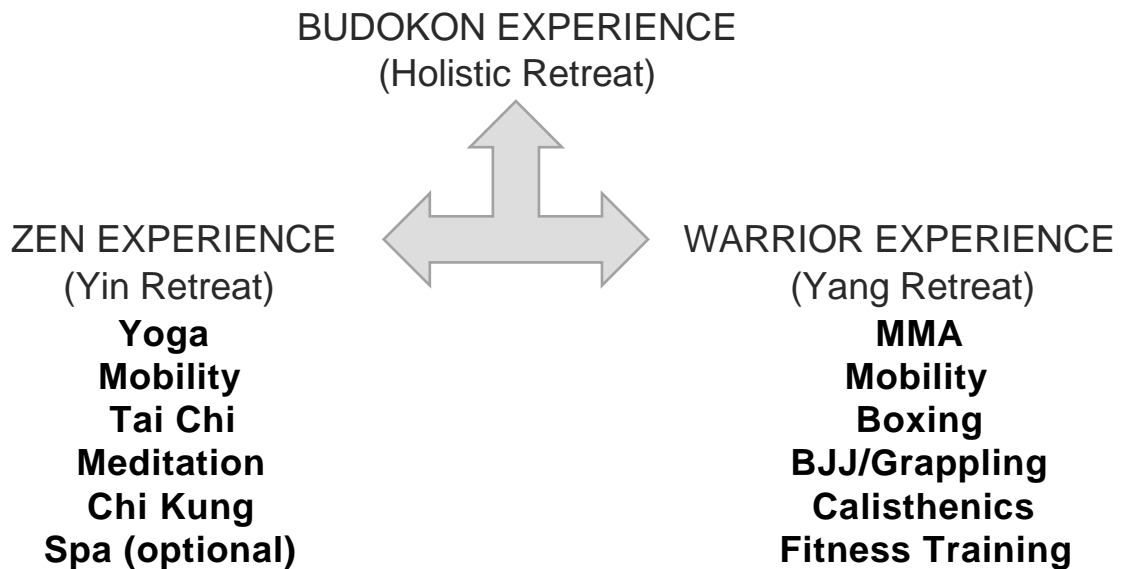
THE "BECOMING BUDOKON" EXPERIENCE

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.,

Ronsan Apartments - Maspalomas

A Modern apartment completely renovated and just 100 meters from Playa del Ingles. In a quiet and completely private urbanization, with maintenance and security services. The apartment is very conveniently placed for the beach and promenade shops, cafes and restaurants. It is also very well equipped, with comfortable beds and a lovely shower and bathroom. A small veranda outside is ideal for lazing/ eating breakfast. Huge pool and sun area. The staff at the poolside cafe make delicious coffee. The bus stops are right outside the secure complex and its easy and cheap to get around the island.

Amenities

Basic

- Wifi
- Continuous access in the listing
- Dryer
- In the building, free or for a fee
- Laptop-friendly workspace
- A table or desk with space for a laptop and a chair that's comfortable to work in
- Iron
- TV
- Washing machine
- Essentials
- Towels, bed sheets, soap and toilet paper

Facilities

- Pool x3 (x1 heated)
- Private or shared (dependant on residency)

Dining

- Kitchen
- Dining area

Guest access

- Private entrance
- Separate street or building entrance

Bed and bath

- Hair dryer
- Hangers

Arrival & Departure

- Check-in: After 15:00 Checkout: 12:00

Apartment Images



Outside



Living Space



Kitchen Area







POOL AREA

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 Werдум 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!

Treat yourself to a massage or any of the many treatments available, take a relaxing swim in a warm pool or just chill out in a jacuzzi!



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.

Provisional Schedule (subject to change)



Day 1

(Monday 23rd March)

Welcome Day

Arrival (Check-in 3pm onward)

Unpack & Settle in

Dinner

Rest/Free time

Day 2

(Tuesday 24th March)

Early Risers Holistic Qigong

Breakfast

Tai Chi Workshop

Break

Lunch

Meditation & Budokon

Break

Dinner

Rest/ Free time





Day 3

(Wednesday 25th March)

Early Risers Tong Lin Qigong

Breakfast

BDK Yoga/ Sup Yoga

Break

Lunch

Training in the Park (Calisthenics)

Break

Sunset Dinner

Rest/ Free time



Day 4

(Thursday 26th March)

Early Risers Daoist Qigong

Breakfast

Mundo Aborigen Excursion

Meditation

Lunch

BDK Mixed Movement/ Afternoon Spa Retreat

Break

Dinner

Rest/ Free time





Day 5

(Friday 27th March)

Early Risers Lotus Qigong

Breakfast

Budokon Mobility Workshop

Break

Lunch

Training in Maspalomas (Gym/BJJ)

Break

Dinner

Rest/ Free time

Day 6

(Saturday 28th March)

Early Risers 5 Element Qigong

Breakfast

Break

Boat Trip & late Lunch

Return & late Dinner

Rest/ Free time



Day 7

(Sunday 29th March)

Early Risers Zhang Zhuang Qigong

Breakfast

Tai Chi on the Beach

Break

Lunch

BDK Striking Workshop

Farewell Dinner

Day 8

(Monday 30th March)

Early Risers Taiji Qigong

Breakfast

Pack & Prep

Departure (Check-out by 12pm)

Transfer to Airport

Return Flights

An aerial photograph of a beach with turquoise water and white sand. Several people are scattered across the scene: some are swimming in the water, one is kneeling on the sand, and others are sitting or lying on the beach. The text is overlaid in the center.

A WEEK OF MOVEMENT &
PURA VIDA