

ICELAND

**Wellness & Yoga Treat
September 10-16, 2017**





WELCOME!

Drishti Journeys founder, Reinier Voorwinde, and yoga teacher and life coach, Emily Kasman, welcome you to their third annual journey to beautiful Iceland in the North Atlantic Ocean for a 7-day/6-night Wellness & Yoga Retreat.

Your journey will begin in the dynamic capital of Reykjavik, with daily excursions to wonders of Mother Nature in Southern Iceland, including glaciers, waterfalls, geysers, black sand beaches and, hopefully, glimpse the northern lights before a relocation to the small town of Vik. Expect daily yoga and meditation practice, hotel accommodations, and explore restaurants that offer the delicacies which Iceland is famous for. If you love yoga and Mother Nature, enjoy building community and taking time to wind down and disconnect, this journey will be a match made in heaven for a week of rejuvenation and outdoors bliss.



ARRIVING

KEFLAVIK INTERNATIONAL AIRPORT

International passengers arriving in Iceland land at Keflavik International Airport, also known as Leifur Eiriksson Air Terminal (airport code: KEF), which is 48 kilometers (30 mi) from the capital city of Reykjavik. Keflavik Airport is an international hub linking Europe and Asia with North America. Faroe Island and Greenland flights arrive at Reykjavik Domestic Airport (airport code: REK) located in the city center.

Having been named best airport in Europe in 2009 by the Airports Council International, Keflavik International Airport features comfortable modern passenger and commercial facilities 24 hours a day.

Facilities include banking, VAT refund, restaurants, duty-free shopping, children's play area, tourist information desk, outside smoking area, and paid wireless Internet access is available throughout the terminal. For more information www.kefairport.is.

Duty-free shopping: The Keflavik Airport shopping area is one of few in Europe that can sell duty-free products to both arriving and departure passengers and stores are open to coincide with the flights. The products in the Keflavik duty-free stores are up to 50% cheaper than in Reykjavik retail stores. Customs regulations allowance: 200 cigarettes or 250g (8 oz) of tobacco product; one liter of wine or six liters of beer, plus 1 liter of spirits. If carrying neither spirits nor beer, you can bring in three liters of wine.

ARRIVAL TRANSFER OPTIONS

Ground transportation to/from Keflavik International Airport is NOT INCLUDED. We recommend the following services to transport you to/from the airport to Reykjavik.

Flybus Transfer: The Flybus transfer coach is located right outside the Keflavik International Airport. It's an easy, inexpensive option from the airport to Reykjavik. Buses leave 35-40 minutes after arrival of each flight. Tickets can be purchased at the Flybus information desk in the Arrivals Hall and one-way fare is approximately \$28.

The drive to Reykjavik takes approximately 45 minutes and the first stop is made at BSI Bus Terminal where transfers are available via smaller buses to all major hotels and Reykjavik domestic airport. Please book your final destination to [IcelandAir Hotel Reykjavik Natura](#) located at Nautholsvegur 52, 101 Reykjavik, Iceland.

Taxis: There is a taxi stand located just outside the Keflavik Airport terminal. Taxis run on meters and the fare into Reykjavik is approximately ISK 14,000 which can be paid by credit card, Icelandic Krona or international currency if you make arrangements with the driver beforehand. Tipping is not customary.

Car Rental: Car rental offices are located in the lower level of Keflavik Airport Arrivals Hall. If you choose to rent a car, please reach out to Reinier Voorwinde at hello@drishtijourneys.com for additional information on driving in Iceland.

Private Transfer: Upgrade your transfer from the airport to/from Reykjavik via private luxury automobile or Super Jeep for door-to-door service. For information about this option, reach out to Reinier Voorwinde at hello@drishtijourneys.com.

THE SCHEDULE

Day 1: Sunday, September 10

Arrive at Keflavik Airport (KEF)
Opening ceremony: Emily Kasman & Reinier Voorwinde
Yoga: Emily Kasman at Solir Yoga Studio
Lunch: Provided at local restaurant
Wellness stop: Nautholsvik Geothermal Beach
Free time: Reykjavik

Day 2: Monday, September 11

Breakfast: Provided at local restaurant
Wellness stop: Blue Lagoon
Yoga: Emily Kasman at Blue Lagoon
Excursion: Seltún Krýsuvík Geothermal
Free time: Reykjavik

Day 3: Tuesday, September 12

Breakfast: Provided at local restaurant
Excursion: Golden Circle
(Gullfoss, Geysir & Pingvellir National Park)
Yoga: Emily Kasman at Pingvellir National Park
Wellness stop: Laugurvátn
Dinner: Provided at local restaurant

Day 4: Wednesday, September 13

Breakfast: Provided at local restaurant
Yoga: Emily Kasman at Solir Yoga Studio
Relocation: Vík
Lunch: Provided at local restaurant
Wellness stop: Laugurvátn
Excursion: Waterfalls
(Skogafoss, Seljalandsfoss & Svartifoss Waterfalls)
Dinner: Provided at local restaurant

Day 5: Thursday, September 14

Breakfast: Provided at local restaurant
Excursion: Dyrhólaey/Reynisfjara Beach
Meditation: Reynisfjara beach
Excursion: Soljheimajökull Glacier Hike
Dinner: Provided at local restaurant

Day 6: Friday, September 15

Breakfast: Provided at local restaurant
Yoga: Emily Kasman at local yoga studio
Lunch: Provided at local restaurant
Relocation: Reykjavik
Wellness stop: Hveragerði (hot river hike/soak)
Dinner: Provided local restaurant

Day 7: Saturday, September 16

Breakfast: Provided at local restaurant
Closing ceremony: Emily Kasman & Reinier Voorwinde
Yoga: Emily Kasman at Solir Yoga Studio
Transfers to Keflavik Airport (KEF)

ACCOMMODATIONS

Reykjavik: Luxury accommodations provided at [IcelandAir Hotel Reykjavik Natura](#) located at Nautholsvegur 52, 101 Reykjavik, Iceland.

Vík: Luxury accommodations provided at [Hotel Dyrhólaey](#) located at Brekkum, 871 Vík, Iceland.



SOLIR YOGA STUDIO

GETTING TO ICELAND

Located in the North Atlantic Ocean midway between North America and Europe, Iceland is an ideal year-round destination that is easily accessible and closer than you think. Typical flight times are 3 hours from London or 5 hours from New York. Virtually all international arrivals come through Keflavik International Airport (KEF), and transfer to Reykjavik city center (50km/ 31mi) takes about 40 minutes by car or bus.

BY AIR TRAVEL

Icelandair: Icelandair is the national air carrier of Iceland, operating flights to Europe and North America out of its hub at Keflavik International Airport in Iceland. Icelandair offers passengers the ability to Stopover in Iceland for up to 7 days en route to any Icelandair destination at no additional airfare. As the only tour operator in Icelandair Group, Iceland Travel offers a wide selection of Iceland Stopover Packages. For further information visit www.icelandair.com.

Icelandair North American Gateways: Year round flights to: Boston (BOS), New York (JFK), Seattle (SEA), Denver (DEN) and Toronto (TOR). Seasonal service to: Washington Dulles (IAD), Minneapolis (MSP), Orlando (SFB), Anchorage (ANC) and Halifax (YYZ).

Icelandair European Gateways: Year round flights to: Amsterdam (AMS), Bergen (BGO), Copenhagen (CPH), Frankfurt (FRA), Glasgow (GLA), Helsinki (HEL), London Gatwick (LGW), London Heathrow (LHR), Manchester (MAN), Munich (MUC), Oslo (OSL), Paris (CDG), Stavanger (SVG), Stockholm (ARN), Icelandair has Codeshare agreements with: SAS, Finnair, Alaska Airlines, and JetBlue.

WOW Air (Iceland Express): WOW Air is a new Icelandic airline operating flights out of Keflavik International Airport in Iceland to a number of cities on the East Coast of USA.. In October 2012, WOW Air took over Iceland Express flight operations. For further information visit www.wow.is.



CULTURE

There is far more to Iceland than just the nature. The Icelandic culture is just as diverse as the landscape.

Icelanders are proud that they still speak the ancient language of the Vikings, but they certainly don't just live in the past. Their cherished ancient heritage lives on in harmony with the most exciting innovations from the world of arts and culture today. This refreshing mix of local, traditional, progressive and cosmopolitan culture appeals to almost every taste.

Iceland was the last European country to be settled, mostly by Norsemen in the 9th and 10th centuries. They came mainly from Norway and elsewhere in Scandinavia, and from the Norse settlements in the British Isles, from where a Celtic element was also introduced. The language and culture of Iceland were predominantly Scandinavian from the outset, but there are traces of Celtic influence in some of the ancient poetry, in some personal names and in the appearance of present-day Icelanders.

All branches of the arts flourish in Iceland, especially painting, which started in earnest at the turn of the century. Literature has always been the mainstay of Icelandic culture but other aspects of the national heritage that used to be important in past centuries include manuscript illumination, woodcarving and folk music.

There are many theatre companies in Iceland, including a National Theatre. In Reykjavik there is a symphony orchestra, an opera house and ballet company. International performers make regular visits, especially to the Reykjavik Arts Festival.

DINING

If you like dining on inspired cuisine created with fresh, local ingredients - you have a lot to look forward to in Iceland! The opportunity to eat some of the world's freshest seafood and tastiest lamb is one that should not be missed while visiting. These local specialties, as well as organically grown vegetables, game, and wholesome dairy products are served in creative ways across the country. After dinner, cruise for coffee and cocktails in the nexus of pulsating nightclubs and cozy pubs, as Reykjavik has one of the liveliest nightlife scenes in the world.

For those in the know, Iceland is an up and coming foodie destination and the capital city is seeing a culinary explosion of new and exciting restaurant openings where chefs are continually inspired by incredibly fresh local ingredients.



Iceland takes great pride in its fresh fish and lamb, but there is also a growing local food movement with a strong emphasis on seasonal, organic ingredients. Visitors are amazed at the range of restaurants available in Reykjavik. You could take an epicurean tour of the world without leaving the downtown area, including sushi, tapas, Indian, French, Mexican, Italian, Thai and American.

Whether you're dining on international fare or traditional Icelandic cuisine it's always purely natural food imaginatively served to delight the most discerning of diners. Outside Reykjavik, you'll find plenty of well-priced restaurants that serve a hearty meal with local produce, like Fimm Fiskar in Stykkisholmur and Vid Fjorubordid in Stokkseyri.

Typical dining hours begin at 8pm and menus always include all taxes and gratuities. Dress is usually smart casual to formal and it is strongly suggested that you make dinner reservations. There are more than 200 restaurants in the greater Reykjavik area, with several imaginative and exciting restaurants leading the charge in Reykjavik such as:

Kolabrautin: This latest addition to Reykjavik's burgeoning food scene takes inspiration from Icelandic ingredients and Mediterranean traditions. Situated on the fourth floor of newly opened Harpa Concert Hall, guests enjoy magnificent views of the downtown harbor area through the striking glass facade built by Icelandic-Danish artist Olafur Eliasson.

Vox: Located at the splendid Hilton Nordica Hotel, Vox overlooks Faxaflói Bay and the magnificent Mount Esja. The culinary team at Vox emphasizes the New Nordic style of cooking, while focusing on quality Icelandic ingredients.

Grillid: Rising eight stories above street level and providing breathtaking panoramic views of the city, the warm and intimate surroundings of Grillid restaurant provide diners with a culinary experience created by award-winning master chefs. This famous restaurant in Reykjavik combines incredible food with fine wine and excellent service, all set against the breathtaking backdrop of one of the most dramatic views in the city.

Lounge: Hotel Borg's Lounge restaurant has something for everyone on its eclectic menu. The executive chef has built up a delicious selection of Icelandic seafood, beef, game and scrumptious mountain lamb. The name of the restaurant 'Lounge' conveys the restaurant's true spirit of comfort and relaxation.

Grill Market / Grillmarkadurinn: There's much buzz about top chef Hrefna Rosa Saetran's newly-opened Grill Market located on Lækjartorg Square in the heart of the city. A cosmopolitan crowd complements the dramatic bi-level space uniquely decorated with Icelandic moss, dried fish skin, and black lava stones. A custom-made, ultra-high-temperature grill plays a prominent role and ensures a juicy result. The tasting menu is highly recommended.

Seafood Grill / Sjavargrillid: Located on the charming Skolavordustig shopping street, this newly opened gem features wonderful seafood and grill tasting menus with influences from northern Iceland.

Gallery: Gallery restaurant located in Hotel Holt has been the benchmark for Icelandic culinary excellence ever since it opened in 1965. The beautiful dining room hosts the largest private art collection in Iceland and boasts one of the few wine cellars in Reykjavik.



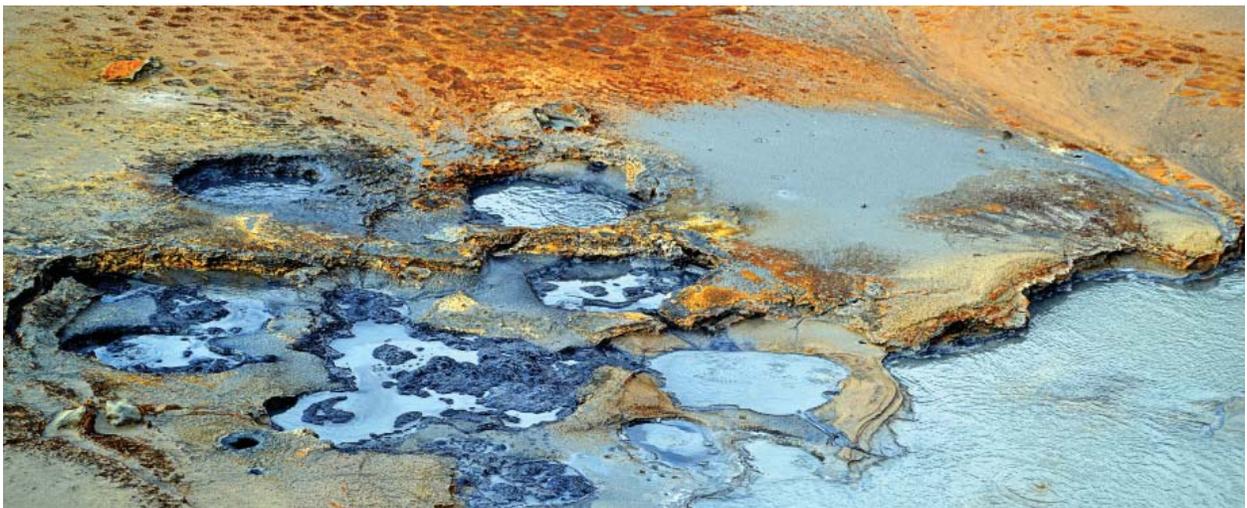
CLOTHING

The key to dressing for Iceland's climate is layering, regardless of season. Lightweight woolens, rain- and wind-proof jacket and trousers, and good walking/hiking shoes are essential if you plan to do any touring in nature.

When traveling to Iceland in winter you should bring along a warm overcoat, hat, scarf, gloves, socks (preferably made of wool), as well a sweater and/or cardigan, weatherproof shoes, long thermal underwear (a shirt and pants), and a layer of fleece on top. In summer, carry a light, and preferably water-resistant jacket.

As trails are not common, sturdy walking shoes for trekking and/or hiking are needed. Else comfortable sneakers are convenient. Sometimes even rubber boots can be of use.

It's good to bring casual clothes for going out. And... Always bring a bathing suit! Icelanders' favorite pastime year-round is outdoor swimming in the countless geothermal-heated pools and lagoons.



WEATHER

The chilliest thing about Iceland is its name! Despite its northerly location, Iceland is really more solar than polar, thanks to the warming effects of the Gulf Stream which provides a temperate climate year round. Icelandic weather is unusually volatile however. The Gulf Stream brings mild Atlantic air in contact with colder Arctic air, resulting in frequent and abrupt weather shifts where you may experience four seasons in one day. The Icelanders often say, “If you don’t like the weather, just wait 15 minutes and you’ll get something different.”

Iceland does not have a rainy season, but precipitation peaks in October to February, with the southern and western parts receiving the most rainfall. The North, East and Interior experience colder winter temperatures but warmer summers, and noticeably less snow and rain. Iceland’s most influencing weather element is the wind. The Icelandic language describes at least eight different degrees of wind, from logn (calm breeze) to rok (strong gale). The Icelandic Meteorological Office: www.vedur.is.

SEASONS & TEMPERATURES

Although Iceland is located just south of the Arctic Circle, it does have four distinct seasons which offer boundless adventure opportunities and dramatic displays of vibrant life.

Summer: In June summer takes over from spring, when meadows turn neon green and Viking horses and sheep are released to roam the countryside. Summers in Iceland can be delightfully warm plus the added bonus of the magnificent Midnight Sun which gives 24 hours of daylight and the excitement of midnight golf. It is the height of tourist season with most hotels and guest houses operating at peak capacity.

Fall: September and October bring cooler temperatures and the beginning of Northern Lights Season while daylight hours are still normal. The cultural calendar heats up with film, art and music festivals including Reykjavik’s favorite Iceland Airwaves. Adventure activities are in full swing and it is a great time to take advantage of fall travel deals. The season brings marvelous beauty to the moss growing on ancient lava formations giving nature sites an added splash of autumn color.

FAQ

What should I pack? We recommend packing the following items:

Water bottle

Yoga or workout clothes

Pack plenty of warm/comfy clothes

Swim wear + Flip-Flops

Sunscreen, hat and/or sunglasses

Toiletries

Camera + battery charger

Journal

Cell phone + cell phone charger

Walking shoes and/or sturdy hiking shoes recommended for hikes

Optional small pack if you plan to hike

Yoga mat optional; all yoga studios provide mat and props.

Business, Banking & Shopping Hours: Office hours are generally M-F 9:00 to 17:00 and 8:00 to 16:00 during June, July and August. Banking hours are M-F 9:15 to 16:00. General Post Office hours are M-F 09:00–16:30. Shopping hours are M-F 9:00 to 6:00; Sat from 10:00 /11:00 to 14:00/18:00. Some food stores are open to 23:00 seven days a week or even 24 hours in the larger towns. Shopping malls, souvenir and bookshops in the city center are open on weekends.

Calling from Iceland: The international code for calling Iceland from abroad is 354. There are no area codes in Iceland. To call internationally from Iceland, first dial 00 followed by the country code and telephone number. For directory assistance dial 118.

Cell Phone Systems: The following mobile systems can be used in Iceland: GSM900 and 1800, 2G, 3G and UMTS 4G. Pre-paid cards are available at petrol stations around the country. It is highly recommended that you contact your carrier prior to your trip, and you should add international dialing, roaming, etc. to your plan for Iceland if you plan to make and receive calls. Most carriers will allow you to add and remove this service for the specific dates of travel. Schedule reminders to turn the additional service on prior to travel and turn it off upon your return.

Currency & Money Exchange: The Icelandic monetary unit is the krona (plural kronur), which is abbreviated Kr or ISK. Money can be easily exchanged at the airport, bank and currency exchanges. All major credit cards are accepted and can be used to pay for virtually anything – except the public buses. Electron, Maestro and EDC debit cards are increasingly being accepted by merchants. ATM/Bank machines are found in most banks and many other locations throughout the country. Look for the Hradbanki sign.

Electricity: The electric current in Iceland is 220 volts; 50 Hz AC. Icelandic electrical plugs are of the rounded, European two-pin type.

Entry Requirements: A passport valid is at least three months beyond intended stay, is required for visitors to Iceland. Travel between countries participating in the Schengen cooperation is allowed without formal passport control including Austria, Belgium, Denmark, Finland, France, Greece, Iceland, Italy, Luxembourg, Netherlands, Norway, Portugal, Spain, Sweden and Germany. For additional information on passport and visa requirements see Icelandic Directorate of Immigration website <http://utl.is/index.php/en/>.

Internet Access: Iceland is a tech-savvy country with Internet access available almost everywhere including Internet cafes in the larger cities and towns. Hotels and Guesthouses generally offer Internet access and Wi-Fi free of charge. Internet websites for businesses and organizations in Iceland end in the suffix ‘.is’.

Language: Icelandic is the national language of Iceland although English and Scandinavian languages are widely spoken.

Medical Attention / Emergencies: There are medical centers or hospital in all major cities and towns in Iceland. The 24-hour emergency phone number in Iceland is 112. Pharmacies are called ‘Apotek’ and are open during normal business hours. See also www.safetravel.is.

Public Transportation: Extensive bus services are available in all major cities and towns. Tickets can be purchased at the local bus station or from the driver with exact change. Children under the age of four travel free of charge, and half price is charged for children aged 4–11. There is no rail or subway system in Iceland.



Smoking in Public / Drinking Age: Wine, beer and spirits are sold in government run stores called Vinbudin. The age limit for buying alcohol is 20. Smoking is not permitted on board aircrafts or other means of public transport. It is not permitted to smoke in public buildings and other places open to the public, offices, shopping centers, hotels, bars, and restaurants. The age limit for buying tobacco is 18.

Special Needs Travel: Iceland is putting increased emphasis on adapting facilities for special needs travelers. Many hotels, restaurants and larger department stores are accessible to wheelchair users. For accessible tourist attractions see the official website for the Association of the Disabled in Iceland.

www.thekkingarmidstod.is/adgengi/accessible-tourism-in-iceland/

Taxis: All taxis accept credit cards and have to be reserved in advance. In some major cities and towns there are also taxi stations where you can line up to get a car. And there are of course taxi stands at airports for transfer.

Time Zone: Iceland is on Greenwich Mean Time (GMT) throughout the year, and does not adjust to daylight saving time. The time difference from the West Coast to Iceland is 7 hours ahead, and from the East Coast it's 4 hours ahead.

Tipping: In Iceland gratuity is always included in the bill therefore tipping is not required. This applies to everything: restaurants, taxis, cafés, room service and more. However if you do feel that you have received great service, Icelanders appreciate a tip and will gladly accept it.

EMILY KASMAN

As a lover of fresh air, new experiences, food made with love, the warmth of a warm-in hoodie and the coziness of a summer home (AKA: a 2 person tent), Emily exudes a grounded and sweet aura everywhere she goes. She believes that honoring each of our yin & yang, dark & light, inner & outer, and lunar & solar qualities create the balance that we are searching for. Her belief is that yoga has amazing ways of bringing feelings, discomfort and authenticity to the surface. By acknowledging what rises, students can begin to form their own joy. Every person's yoga is about something different, however through it, we all seem to be uncovered to our true self and allow ourselves to just be.

Emily lives by the words lokah samasta sukhino bhavantu, translating into, "May all beings everywhere be happy and free and may my thoughts, words and actions contribute in some way to that happiness and to that freedom for all." Understanding that nature brings a sense of liberation and joy, Emily has created many retreats that combine adventuring outdoors and practicing yoga away from the studio environment. She also believes that being out of your comfort zone is where growth happens. Taking yoga out of a studio and into the world helps us maintain our inner stability by practicing in the ever changing elements.





THANK YOU!

We look forward to seeing you in Iceland! Most importantly, thank yourself for taking this journey. Please reach out to me directly have you have further questions. Namaste.

A handwritten signature in blue ink that reads "Reinier Voorwinde".

Reinier Voorwinde

Founder, Drishti Journeys

M 206.355.7180 | hello@drishtijourneys.com

