

# “Light of Corfu” Spring Event 2023

## Awareness - Oneness - Happiness with Yoga, Qi Gong & Meditation

21.05. - 29.05.2023

Dive deeply into your being, live from your heart, regenerate your strength in the beautiful nature & the crystal clear waters of Corfu  
with Sylvia-Saida Arnolds

**8,5 days of inner exploration, growth, opening and deep relaxation with Hatha Yoga, Pranayama, Qi Gong, Meditation and lots of free play time on the beautiful beach of Arillas, Corfu**

**Seminar price:** the whole Spring Event with Qi Gong & relaxation in the mornings and Hatha Yoga with Pranayama in the late afternoons: € 385

**Optional - mornings or afternoons for 8 days:**

1) Morning Qi Gong **only** (“Celestial Swallow Qi Gong”) & a relaxation for the Qi to deeply integrate into your being from 9.00 am to 10.30 am on the beach: € 175

or

2) Late afternoon Hatha Yoga classes only of Hatha Yoga and Pranayama in the Yoga Loft from 5 pm to 7 pm: € 235

**Accommodation:** I have reserved several apartments, each for one week, from the 21.05. to the 29.05. for our Spring Event 2023 (please see page 2 – many more are course of available):



1) Two double apartments with two separate rooms (for example N. 4 & 5) each with a double bed (half-board breakfast & dinner: €70 /person

2) One maisonette (for example N. 12) for family and friends (half-board breakfast & dinner: €70/person, where up to 5 people can stay.

**[www.nikos-arillas.com](http://www.nikos-arillas.com)** & phone: +302663051807, where our Yoga Loft is located too! Here are 9 free bicycles available for those who stay at Niko’s apartments to use during the event. If you prefer to use a scooter or a car to discover the area. You can also rent both at the beach. Just to walk through Arillas by foot is beautiful too...

## Nikos Apartments

are peacefully located in a quiet area of Arillas surrounded by fields and flowers, only 900 meters away from the most beautiful part of Arillas beach. This is where we will take 15 minutes walks to, or ride our bicycles, whenever the weather allows us to practise morning Qi Gong & meditation outside in nature by the ocean. Nikos apartments have a great swimming pool to relax in & around and a beautiful Yoga Loft!

If you are interested in having one of the reserved apartments at Nikos, please fill out the registration form below on this page. Don't wait too long for they might be gone soon! **You can also arrive some days earlier or extend your stay if you like. Please also book your own flights early (if needed)** View:

[www.ryanair.com](http://www.ryanair.com) from Düsseldorf - Weeze, Frankfurt- Hahn or Cologne for example for really good offers as well as [www.tuifly.de](http://www.tuifly.de), [www.condor.de](http://www.condor.de) ...

If you live on Corfu or stay longer there in your own place, you can also attend the Yoga and Qi Gong classes).

### Sylvia-Saida Arnolds

is a certified and self-employed Yoga, Qi Gong, Tai Chi & MBSR teacher, who has been joyfully facilitating courses, holiday seminars and workshops for 23 years in Düsseldorf (Germany) and abroad. She is in love with the oceans, nature, creativity and the ways of the heart which she likes to integrate into her work in a holistic manner. She has 35 years of active Yoga practice and experience and 23 years of Qi Gong & Tai Chi experience and holds a masters degree in Cultural and Educational Science (Art / Music / Psychology / Cultural Administration).



The language of the Spring Event 2023 in Corfu will be English if no translation into German is needed or German, if everyone understands and speaks German – otherwise English & German.

**Please bring to the event your yoga mat (if possible but not necessary), sun protection, a hat and mosquito repellent and something warm to wear in the cooler evenings.**

(Please fill out the following form if you would like accommodation at beautiful Nikos apartments)

**I would like to reserve the following accommodation at Nikos apartments:**

<b>Please fill out:</b>	<b>Name :</b>	<b>Price:</b>	<b>Dates of your stay:</b>
<b>One room in a double-apartment for single use Nr. 4</b>		<b>70 €</b> half-board (breakfast and dinner included)	
<b>One room in a double-apartment for two people Nr. 4</b>	together with:	<b>70 €</b> per person half-board (breakfast and dinner included)	
<b>One room in a double-apartment for single use Nr. 5</b>		<b>70 €</b> half-board (breakfast and dinner included)	
<b>One room in a double-apartment for two people Nr. 5</b>	together with:	<b>70 €</b> per person half-board (breakfast and dinner included)	
<b>Maisonette for up to 5 people (good for family and friends) Nr. 12</b>	together with:	<b>70 €</b> per person half-board (breakfast and dinner included)	
<b>Maisonette for single use Nr. 12</b>		<b>70 €</b> half-board (breakfast and dinner included)	

**Send binding signed registration by post, scan & e-mail or fax for:**

**“Light of Corfu” Spring Event 2023  
Yoga, Qi Gong & Meditation 21.05. – 29.05.23**

**The places on the event will be given out according to the order in which the registrations come in.**

I, Sylvia Arnolds, kindly ask for your written and signed registration for the Spring Event 2023 in Corfu. Please use the registration form below (on this page) and fill it out fully – thanks! You will need to pay for the “Light of Corfu” Spring Event 2023 you have registered for in full before arrival. If paying by bank transfer, please transfer the full amount at least 10 days in advance to allow for processing. Here are the bank details:

**Sylvia Arnolds IBAN: DE47 30050110 1006390858 BIC: DUSSEDDXXX**

Please make sure that I, Sylvia Arnolds, will not be charged with fees for the money-transfer.

Sometimes, unforeseen developments may prevent you from attending the retreat you have booked. Should this happen, I kindly ask you to notify me of your cancellation in writing as early as you can. If you cancel 30 days before the retreat, I will refund your fee in full, less a € 30 administration fee. If you cancel less than 29 days before the event, you will forfeit your fee unless you arrange for someone else to take your place. If you fail to attend, or leave early, you will also forfeit your fee. If you book your accommodation at Niko’s apartments you are committed to their conditions of cancellation.

**Liability disclaimer**

**As a participant, you take full responsibility for your own actions and well-being.** This means you decide for yourself how deeply you go in the work and processes on offer. I, Sylvia Arnolds, accept no liability or responsibility for any damage incurred to your property or health. The Spring Event 23 on Corfu is not a substitute for any form of medical or psychological treatment. With your registration, you confirm that you have read and understood the terms and conditions provided by Sylvia Arnolds, and that you agree to abide by the above-mentioned regulations in full. Program details and schedules are subject to change.

**Sylvia - Saida Arnolds**

**Life Art Practice**

**Gut Rotthaus**

**Rotthäuser Weg 110**

**40629 Düsseldorf - Germany**

**Phone +49 211 287348 & Mobile: +49 160 8075777**

**Please fill out this registration form for “Light of Corfu” Spring Event 21.05. - 29.05.2023:**

**Name:** \_\_\_\_\_

**Street:** \_\_\_\_\_

**City & post code:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Name (signature) & date:**

