

# GENERAL YOGALAND INFORMATION

**You can buy your ticket online in pre-sales until 15 th of August till 23:30.**

**At the doors we only sell day tickets:**

**Friday Ticket 35 euro**

**Saturday ticket 75 euro**

**Sunday ticket 65 euro**

**Start 2 Yoga Saturday ticket 45 euro**

**Start 2 Yoga Sunday ticket 45 euro**

## **All-inclusive Tickets**

You are welcome to arrive at , Bosdreef 5, 8820 Torhout on Friday between 16.00 h and 22.00 h. The reception desk will open at 16.00 h and will stay until 23h.

Do you stay in a hotelroom? Then please bring your own towels.

Do you camp with us? Bring your own camping tent with you.

Do not forget your own yoga mat! Start 2 yogis can rent a mat for free

All meals are included for all-in camping and hotel tickets. You will receive tokens for the restaurant:

Yellow for breakfast

Red for lunch

Blue for dinner

## **Day Tickets Saturday & Sunday**

The reception desk will open at 07.00 h in the morning and will stay open the entire day on both Saturday and Sunday. You're welcome to arrive any time you like.

Catering for day tickets:

We sell healthy snacks and drinks in our food trucks and for €15 you can eat a veggie meal in our restaurant. To eat in the restaurant you need to buy a token at the reception.

Do not forget your own mat and bring props (bolster, blocks and belt) if possible!

Start 2 yogis can rent a mat for free

## **Start 2 Yoga ticket:**

The reception desk will open at 07.00 h in the morning and will stay open the entire day on both Saturday and Sunday. You're welcome to arrive any time you like. You may join all classes in orange/yellow colour ( see schedule).

Free usage of Yogamat

In return for your ID card you will receive a Decathlon Yoga Mat to use during the festival.

Catering for Start 2 Yoga tickets:

We sell healthy snacks and drinks in our Food Trucks and for €15 you can eat a veggie meal in our restaurant. To eat in the restaurant you need to buy a token at the reception.

## Parking and Transportation

Yogaland Festival will be held on the grounds Diocesaan Centrum Groenhove.

Address:

Bosdreef 5

8820 Torhout

Belgium

(GPS = Bosdreef 3).

More contact information via this link: <http://www.groenhove.net/contact.aspx>

### **Parking**

There is a big parking space at the festival ground, but we do encourage carpooling and public transport! If our parking is full then you can park outside in the street only on one side of the road. The local police will put up signals where not to park. Don't park your car in a non-parking space. Please respect that!

### **Public Transport**

Take the train to Torhout station. From the station, it's about a 30-minute walk to Groenhove.

### **Bus transfer from train station in Torhout**

You can also take a bus, that takes you directly from the trainstation to Groenhove. However, these buses need to be reserved. How do you reserve the belbus? You book through the number 059 56 52 56

## Food & Drinks

### **All-inclusieve ticket**

If you have an All-Inclusive ticket, all your meals (2x breakfast-, 2x lunch- and 2x dinner buffet) are included in the price and will be served in the Restaurant. You need tokens to enter the restaurant.

### **Day Ticket & Start 2 Yoga Ticket**

If you have a Day Ticket (Saturday/ Sunday) then for €15 you can eat a veggie meal in our restaurant. To eat in the restaurant you need to buy a token at the reception.

There are plenty of healthy drinks and food for sale at very reasonable prices at our foodtrucks. If you would like a beer or wine, no problem we serve!

## Restaurant hours exclusively for all-in tickets

### FRIDAY

Dinner 18.00 - 20.00

### SATURDAY

Breakfast 07.00 - 10.00 Lunch 11.30 - 14.00 Dinner 17.30 - 20.30

### SUNDAY

Breakfast 07.00 - 10.00 Lunch 11.30 - 14.00

## What to bring?

When you sleep in a:

### Hotel Room

Your personal items and own towels

### Tent

A tent(!), mattress, sleeping bag, pillow, flash light and towels. (we have toiletpaper available!). No fires and pets allowed on the camping area

## What else to bring?

- **Your own Yoga Mat, unless you have a Start 2 Yoga ticket**
- Yoga blocks, a strap and blanket if you like to use these during your practice bring your own bolster
- A camera, sun block, mosquito repellent, etc.

## Kids Yoga Village

Yogaland is a family friendly festival, kids can take part in a unique experience designed for their age group while parents take part in the regular festival schedule. Kids Yoga Village is open for kids starting from 4 years.

The Kids Yoga Village is open from:

Saturday from 08.15-12.30 and 14.00 -18.00

Sunday from 08.15-12.30 and 14.00-18.00

## Yoga: be-wise

Please make sure you feel safe during class. Don't go beyond your limits. Your participation in each class is at your own risk. All teachers are skilled and certified, but yoga is and always will be a very personal experience on physical, mental and spiritual level. If you have any conditions and/or injuries the teacher should know about, please tell him/her upfront!

If you feel like talking to a teacher after class, please ask if he/she has the time and try to do so outside of the yoga room/tent to not disturb the next class getting ready.

## Yoga classes

Part of the Aerial Yoga\*, you don't need to book or reserve classes in advance. You have access to all classes and other activities based on a first come, first served service. Our yoga rooms are very spacious and can host a lot of yogis. **Make sure you are on time, once the room is full we close the gates.**

**\* Aerial Yoga can be booked at the reception**

## Problems / safety

In case you encounter problems of any kind during the festival, please go to the reception desk and we will do anything we can within our ability to help you. We have a lot of volunteers walking the festival ground, don't hesitate to talk to them if you need help or directions. Also the Groenhove staff will be present during the full weekend, but please direct your questions first to us. You will recognize us by our blue t-shirts with Yogaland logo.

In case of emergency, again report to the reception desk. There are people present who are able to perform First Aid (EHBO). In case of a true medical emergency, don't hesitate to call 112 (emergency number Belgium). Safety is our main concern. Please inform us of any unsafe situations you encounter before we do (glass pieces, electricity, water, etc.).

In case of problems just before arriving at the festival itself, contact us, the organisation:  
[festival@yogaland.be](mailto:festival@yogaland.be)

During the festival you can always locate us by means of the reception desk. We wish you a great weekend and a wonderful yoga experience!