



Welcome to SUP Yoga Teacher Training!

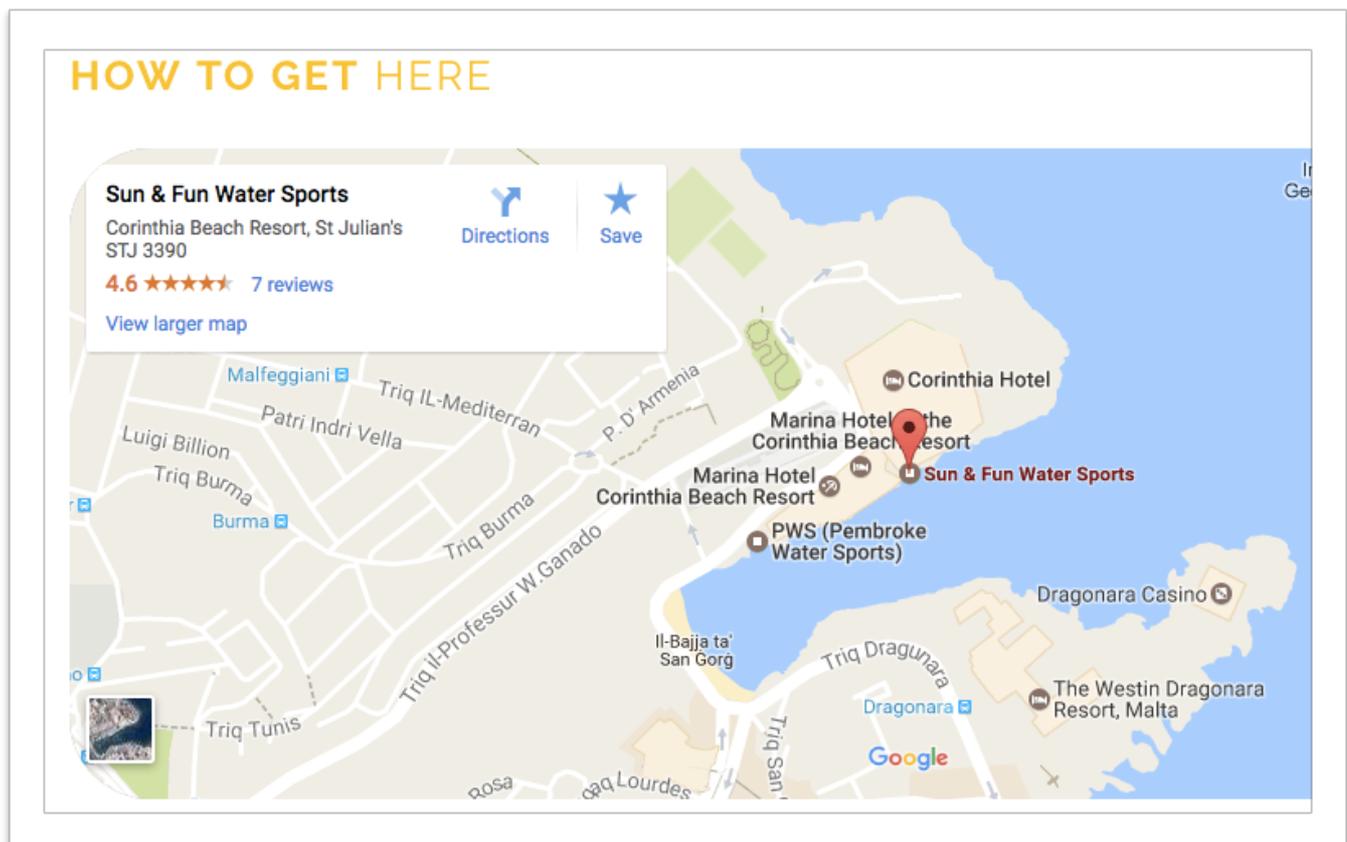
Here's some handy info about the course

Location: Sun & Fun WaterSports, Corinthia Beach Resort, St. George's Bay, St. Julians, Malta

Where to meet: Please meet us at Sun & Fun Water Sports

(Click [here](#) for directions) or copy & paste the link below to your browser:

<https://www.google.com/maps?ll=35.927711,14.490634&z=16&t=m&hl=en-US&gl=MT&mapclient=embed&daddr=Sun+%26+Fun+Water+Sports+Corinthia+Beach+Resort+St+Julian%27s+STJ+3390@35.927711,14.490634>



What to bring:

- A change of clothes
- Sun protection cream
- A cap/hat if you are sensitive to the sun
- Water proof/water resistant watch (if you have)
- Suitable clothing for our SUP yoga practice i.e. swimwear; or shorts and vest/T-shirt. Basically anything that you don't mind getting wet. A Rash Vest or T-shirt to protect you from the sun whilst you are on the SUP is a wise idea.
- A sense of fun, spirit and adventure!

It is often more comfortable for people to wear sunglasses but please be mindful that these sometimes do get lost so please don't use your best pair!

Your SUP Yoga training investment includes:

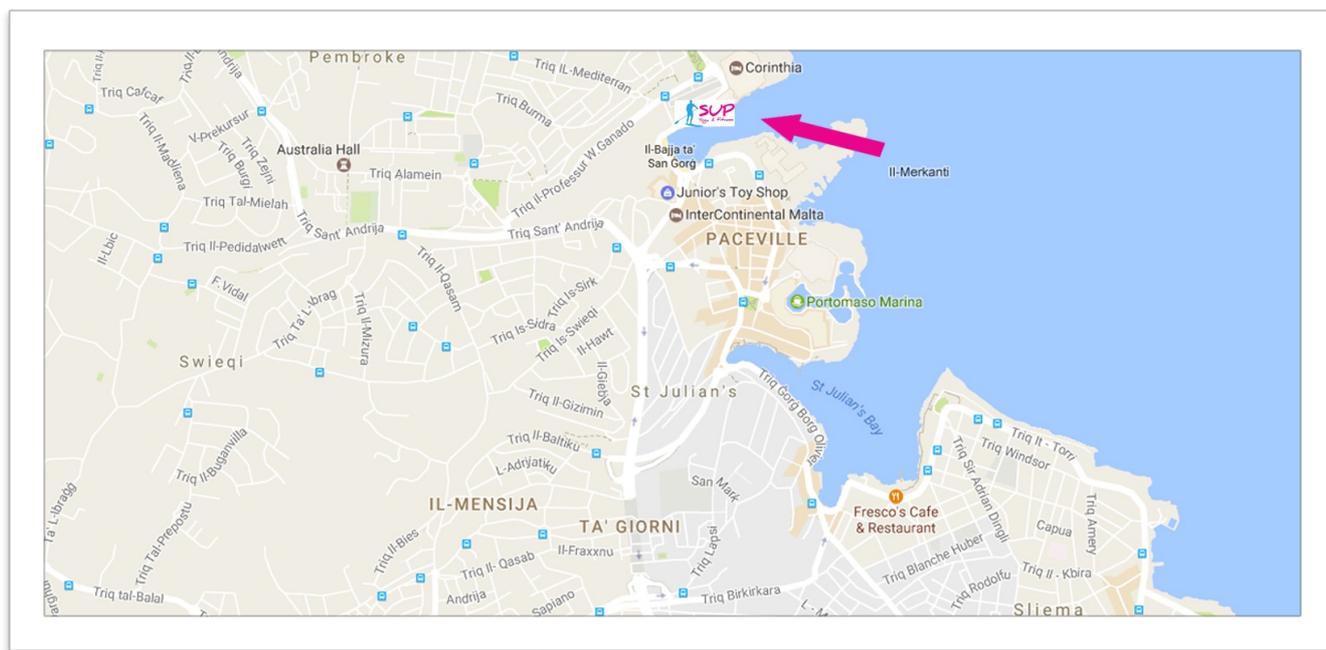
- All tuition
- Board hire for the duration of the training
- SUP Yoga teacher training manual
- SUP Yoga Certificate
- SUP Yoga cap
- Drinking water throughout the course
- SUP Yoga photos throughout the course & SUP photo shoot

If you have any concerns or last minute questions then feel free to connect with Rosita on info@supyogafitnessmalta.com or +356 9968 4611



SUP Yoga Teacher Training – Location Guide

The closest areas for staying nearby to St Georges Bay are Paceville and Pembroke. However if you don't mind a short walk, St Julian's is the next nearest town along with Swieqi, which is set back from the sea front. The furthest we would suggest for you to stay is Sliema, approx. a 30 minutes walk along the promenade.



Paceville

You will find plenty to do and see in Paceville, it's known to be one of the liveliest areas of Malta, recommended only if you enjoy the party scene. The nearest shopping centre is [Bay Street](#) located in the centre of town, which much like the rest of the area, stays open late (until 10pm), you will also find a number of bars, restaurants and cafes. This is a convenient location primarily targeted towards a young, party going crowd. If you stay here expect a bustling environment from midday right through to the early hours!

Eating & drinking

- [‘Eat Well’](#) is right by St Georges Bay beach on Triq Santu Wistin. Great for a healthy lunch or picking up a smoothie on the go. ¹
- [‘The Avenue’](#) is located in the centre of Paceville on Triq Gort. It’s a family run restaurant with a varied menu. If you prefer rice to fries with your meal, let them know and they will be keen to accommodate.

St Julian’s

Only a short walk from St Georges Bay but with a very different vibe to Paceville, St Julians is a great location for soaking up some of the traditional the Maltese atmosphere around Spinola Bay. Here you will find more sophisticated restaurants while keeping in with the relaxed Maltese way of life. Plenty of eateries, bars as well as a Costa Coffee for a touch of familiarity. Aside from the odd touristy shop, there isn’t much shopping to be done in St Julian’s.

Eating & drinking

- [‘Dr Juice’](#) for a fresh juice on the go in located in Spinola Bay.
- [Portomaso](#) with its wide range of restaurants to choose from makes for an atmospheric dinner location.

Sliema

Roughly 30 minutes by foot from St Georges Bay, the walk to Sliema is an attraction in itself. You will find restaurants, bars and cafes on route along the promenade, which is popular with tourists and locals alike. Sliema is known to be a relaxing shopping area with plenty of cafes and restaurants lining Sliema Ferries. You will find known retail stores on a number of streets surrounding the Sliema Ferries area along with the indoor shopping complex [The Point](#) located at the point of Sliema opposite Valletta.

Eating & drinking

- [CAFFE BERRY](#) home made, whole foods, organic, café house.
- [Pure Living](#) health foods, juice cleanses, energy balls, organic fruit and vegetables.

HOTELS

[Westin Dragonara Resort](#) is a 7 minute walk to St Georges Bay, with rooms approx. €250 per night.

[TripAdvisor](#) reviews.

[Hilton](#) in St Julian's is an 11 minute walk to St Georges Bay. Rooms are approx. €250 per night. [TripAdvisor](#) reviews.

[Le Meridien](#) located in Balluta Bay is a 20 minute walk to St Georges Bay and rooms are approx. €199 per night.

[TripAdvisor](#) reviews.

HOSTELS

[Inhawi Hostel](#) is on Triq Telghet overlooking Balluta Bay. Prices average at approx. €50 for a three night stay. A great location part way between Sliema (15 minute walk) and Paceville (20 minute walk), this hostel is newly opened and has it's own pool.

[TripAdvisor](#) reviews.

[Two Pillows Boutique Hostel](#) in Sliema, set back 100m from the Ferries and a 35 minute walk to St Georges Bay. Daily rate ranges from €17 - €39. Airport transfer can be arranged.

[TripAdvisor](#) reviews.

[Basecamp Guest House](#) is in Swieqi and three night stay will cost approx. €195. This hostel is a 12 minute walk to St Georges Bay and has an airport shuttle available, a pool and private bathrooms.

[Booking.com](#) reviews.

ROOMS

You will find some great rooms to rent per night on [airbnb](#). Choose from popular locations such as St Julian's and Sliema or stay in Pembroke located right next to St Georges Bay for a much more residential feel during your stay.

SUPERMARKETS

- [QMarket](#) right in the centre of Paceville on Triq Elija Zammit, expect it to be touristy.
- [Arkadia](#) on Church St, underneath the Portomaso Business Tower slightly on the pricy side.
- [Scotts Supermarket](#) located slightly further away in Spinola Bay behind Ryans Bar. This is where the locals would shop.
- [Park Towers](#) on Triq Gorg Borg Olivier in St Julian's Bay, recommended if you opt to stay further along the promenade towards Balluta Bay. A reasonably priced chain supermarket.
- [Tower Supermarket](#) on Triq il-Kbira in Sliema, localised to the main shopping area in Sliema. A reasonably priced chain supermarket.

*A quick search on Google Maps will help you to locate the closest to your chosen accommodation.