

# Peleponnese 2007

26<sup>th</sup> August – 2<sup>nd</sup> September



The Spirit of Life holistic holiday centre lies just above the fishing village of Agios Nicolaos, an area of outstanding natural beauty, overlooking the blue Mediterranean, with a backdrop of mountains and a brisk stroll to the beach.

Less than a mile away is the larger village of Stoupa with its four beautiful sandy beaches and crystalline waters.

**Accommodation and food** Yoga students are housed in the main Spirit of Life centre in rooms or apartments. Brunch is served following the main morning yoga class. Dinner is provided twice during the week, usually on the arrival night and one other evening. On the other evenings one can eat at one of the many local tavernas, which are very affordable and serve some of the best Greek food that we have found in the whole of Greece. Special dietary requirements are catered for

**Getting There** The closest airport is Kalamata. There are direct flights from the UK during the summer months. It is also possible to fly via Athens and change planes there for an onward flight to Kalamata. Please note that it is advisable to book plane tickets well in advance because they can be costly!

**Transfers** A taxi from the airport is normally around 40 euros (be certain to agree the price before getting into the taxi!!) For winter retreats only, we sometimes arrange a group coach/taxi from Athens airport to the venue

**Included:** Accommodation, yoga twice a day, breakfast prior to morning yoga and brunch or lunch following. Two evening meals, one to be on the arrival night and the other to be arranged with the group **Not included:** Single supplement, massages and treatments, meals other than those listed above, transfers, flights and travel insurance.

***"I have learned more in a week than in 5 years of Yoga! I have learned about the meditative aspect, the inner journey, and the power of the breath. My body feels completely realigned and strengthened. I am leaving feeling more grounded and energized. Thanks Chris for an amazing experience, for sharing your knowledge, your kindness, gentleness and beautiful spirit."***

***"It just feels wonderful to be so in the body and to feel the body strengthening from the inside, getting more flexible!"***

***"I really enjoyed the fact that you taught with no ego and focused on the group. It was well placed, a good mix of practice and I thoroughly enjoyed 6 days of practice. It has made such an incredible difference."***

***"Excellent teaching throughout that enabled each person to develop their practice. Praise and encouragement readily given. Classes well structured. Postures clearly demonstrated by teacher. Good pace throughout. Chris has a great sense of humour, shows an interest in all students. The discussions about diet & nutrition were very helpful."***

***"Thank you for teaching me this week – I arrived reluctant to start work and face reality and now I am ready."***

