

WOULD YOU LIKE TO WAKE UP TO THIS?



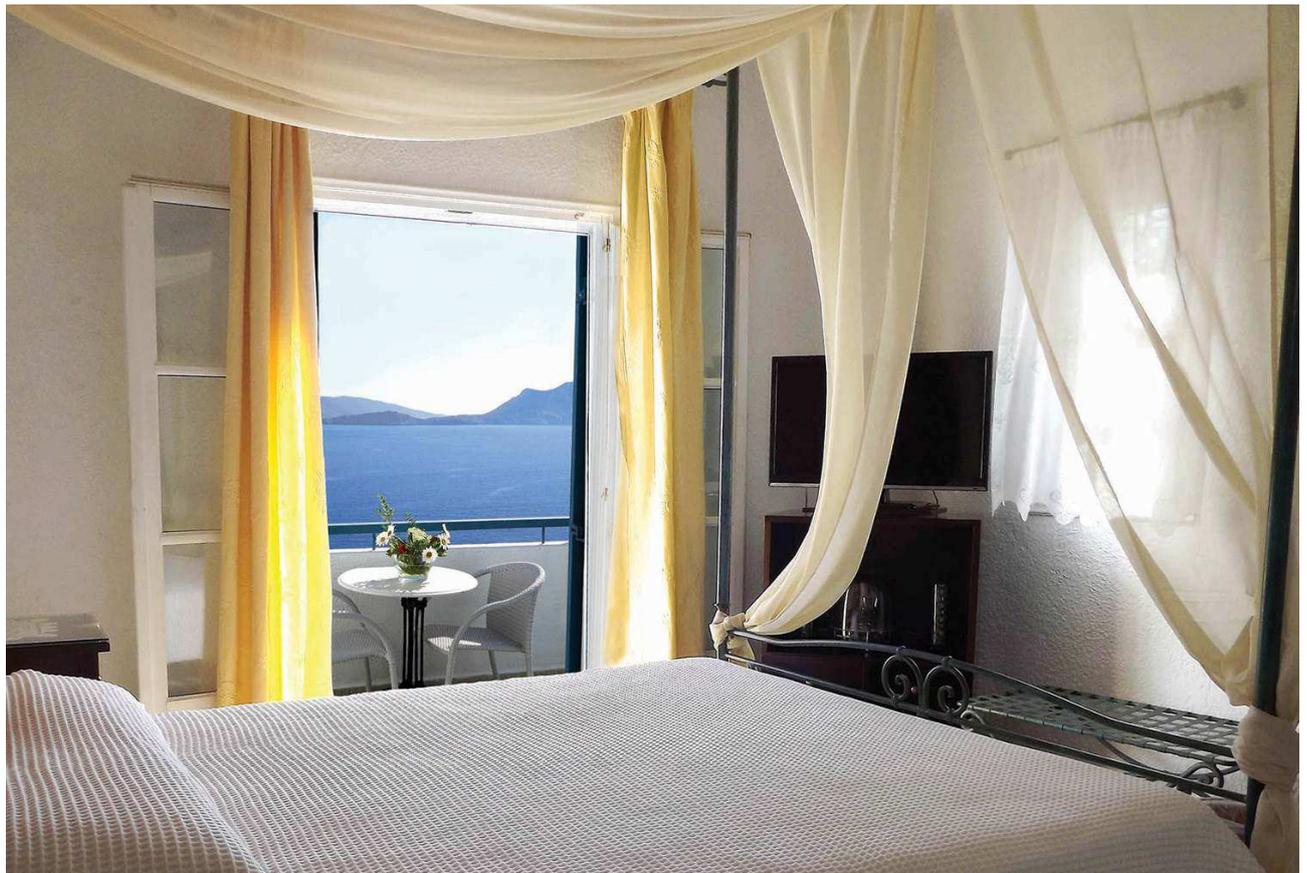
AND DO THIS.....



AND FEEL ON TOP OF THE WORLD.....



AND SLEEP HERE.....



Join me on the island of Amorgos

5th - 12th May 2017

Join me at the Aegialis Hotel and Spa where the warm welcome, hospitality and unique views offer the perfect setting for our Yoga Retreat. Nestled between two of the most beautiful beaches on the island and built in the Cycladic traditional architectural style it is an oasis for body and spirit.

Amorgos is the most easterly of the Cycladic islands and lies between Naxos and Astypalia. It is a dramatic and mountainous island and in Spring will offer the beauty of flowers and herbs and there are seven marked historical paths to explore different areas of the island on foot and the views are absolutely stunning!

The 1000year old Byzantine Monastery Hozoviotissa rises out of the 'big blue' on a thousand foot cliff, which is in itself worth the visit to Amorgos, it is stunning! This is where Luc Bresson chose to film his cult movie 'Le Grand Bleu'. The Monastery of St Goerge Valsamitis, built on the ruins of an ancient water oracle dedicated to the God Apollo, the excavated ancient city of Minoa and the traditional capital of Hora add to the magic of this island. Nearby our hotel we can walk to the picturesque village of Lagada where the herbalist Vangelis and his wife offer herbs and therapy with a kindness that will soothe your soul.

The Aegialis Hotel and Spa will offer us food fit for the gods from their own garden and the 'Lalon Thalso Spa and Beauty Centre' will soothe tired muscles. We will start each day with a 'slow flow' yoga practice, followed by a sumptuous breakfast. You will then be free to swim and explore the island. The afternoon practice will be restorative and include Yoga Nidra a guided relaxation. One morning will be free to give you an opportunity to take a longer walk or explore the island.

Travel

The Aegialis Hotel has its own Travel Service and can arrange transfers by emailing info@aegialis.com.

The easiest way to travel to Amorgos is via Athens, but you can also fly into Santorini and Crete and transfer by ferry.

Via Athens

Direct flights to Athens are served by Easyjet, British Airways, Aegean Airlines, Olympic Airways and Ryan Air. Today there are return flights available with Easyjet for £78 and with Aegean return for £96.

A twenty-minute transfer takes you to the port of Pireas and the Blue Star Ferry departs at 17.30 daily (except Saturday) and arrives at the port of Aegiali at 1.30.a.m. Cabins (with en-suite bathrooms) on the ferry can be shared with three others or you can take the whole cabin one for yourself at 85 euros. I took this ferry and had the cabin for myself and it was lovely.

Via Santorini

Direct flights to Santorini are served by Easy-jet, Aegean Airlines and British Airways. There are flights available today with East-jet at £145 return.

From Santorini you need to take a ferry to Naxos, and then Naxos to Amorgos.

There are several ferries between Santorini and Naxos and between Naxos and Amorgos. Generally speaking, the idea is to get a morning ferry from Santorini to Naxos and then catch the local Express Skopelitis ferry which departs Naxos to Amorgos at 14:00 (this second leg is operating daily except for Sunday). There is another ferry from Naxos to Amorgos at 23.00 by Blue Star Ferries, every day except for Saturday's.

Similarly, for return, it is possible to get the ferry from Amorgos to Naxos every morning except for Sunday, at 9.00, and then connect to a morning or afternoon ferry to Santorini.

Via Crete

There is a morning ferry from the port of Heraklion and allows for connection with the local Express Skopelitis ferry from Naxos to Amorgos at 14:00. Similarly, upon return, the ferry from Naxos to Heraklion is in the afternoon so it is possible to depart Amorgos to Naxos in the morning at 9:00 (please remember this can be done any day except for Sunday), spend some hours in Naxos, and then catch the ferry to Heraklion in the afternoon.

Via Paros

The ferry departs daily at 22.00 by Blue Star Ferries.

Cost

£845 sharing (twin room) with en-suite bathroom.

£1045 single occupancy with en-suite bathroom.

The cost includes transfers upon arrival and departures to the port of Aegiali Amorgos, a thirty minute massage upon your arrival, seven nights stay and half-board (breakfast and lunch or dinner), and all yoga.

Not included - flights and transfers to port in Pireas.

There is an early-bird discount of £50 for bookings and full payment made before 31st December.

Please feel free to call me on 07905228314 or email me at susanchopping@yahoo.co.uk

