



Exclusive Yoga & Meditation Experience

8 Days – 7 Nights

Amorgos, Cycalades, Greece

We invite you to discover peace and tranquility in a place of unique natural beauty. Breathe the fresh air, taste the world famous Mediterranean cuisine at its best and feel the healing powers of the surrounding sea, mountains and wild herbs, while practising Yoga and Meditation at the superb facilities of Aegialis Hotel and Lalon Idor Spa.

PACKAGE FEATURES:

- Ferry boat ticket from Athens to Amorgos roundtrip (1st class category)
- Tours on Amorgos, as described below
- Accommodation in Superior Room at Aegialis Hotel & Spa
- 6 days Yoga/Meditation classes (90 minutes per day)
- Cooking class, guided tours and hikes, as described below
- Breakfast and dinner daily at Aegialis Hotel & Spa
- Spa treatments, as described below



PROGRAM

DAY 1

Departure from Piraeus port on board the Blue Star Ferry at 17.30. Arrival at Amorgos Island at 1.15 a.m. 1st class lounge seat. Transfer to Aegialis Hotel & Spa (www.aegialis-amorgos.com). Welcome drink and snack. Overnight.

DAY 2

Wake up to the beauty of the Aegiali and the spectacular views of the hotel.

Early yoga class and breakfast.

Guidance to "Lalon Idor" Spa, to get familiar with the place which will offer you tranquility and relaxation during your stay.

In the afternoon/evening, there will be a short walk to Tholaria village, to experience the real traditional life and the local architecture.

DAY 3

Morning yoga and breakfast.

This day we shall take a special tour, to get to know the island.

We shall visit the most beautiful capital of the Cyclades island complex, "Chora", which has 40 churches of different architecture, an Archaeological museum and 10 wind mills.

Visit to the 1000-year-old Monastery of Chozoviotissa, built 300 meters above the water. Here you will feel like you are in the sky. You will experience the unlimited "Big Blue", which inspired Luc Besson to create his famous movie.

Following, we'll have a special treat, our lunch at the Monastery of St. George Valsamitis, where sister Irini will welcome us. This place has a special aura and a positive energy, as it is the location of the ancient water oracle dedicated to Apollo God. Today, we can still see the cave inside the church, with the water which was "forecasting" the future.

DAY 4

After our **yoga class** and a delicious breakfast, we'll start a nice walk around Aegiali, to get the feeling of the area.

We'll be transferred to Tholaria village, and we'll walk around the hills, to the next village Lagada, enjoying spectacular views on the way. Take your cameras with you.

In Lagada, we'll visit the distillery of essential oils, extracted from Amorgos herbs, well known since antiquity and used for alternative medicine.

In the afternoon, a dancing class by Annita, the local dancing instructor, and live dance practice in the evening with the traditional music of the island.



DAY 5

Yoga and breakfast. Time for a relaxing Aromatherapy massage, with essential oils from local herbs. In the afternoon, a cooking class, using local ingredients, with the history of the island's nutritional habits and wine tasting.

Dinner and a walk or ride to the village, for a night out to the local cafes/bars.

DAY 6

Yoga and breakfast.

This day, we'll have a day out on a nearby beach. We will have the chance to swim or snorkel, enjoying the crystal clear waters. In continuation, we will have some afternoon yoga class on the beach, and we'll enjoy a nutritious picnic lunch.

DAY 7

Yoga and breakfast.

Free day to enjoy the Spa and the pool, walk and enjoy the area on your own pace. In the evening, a farewell dinner, with live traditional music.

DAY 8

Early breakfast. Transfer to the port and departure to Piraeus.

COST 2017/2018 per person:

From Nov. 1st to May 15th:

887 € per person in shared triple room

950 € per person in shared double or twin room

1132 € in single occupancy

From May 16th to June 15th & from Sept. 16th to Oct. 31st:

999 € per person in shared triple room

887 € per person in shared double or twin room

