



EASTER IN AMORGOS ISLAND IYENGAR YOGA RETREAT



9-14 April 2015

Sattva yoga studio & Lina Charitou invites you to spend your Easter holidays in Amorgos island in Greece.

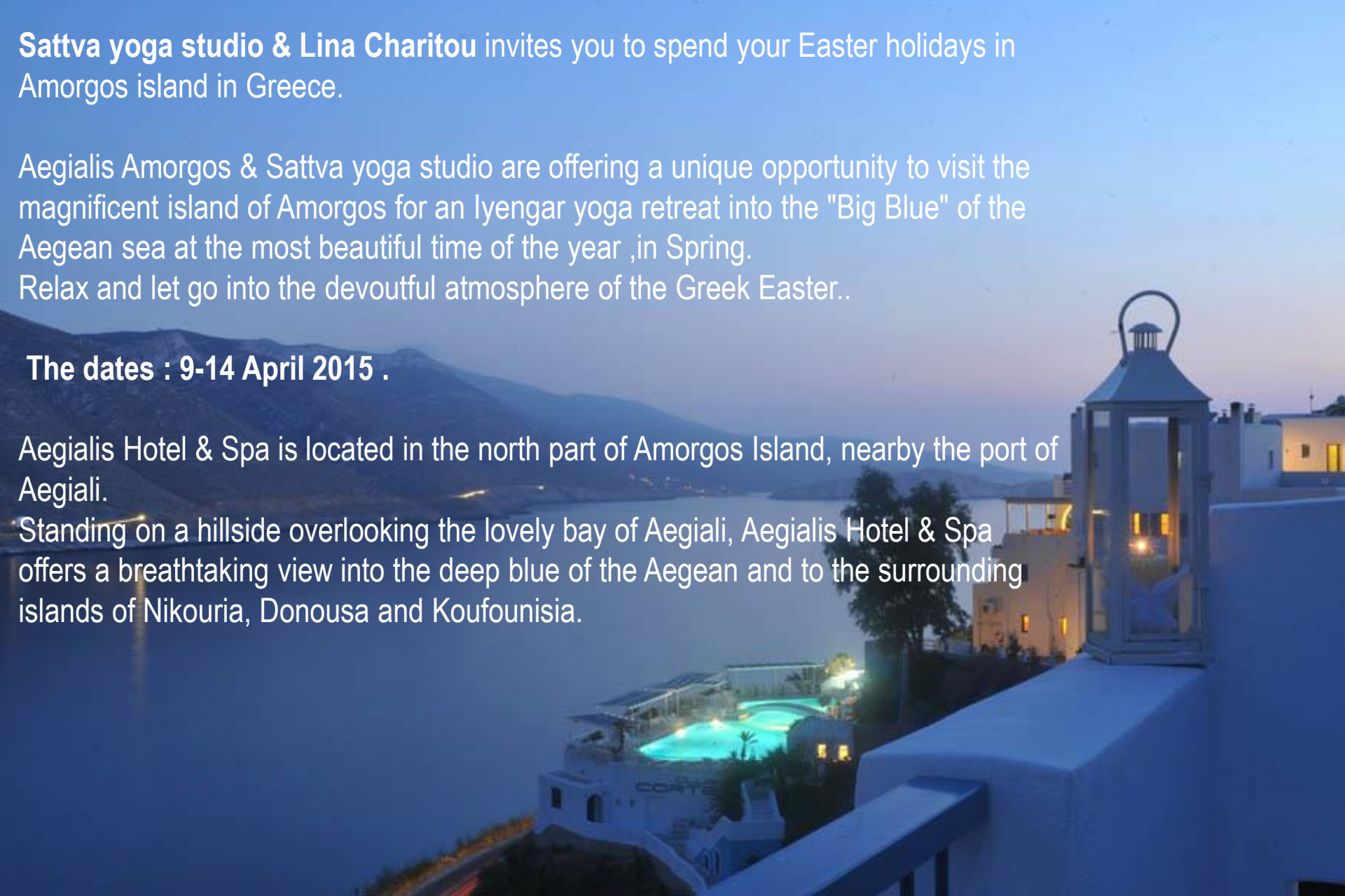
Aegialis Amorgos & Sattva yoga studio are offering a unique opportunity to visit the magnificent island of Amorgos for an Iyengar yoga retreat into the "Big Blue" of the Aegean sea at the most beautiful time of the year ,in Spring.
Relax and let go into the devoutful atmosphere of the Greek Easter..

The dates : 9-14 April 2015 .

Aegialis Hotel & Spa is located in the north part of Amorgos Island, nearby the port of Aegiali.

Standing on a hillside overlooking the lovely bay of Aegiali, Aegialis Hotel & Spa offers a breathtaking view into the deep blue of the Aegean and to the surrounding islands of Nikouria, Donousa and Koufounisia.

<http://www.amorgos-aegialis.com/>



lyengar yoga retreat program 09-14.04.2015

❖ Thursday 9.04.2015, Arrival

lyengar yoga : 18:00-19:30

welcome program

Dinner: 20:30

(vegetarian menu of biological products made in hotel's yard)

❖ Friday 10.04.2015, Saturday 11.04.2015

Breakfast : 8:00-9:30

(home made breakfast)

lyengar yoga : 10:00-11:30

Lunch : 13:00-15:00

lyengar yoga : 18:00-19:30

❖ Easter 12.04.2015

Breakfast : 8:00-9:30

(home made breakfast)

lyengar yoga : 10:00-13:00

A festival 3h session!

Easter lunch: 14:00 , **Be our guest to an Easter Greek alternative vegetarian menu!**

❖ Monday 13.04.2015

Breakfast : 8:00-9:30 (home made breakfast)

lyengar yoga : 10:00-11:30

Lunch: 13:00-15:00

(vegetarian menu of biological products made in hotel's yard)

lyengar yoga : 18:00-19:30

❖ Tuesday, Departure day

Breakfast : 8:00-9:30 (home made breakfast)

lyengar yoga : 10:00-11:30



Lina Charitou owner of Sattva yoga studio in Athens and Certified Iyengar yoga teacher (Introductory level II) will quite you to a relaxing and constructive experience of Iyengar yoga classes suitable not only for more experienced practitioners but for total beginners as well.





There are two packages:

1. Double room:

460.00 Euros per person** Includes in double room:

5 Nights full Board at a Superior room.

Breakfast & Vegetarian Meal.

15 Hours of Yoga Practice.

All the needed props and equipments for the yoga class.

35' aromatherapy Massage.

Free Access to Spa Facilities (Sauna, Hammam, Jacuzzi, Indoor Swimming Pool, Fitness)

Free Internet.

Hotel Transfers (from the port to the hotel and back).

2. Single room

560.00 Euros per person ** Includes all the above.

***Ferry tickets to Amorgos are not included.

For booking please contact **Sattva yoga studio** @: sattvayogastudio@yahoo.gr or call **Lina Charitou** at **+30693.7096904**, deposit should be transferred to a bank account up to February the 10th

Deposit up to 10.02.2015 :

- 230 Euros per person in double room
- 280 Euros in single room

***** In case of cancellation up to 10.03.2015** the deposit is refundable .
After the 10th of March the deposit is not refundable

Balance up to 30.03.2015

- 230 Euros per person in double room
- 280 Euros in single room

Visit aegialis Hotel & Spa site to check all the amenities & facilities : <http://www.amorgos-aegialis.com/>

<https://www.facebook.com/sattvayogastudio.athens>

<https://twitter.com/sattvathens>



