

# YOGA RETREAT

## INVERSION IMMERSION



*Welcome to Greece for a full week of upside-down Yoga with Stine Hegre and Sebastian Brosche. This yoga retreat is ideal for everyone who loves to play, and want to learn how to flow and fly through your Yoga practice. Add to this the weather, the fantastic view and the beautiful rooms and you can understand why this retreat is filling up so quickly!*

## **RETREAT HIGHLIGHTS**

8 DAYS OF YOGA AND SUNSHINE

YOGA WORKSHOPS DAILY

LOTS OF FREE TIME TO ENJOY THE SUN

BEACHES, HIKES AND OTHER ADVENTURES

VEGAN AND VEGETARIAN FOOD OPTIONS

HIGH STANDARD ACCOMODATION

## **LOCATION**

*Aegialis Hotel is located in the north part of Amorgos Island, featuring a breathtaking view into the deep blue of the Aegean and to the surrounding islands.*

*Between the main sandy beach of Aegiali and the beach of Levroso, Aegialis hotel is a maximum 7-10 minutes walk away from the crystal clear waters of Aegiali bay. The overall location of the hotel is so unique that it will amaze any visitor at first sight.*



## **INSTRUCTORS**

Stine Hegre and Sebastian Brosche are hosting this together as their third Yoga retreat. They work as yoga instructors in Oslo, and are very passionate about making yoga less mystic and more accessible to people who wants to play and enjoy Yoga.

They teach workshops and seminars at yoga festivals and studios throughout Scandinavia and northern Europe.

## **ACCOMMODATION**

The package includes a bed in Aegialis hotel & spa.

You have different options for accommodation, depending on if you want to stay alone or with someone else.

Most rooms feature handmade iron beds, classic line furniture and smooth linens, and breath-taking views of Aegiali port and Nikouria Island from the veranda or balcony.

Also expect very good Wi-Fi, direct telephone line, air-conditioning, bathrobes, bath tubs and pleasant vacation experience.

## **THINGS TO DO**

Apart from the Yoga and spending time at the beach you can also try out: Scuba diving and snorkeling, hiking, rock climbing, cruising and historical adventures.

## **FOOD**

Without rejecting the gourmet international dishes, the experienced Chef proposes meals such as:

*Veggie Delight: a synthesis of grilled marinated food with thyme, melted Ladotiri cheese, rocket pesto, balsamic glaze and a portion of wild aromatic rice.*

*Amorgian yellow peas crushed in puree, fresh lemon juice, sweet onions and topped with fresh herbs, wild mint and Amorgian olive oil.*

## **WHAT'S INCLUDED**

*Daily Yoga classes and workshops, morning and evening*

*Breakfast served on buffet, with organic ingredients from our own garden*

*Dinner with vegetarian and vegan options*

*8 nights accommodation in 'superior room'*

*Arrival and departure transfers on Amorgos (port-hotel-port)*

*35-minute Aromatherapy massage.*

## **WHAT'S NOT INCLUDED**

*Flight tickets.*

*Lunch. You must buy lunch on your own, from the hotel or one of the local restaurants.*

## **HOW TO GET TO AMORGOS**

1. You can fly to Athens International Airport and then catch the ferry that departs to Amorgos at 17:30 (arrives at Amorgos late the same night).
2. Alternatively, you can fly to Santorini. There will be many direct flights there from Norway in summer) and catch the ferry at 11:50 am, arriving at Amorgos at 16:30.
3. Another option is transit in Athens to a flight to Naxos Island, from where the local ferry Express Skopelitis departs at 14:00 and the Blue Star Ferry (the one leaving Athens at 17:30) around midnight.

## **BOOKING CONDITIONS**

*Your deposit of 3000NOK is non-refundable.*

*In case of acute sickness of near family you can cancel your booking and get a partial refund at latest 11 of June.*