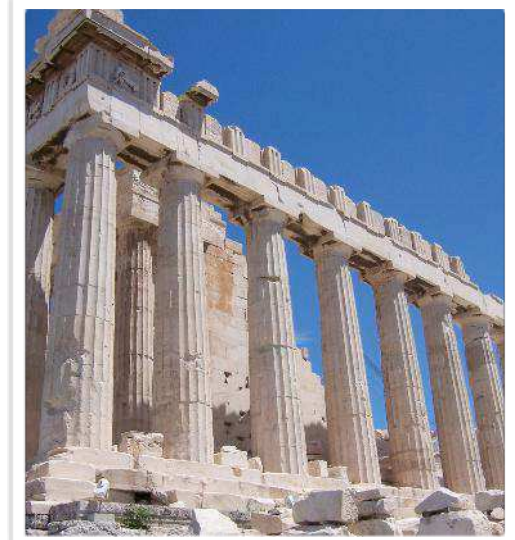


WELL-BEING HOLIDAY IN AMORGOS, GREECE

Easter Holidays April 19th - April 27th , 2015



The perfect place for 8 days of natural beauty, yoga, sun and relaxation @ the family-run [Aegialis Hotel and Spa](#). Includes one night in Athens.

The perfect time to reconnect with your inner calm and vitality. Enjoy yoga every morning from 9am to 12pm with Tracey Farrell - [YOGAVITA](#). The classes will be taught in English. The well-being holiday is open to participants from all over Europe.

The perfect opportunity to enjoy the biodiversity, beautiful walks, friendly locals, archeological wealth, and local customs of Amorgos and other neighbouring islands. Or simply swim, sleep, and enjoy a massage!



ACCOMODATION

Wake up to the beauty of Amorgos in double superior rooms/ sharing. All rooms have a breathtaking view of the "Big Blue" of the Aegean sea. One night in double room/sharing in Athens.



NATURAL DELICIOUS FOOD

A buffet breakfast is served daily, with organic ingredients from our own garden. Lunch OR dinner daily, including vegetarian and vegan dishes.



RELAX in the LALONIDOR SPA

Yoga holiday guests may benefit from free use of the Spa facilities: sauna, hammam, jacuzzi, indoor swimming pool with sea water & fitness centre. One 35-minute Aromatherapy massage is included.



YOGA in ENGLISH with TRACEY

Tracey's pedagogy is based on the International Institute of Yoga's method: a unique synthesis of Hatha, Egyptian Yoga & Internal styles of Kung Fu. An approach that is accessible to all, even without previous experience in Yoga.



TOTAL PRICE OF YOGA HOLIDAY : 800 €

Includes accomodation & half-board in Amorgos, one night in Athens, 18 hours of Yoga, free use of the spa facilities & one massage. Transport & flights not included. **Reserve by February 08th.**

For further information call

TRACEY 06.29.26.04.37