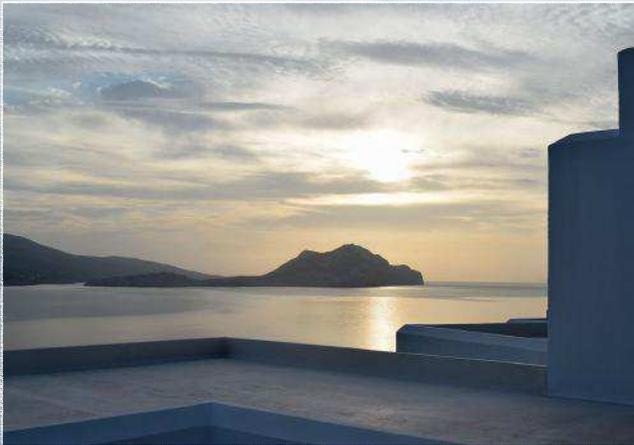


THE FEARLESS HEART

Yoga and Meditation retreat with Andy Butterfield : 3rd to 10th October 2016



Cradled by the sapphire waters of the Aegaen, the Greek island of Amorgos is a perfect place to rest back into yourself.

Over seven days, take the golden opportunity to relax and rejuvenate, exploring meditation and soulful yoga and that will be suitable for all levels with options and modifications given.



The heart-centred practices will allow you to release stress and tension; and unwind and open to the beautiful, warm sun; to wonderful food, hospitality and friendship; and to your deeper, more present and connected self.

You are invited to enter the realm of the heart, where love and compassion abound. Experience that these forces are always alive within you, that they are you.

"When you begin to touch your heart or let your heart be touched, you begin to discover that it's bottomless, that this heart is huge, vast and limitless. You begin to discover how much warmth and gentleness is there as well as how much space." Pema Chodron

From the vantage point of the heart, you can begin to notice beliefs and ideas that may not serve you and free yourself from what holds you back. What blocks you from the truth can be broken through and you can empower yourself to make a more conscious choice in how you create the experience of your life.



So, come and take rest awhile. Free and feel your life force, honour and celebrate your body and ease and open your mind and your heart.

COST OF PACKAGE

£699 based on two people sharing
Single room rate is £849

INCLUDES

7 night accommodation in shared Superior double/twin room at the beautiful 5* Aegialis Hotel and Spa.

Glorious food: a buffet breakfast and dinner with organic ingredients from the hotel's own garden. Vegetarian and vegan options available.

Use of the brilliant Spa facilities including sauna, hammam, jacuzzi, indoor and outdoor saltwater pools and fitness centre.

One 30 minute Swedish massage.

10% discount on all spa treatments.





TRAVELLING TO AMORGOS

The best option is to fly to Athens and get the Blue Star ferry. There are two choices:

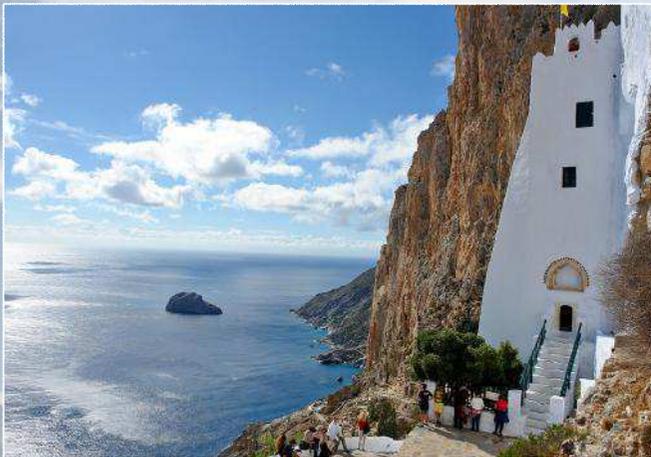
DIRECT - Leaving Athens around 5.30pm and arriving at Amorgos at 1am.
INDIRECT - Leaving Athens at 7.30am, arriving at Amorgos at 7.30pm with a 1.5 hour break in Naxos at lunchtime.

It is also possible to fly to Naxos from Athens and pick up the ferry there.

The hotel provides free transfers.

Blue Star operate large and comfortable passenger ferries and cabins are available for extra comfort.

For more information, contact Andy at andybutterfield9@gmail.com or on +447968846610



"Your task is not to seek for love but merely to seek and find all the barriers within yourself that you have built against it." Rumi