

GREECE

Yoga & Culture Retreat

June 9-17, 2015 - Amorgos, Greece

"The sky opens, the wind runs wild, laughter passes over the earth..." - Tagore



Come Fill Your Being With Light

One week on the pristine, radiant island of Amorgos, plus a day in Athens to experience the pure beauty of the Parthenon.

Julia Ingersoll
RETREATS

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Ignite your radiance on this odyssey to magnificent Greece, the land where the gods once walked the earth.

Amorgos is a pristine and secluded island of rare beauty and rich traditions – an auspicious context for yoga practice.

- Twice-daily yoga
- Healing bodywork and spa
- Exquisite spa-hotel
- Swims, hikes, beaches
- Organic cuisine
- Rejuvenation and relaxation, Greek-island style!
- Local culture adventures

Bathed in the mythic Greek light, we will dive deep into the practices of yoga including asana, pranayama, and meditation. All levels of yoga practitioners are welcome.

Come discover the essential purity of this ancient land on the Aegean sea, reflected in the newly-polished mirror of your heart and mind, your body and spirit.

Retreat Cost: \$3500, includes just about everything*. The retreat is structured so you will have a deep experience with great ease.

Led by Julia Ingersoll, RTY-500 Certified yoga teacher and fine-artist, with 20 years experience in Greece.

For full retreat details **email juliaingersoll@gmail.com** or **call 831 667 2599**. *I love hearing from you.*

*airfare to Greece not included in the cost

Bring: Your willingness to laugh, be amazed, be awed, uncover your own strength, your own joy, your own person.

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Unique and intimate journeys to some of the world's most exquisite places.

Other
2015
RETREATS

- **BALI YOGA & CULTURE RETREAT** (April 27 - May 7) Bali, Indonesia
- **TUSCANY YOGA & CYCLING RETREAT** (September TBA) Tuscany, Italy
- **PROVENCE YOGA & CULTURE RETREAT** (September 16 - 23) Provence, France