Return to Love

men’s yoga and meditation retreat
with Rad Kaim and Nick Kientsch

10 -17th October 2015
“Live your life filled with love and loving connections”

Aegialis Hotel Spa is a beautiful 5 star hotel located on a small hilltop overlooking the sea and the white sandy beaches. App 7 min walk to the beach.
In this 7 nights soul-stirring heart-centred retreat discover how your habits and beliefs about love and intimacy affect your relationships and ability to find love. Everyone deserves to live lives filled with love and loving connections. It’s really that simple.

Heart-centered spiritual practices can open us to the experience of love: for the world, for others, for ourselves, for life itself, and for the Source of this love.

The complexities and possibilities of life’s journey give us an opportunity to strengthen, deepen, clarify and express these feelings as we learn how not to be free from self-blame, negative inner dialogue and the fear of expressing what we feel.

Give yourself richer friendships, warmer family dynamics and extraordinary depth in all your relationships. Open to a world of joy and
connection as you allow yourself to express your heartfelt love and intimacy naturally and with ease.

You deserve it!
Return to Love retreat will consist of sutra study, discussions, meditations and asana yoga practice. Nick and Rad will create a safe environment that encourages stepping into the flow of intimacy.

RAD will lead us in reflecting on teachings from the Narada Bhakti Sutra - a 10th century yoga text from India. This is a wonderful set of teachings that can give us guidance regarding ways to cultivate higher levels of love and to bring that love forth in our own contemporary lives. Rad will weave these teachings through our bodies, minds and hearts through asana sessions.

NICK will guide meditation sessions in mindfulness and Loving Kindness. Loving Kindness opens us to a feeling of wishing for our own well being and that of others. As we explore this we see that as Loving Kindness comes into contact with suffering we have a choice – to respond with pity and withdrawal or compassion. When we can feel at ease with
being with suffering we no longer reject those who make us feel uncomfortable but feel with them, opening our hearts to embracing ourselves and others in our struggles in life. This path of the heart offers an opportunity to live more engaged with others and oneself, with a greater sense of joy and appreciation of life.
PRICES PER PERSON

Cost of package: 995 € (early bird price 925 €)
including:

- 7 night accommodation in shared Superior double/twin room at Aegialis Hotel & Spa
- Breakfast served on buffet, with organic ingredients from Aegialis hotel own garden
- Lunch OR dinner daily, including vegetarian and vegan dishes
- Free use of all Spa Facilities (sauna, hammam, indoor heated sea water pool with hydro-massage, Jacuzzi, fitness centre)
- Arrival and departure transfers on Amorgos (port-hotel-port)
- Free use of Spa facilities (sauna, hammam, jacuzzi, indoor and outdoor heated sea water swimming pool, fitness centre)
- One 35-minute Aromatherapy massage
- Unlimited Internet use
- 15% discount on all spa treatments and taxes

*For single room use: Cost of package: 1190 € (early bird 1100)
Travel
How to get to Amorgos

The best option is to fly to Athens International Airport and get the Blue Star Ferry that departs from Athens at 17:30pm.

Transfer from AMORGOS to the hotel will be provided for free of charge.
How to book

1. Contact RAD to reserve a space / book.
2. Non refundable deposit £250 Full Payment due by 01 June.
3. Early bird Price valid till 1st March (925 euro)
3. Instalment plan available on request (three payments)

Join us for a week you will always remember!

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