

UNITY IN ACTION

Yoga and Meditation Retreat with Mette Kolding

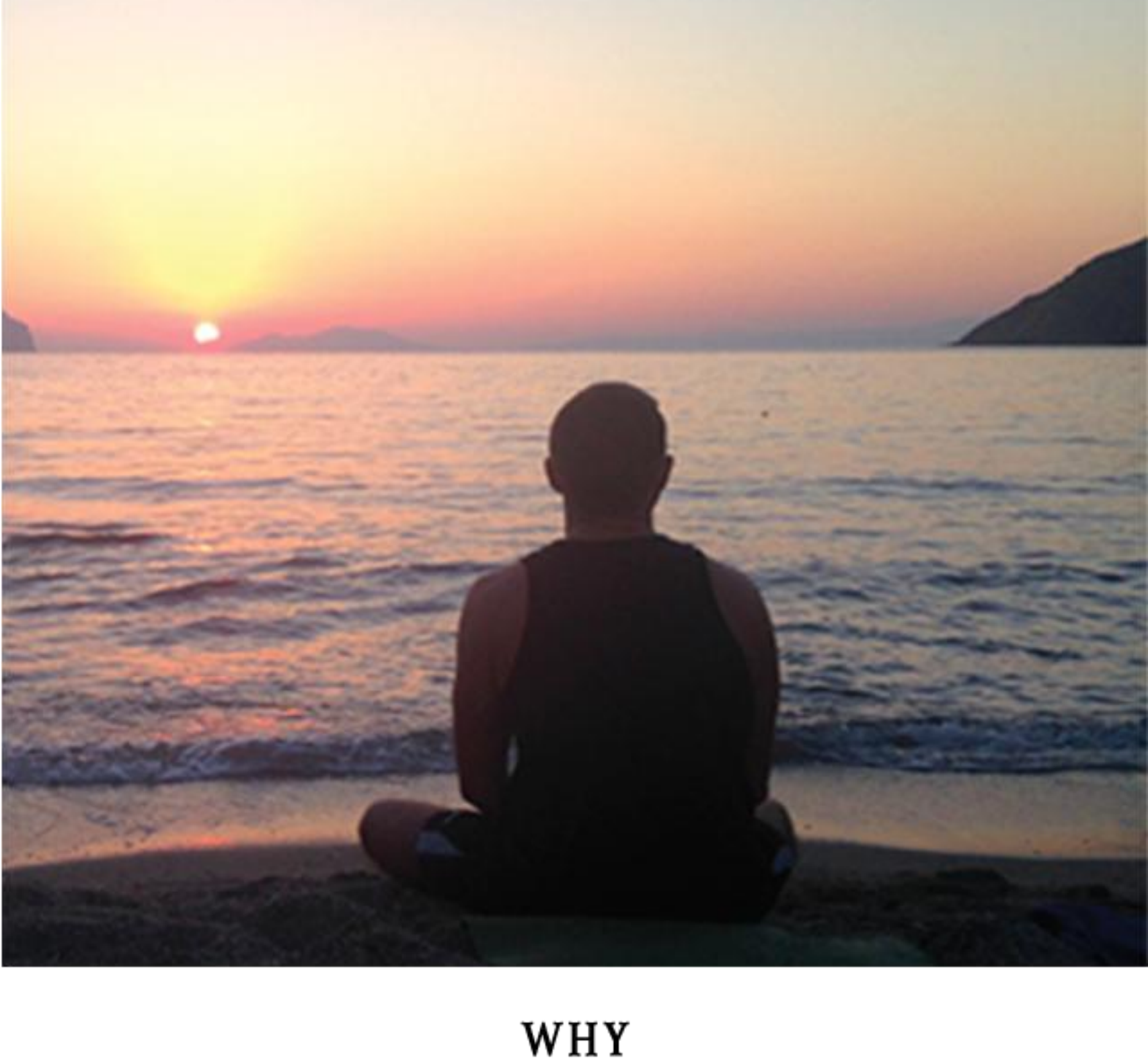


Amorgos, Greece April 19th – 25th 2017

WHAT

With the beautiful views of the Aegean Sea and the charming town Aegialis nestled in the bay below us, we take the opportunity to dive deeper into our yoga practice while enjoying and pampering ourselves at the gorgeous Aegialis Hotel and Spa; www.amorgos-aegialis.com

A daily morning practice of Asanas (poses) will be followed by an afternoon class including Pranayama (breathing techniques), Dhyana (meditation), Yamas (Self relating), and maybe for some journaling and contemplation...



WHY

A reset of your yoga practice can become a lifelong friend and navigator through life.

When allowing the Physical, Emotional, Mental and Spiritual to interact we begin to recognize Unity - the Sanskrit meaning of Yoga.

Come enjoy this wonderful spot on Mother Earth, breathe in the light and the ocean as you greet yourself and create new perspective.

We will invite in the Form and the Formless equally in order to balance our practice – on and off the mat.

*“Yoga is to quiet the motion of the mind.
The Seer then will rest in his/her own nature”.*

Patanjali, The Yoga Sutra

PACKAGE

Double occupancy 846€ **Single occupancy** 1008€

INCLUDES

- 2 yoga/meditation sessions daily for 5 days, April 20th-24th.
- 6 nights at the beautiful 5* Aegialis Hotel and Spa.
- Breakfast and dinner buffet with organic ingredients from the hotels own garden. Vegetarian/vegan options available.
- Use of the brilliant Spa facilities including sauna, hamman, Jacuzzi, indoor and outdoor saltwater pools and fitness centre.
- One 30-minute Swedish massage.
- 10% discount on all spa treatments.
- Free transfer from port of Aegialis or Katapola to hotel.



Extending your stay at this magical island before and/or after the 5-day retreat is definitely an option!

HOW

TRAVELLING TO AMORGOS

Fly to Athens and take the bus, metro or a taxi to Piraeus Port where you get the Blue Star ferry to Amorgos. Blue Star operate large and comfortable passenger ferries and cabins are available for extra comfort.

DIRECT

Leaving Piraeus 5.30pm and arriving at Amorgos around 1am.

INDIRECT

Fly to Naxos from Athens and pick up the ferry there.



For more information contact Mette by e-mail:

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