

ASHTANGA YOGA PAROS

With Graeme & Leonie

JUNE 7 - JULY 4, 2014

*Experience the Magic of Paros and Deepen Your Joy in Daily Yoga Practice
Breathe, Slow Down, Simplify, Have Space & Time, Reflect, Enjoy, Just Be, Ahhh*

Graeme and Leonie offer positive motivational guidance with sound technical information & advice. Limited class numbers ensure each person receives the specific attention their practice requires. Ashtanga Vinyasa Self-Practice 6 mornings per week, Sunday to Friday. Two additional afternoon classes per week give focus to technique & alignment, strength, relaxation, meditation and Q&A's. Beginners to advanced practitioners are welcome.

2, 3 OR 4-WEEK COURSES AVAILABLE

www.AshtangaYogaChikitsa.com/schedule

COURSE FEE – YOGA ONLY

2-weeks: Aus.\$850 / 600 €

3-weeks: Aus.\$1225 / 875 €

4-weeks: Aus.\$1500 / 1100 €

50% deposit on registration. Balance due by 30 April 2014
Aus.\$100 / 60 € non-refundable deposit applies to cancellations

Enquiry, registration & bank details, Leonie
ashtangyogachikitsa@gmail.com

ACCOMMODATION AT HOTEL ELEN, AMBELAS

<http://www.elenhotel.gr/gallery.htm>

Note: Each course arrival to Hotel Elen on a Saturday & departure on a Friday

Single Single Room (1-2 people): 30 €

(2 single beds, bar fridge, share kitchen)

Single Apartment: 35 €

Share Apartment (2-3 people): 40 €

(Apartments have kitchenette, queen bed in separate room + 2 single beds)

N.B. Meals are not included. Each retreat is self-catering.

Room enquiry, booking, deposit & conditions to Katerina Parissi
parissikaterina@gmail.com

Heart of the Cycladic Islands, Paros is a place to energise practice, uplift spirit and restore calm. Close your eyes and listen to the gentle slap & gurgle of waves against the rocky shore of a sheltered cove. Dine on fabulous modern and traditional Greek cuisine in tavernas and ouzerias of quaint mountain villages or seaside ports. Smell the gorgeous scents of mountain herbs and wildflowers as you walk the ancient Byzantine paths or swim in the stunning clear blue Aegean Sea.

Graeme and Leonie look forward to sharing yoga and the magic of Paros with you!