

# PAROS YOGA

JUNE 10 - 30  
2018



## *3-Week Retreat in Greece*

1 & 2-week options available space allowing:

**June 10–16, 17–23, 24–30**

Full Retreat Yoga Only: **960 Euros**

Yoga by the Week: **320 Euros**

### **Arokaria Seaside Hotel Ambelas, Paros**

**Arrival: Sun June 10**

**Departure: Sun July 1**

#### **Apartment Rates Per Night**

Queen / 2 singles/bathroom/kitchenette

**Single – 60 Euros**

**Twin-Share – 35 Euros p.p.**

**Family (up to 4) – 80 Euros**

#### **Studio Rooms by the Pool**

2-singles/bathroom/fridge/share kitchen

**Single – 30 Euros**

**Twin-Share – 20 Euros p.p.**

Deposit required on reservation

Rate includes ferry pick up/drop off from Parikia Port. Airport service 20€ each way

### **Idyllic Paros**

*Heart of the Cycladic islands, the perfect place to re-energize your practice, uplift the spirit and restore a sense of clarity, calm & balance.*

*Following the morning practice, there is plenty of time to relax & enjoy the many sheltered rocky coves and sandy beaches, fabulous Greek cuisine & tavernas, quaint mountain villages & seaside ports, ancient pathways & archaeological sites of Paros.*

Further info visit [www.parosweb.gr](http://www.parosweb.gr)

Ferry Timetables: [www.ferries.gr](http://www.ferries.gr)

Flights: [www.aegeanairlines.com](http://www.aegeanairlines.com)

### **Graeme and Leonie**

*Offer fresh, innovative approaches to AshtangaYoga practice.*

*Motivational guidance, sound technical advice & individual attention, provides students with a deeper experience of body awareness, alignment, joint stability, strength, flexibility & most importantly, renewed joy and relaxation.*

### **Relax and Unwind**

Weekly Program Monday - Saturday

6 Morning Ashtanga Classes of Self-Practice or Informative Led

2 Afternoon Focus Sessions

Free day each Sunday

Retreat Bookings Contact Leonie: [ashtangayogachikitsa@gmail.com](mailto:ashtangayogachikitsa@gmail.com)

[www.AshtangaYogaChikitsa.com](http://www.AshtangaYogaChikitsa.com)

Room Bookings Contact Anthie: [arokaria.seaside@gmail.com](mailto:arokaria.seaside@gmail.com)

[www.arokaria.gr](http://www.arokaria.gr)

