

PAROS YOGA

JUNE 9 - 30
2019

“THE LIGHTNESS OF BEING”

Retreat to Re-member

June 9 – 16 / 16 – 23 / 23 – 30

3-Weeks Yoga Only: **990 Euros**

Yoga by the Week: **340 Euros**



Graeme and Leonie

Offer innovative approaches to personalize your Ashtanga practice

Motivation, guidance, sound technical advice & individual attention provide students with a deeper experience of body awareness, alignment, joint stability, strength, flexibility & most importantly, a renewed sense of joy & relaxation.

Weekly Program Monday - Saturday

- * 6 Morning Ashtanga Classes: *Self-Practice / Informative Led*
- * 2 Afternoon Focus Sessions
- * TaKeTiNa & Mantras in Motion: *Rhythm Meditations with Leonie*

Arokaria Seaside Hotel Ambelas

Apartment Rates Per Night

Double bed / 2singles/bathroom/kitchenette
Rates according to up or downstairs

Single: 55-65 euros

Double: 70-80 euros

Twin-Share: 30-45 euros p.p.

Family up to 4: 80-90 euros

Studio Rooms Per Night

2 single beds/bathroom/fridge/share kitchen

Single – 40 euros

Twin-Share – 25 euros p.p.

Early booking ensures room choice
20% non-refundable deposit on reservation. Balance payable in cash euros on arrival.

Transport Services on Request:
To/From Ferry Port 10€/ Airport 20€

Idyllic Paros

Heart of the Cycladic Islands

Dive deep into yoga practice. Allow the exquisite light & sparkling sea to work its magic. Relax, Re-centre and Re-member the things that matter most in your life.

Enjoy sheltered rocky coves & sandy beaches, fabulous Greek cuisine & tavernas, quaint mountain villages, seaside ports, ancient pathways & archaeological sites.

The workshops are self-catering. Traditional homemade breakfast available on request @ 7euro/day.

*Further info visit www.parosweb.gr
Aegean Airlines: www.aegeanair.com
Ferry Timetables: www.ferries.gr*

Retreat Bookings Contact Leonie: ashtangayogachikitsa@gmail.com

www.AshtangaYogaChikitsa.com

Room Bookings Contact Stefanos: arokaria.seaside@gmail.com

www.arokaria.gr

