

PAROS YOGA

MAY 23 – JUNE 21
2020



* 1-WEEK INTENSIVE

May 23 to 30: 500 Euros

* 3 x 1-WEEK WORKSHOPS

May 31 – June 7, June 7 – 13 &
June 14 – 21

Yoga by the Week: 350 Euros

Full 3-Weeks Yoga: 1000 Euros

Graeme and Leonie

www.AshtangaYogaChikitsa.com

Provide sound technical advice, motivation & individual guidance to deepen a student's experience of body awareness, alignment, joint stability, strength and flexibility. Discover your lightness of being with a renewed sense of joy in practice and relaxation.

INTENSIVE 1-Week Workshop

For teachers & students wishing to gain a deeper understanding, confidence & clarity in personal practice & teaching

- * 6 Morning Ashtanga Classes
- * 5 Afternoon Focus Sessions
- * Pranayama, Meditation, Mantras

WEEKLY WORKSHOPS

- * 6 Morning Ashtanga Classes
- * 2 Afternoon Focus Sessions
- * TaKeTiNa & Mantras in Motion

Idyllic Paros

Heart of the Cycladic Islands

Dive deep into yoga practice. Allow the exquisite light & sparkling sea to work their 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, colourful 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*

Arokaria Seaside Hotel Ambelas www.arokaria.gr

Apartments: Double bed in private room, common area has 2 single beds, bathroom & kitchenette

Rates differ according to single/share, up/downstairs, sea or garden view.

Poolside Studio Rooms: 2 single beds/bathroom/fridge/share kitchen

Contact Stefanos and book early to ensure 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€

Retreat Bookings: Leonie ashtangayogachikitsa@gmail.com

Room Rates & Booking: Stefanos arokaria.seaside@gmail.com

