



Suggested Travel Arrangements

Direct flights go from London Gatwick and Manchester airports to Mytilene every Thursday. You can book through [Travel supermarket.com](http://Travel.supermarket.com) 0845 345 5708 or www.mytravel.co.uk or 0870 238 7777 or Go to www.thomascook.com.

Alternatively you can fly to Athens and change. Easyjet fly from Luton to Athens: www.easyjet.com. and Olympic Airways fly from Athens to Lesbos: 020 7409 3400, www.olympic-airways.gr/

Alternatively, there are late cheap flights booked 2 weeks before you go. You can travel by ferry from Piraeus (next to Athens) to Lesbos (approximately 12 hours) – check with the port authority in Piraeus about sailings and prices, www.hellasferries.net

➔ Duration

The yoga retreat will be for a period of 7 (nights) from 28th April to 5th May, 2010.

➔ Costs

From as little as £540 per person per week. Cost includes:

- A) Accommodation. (based on 2 persons per twin room)
- B) Brunch, everyday at 10.30 am.
- C) Yoga tuition. (3 Hrs per day)
- D) Brunch / eve meal on day of arrival.

➔ Booking and information

To book your place, a non-refundable deposit of £50 is required.

The outstanding balance is required by 25 January 2010. If you choose to pay in instalments, contact me for details.

alkathakor@yahoo.co.uk

0774 357 6219



➔ Cancellation Policy

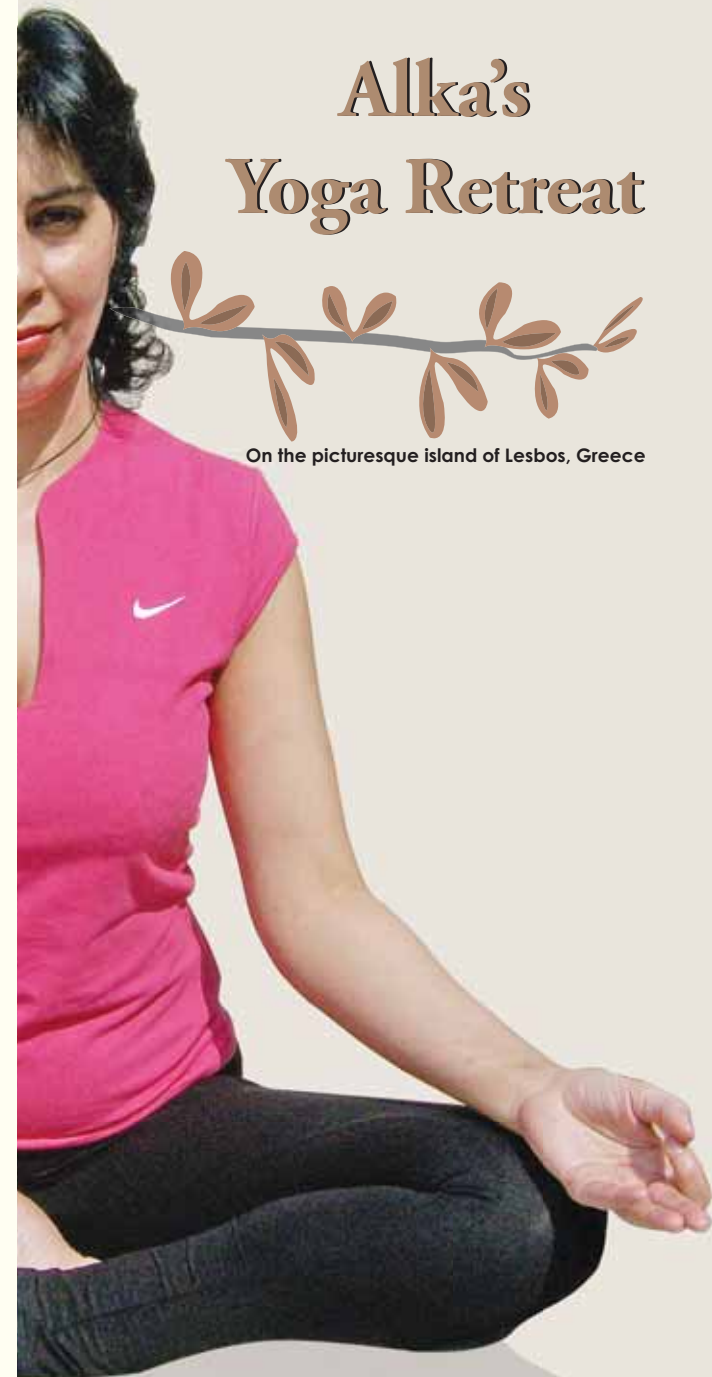
The amount refunded will be calculated according to when you cancel. Cancellation must be in writing or by email.

100% (minus initial payment (deposit) of £50) refund if cancelled 3 months before departure (Cancel by 24th January 2010).

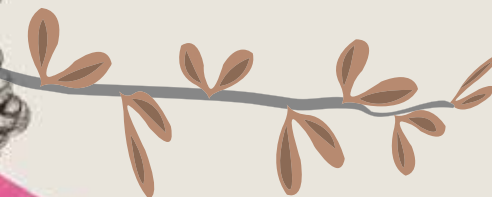
50% (minus £50) refund if cancelled 2 months before departure (Cancel by 24th Feb 2010)

25% (minus £50) refund if cancelled 1 month before departure (Cancel by 24th March 2010)

0% refund thereafter (no refund if cancellation is after 24th March 2010)



Alka's Yoga Retreat



On the picturesque island of Lesbos, Greece

Design Credits : <http://petalsinteractive.com>

Yoga Retreat
2010

What can be better than an enjoyable stay at a picturesque place where you can spoil yourself and yet spend some time to learn the essence of yoga and in the process pave the way for a healthy life? You can enjoy all that life has to offer you only if you are physically fit and mentally alert and there is no better road to physical and mental fitness than doing yogic exercises. Yoga not only tones up your body but it also brings about a mental relaxation that gives you supreme bliss.

The Venue

The venue of this exotic yoga retreat is the Milelja Yoga Centre in Molivos Village which is situated in the beautiful island of Lesbos in Greece. This yoga centre has been specially built on a hillside which boasts a spectacular view of the Mediterranean. The ancient town of Molyvos is just a short distance away and a beautiful beach is also about 10 minutes away. When you stay at this yogic centre, you can enjoy the fabulous offerings of Lesbos that include roaming around in the pine forests and wandering in the ancient castle and other areas of the traditional town. The natural hot spring is another attractive spot.

The retreat offers a serene atmosphere in which you can rejuvenate yourself and enjoy many splendid facilities such as a beauty therapy & massage therapy, excellent trails for walking, beautiful historic ruins to visit and a chance to

explore the spectacular island coastline.

Yoga is a mind-relaxation process that needs absolute peace and for that Milelja is an ideal place. You can unwind and relax in the serene and peaceful environment of this magical place and in the process, you can get initiated into the benefits of yoga. This is the perfect place for students of all levels to enjoy their yoga practice.

Accommodation

A First class accommodation is, perhaps, the most important pre-requisite



for an enjoyable and educative stay at such a retreat. As such, utmost importance is given to providing most comfortable accommodation of the highest standard. The stone buildings are surrounded by old trees thus giving the most natural, ecologically appropriate environment. All the twin rooms have panoramic views.

The beautiful Mandala building, erected in pagoda style has wooden floors with incredible views of the village.

Morning

- 08.00 - 08.45
Pranayama (Breath Control). (Fri/Mon/Wed)
- 09.00 - 10.15 Yoga (Daily)
- 10.30 - Brunch

Afternoon

- Free to relax and enjoy yourself.



Evening

- 5.00 - 6.15pm Yoga Class



➤ Other Activities

The period between the classes will offer an opportunity to relax in the hot mineral pool or to indulge yourself by sunbathing on the terrace, getting some treatments like massage, facial, manicure, pedicure etc. The most tempting pastime is of course, snoozing by the solar-heated swimming pool.

For the shopaholics, the shady streets of Molyvos which are just a short walk away, will provide an exotic array of shops, bars, taverns and cafes where they can shop to their hearts' content. For the more adventurous ones, bike riding, horse riding or local excursions can also be arranged. You can also enjoy quiet walks if that appeals to you.

Included: Unlimited sage tea, coffee and filtered water will be provided. Bed linen and towels will also be provided. Moreover, you can use the spring water pool at your will. All yoga equipment provided

However, the following are **not included** in our offer: Flights to Mytilene, Transfers to and from the airport (a taxi will be waiting for you at the airport, the journey to Milelja takes about 1 hour and costs about €15 based on four people sharing), Evening meals (there are many local tavernas which offer dinner for around €12 per head including wine) Treatments and therapies, Excursions, Travel insurance.

Yoga Teachers

Two experienced Yoga teachers will take you through your journey of yogic lessons. These teachers are experts in their field and have vast experience that will prove to be very useful. A brief note about these teachers is given below:

Alka Thakor

Alka is a qualified Hatha yoga teacher. She completed her training from the Academy of Yoga Institute in Santa Cruz Mumbai. She trained in the oldest school of yoga where she was taught Philosophy, Pranayama (Breath control), Meditation and Asanas (Yoga postures).



She was inspired by her Uncle in India (Dr Malhotra) who now is in his eighties and practices yoga till now.

She has also successfully completed the Iyengar yoga teacher-training program with Ruth White.

Alka has a lot of enthusiasm for the practice of yoga and enjoys teaching students from all walks of life.

She teaches classes daily at her private studio, incorporating Yoga postures (asanas), Pranayamas (Breath control) and Relaxation.

She is dedicated to the teachings of Iyengar yoga as well as helping students to have a strong, healthy balanced body and mind.

Cathy Kimber

Cathy trained in the UK with Ruth White in the Iyengar style of yoga and is a certified Yoga Alliance RYS 500 hours Teacher and Massage Therapist. She attends workshops and Iyengar classes regularly to complement her knowledge which



she then shares with her students. Born in France, Cathy teaches with humour and compassion. Her classes are warm and friendly and for both sexes, and all abilities and ages are welcome. Her main priority is to work in a safe way, making sure that the alignment of the body in the postures is correct. She incorporates some breathing exercises and relaxation with occasional guided meditation.

