



May 14 - 16<sup>th</sup> 2010



## Spring Yoga Retreat

at Sykia,

*northern coast of the Peloponnese, 2 km away from  
Xylokastros*

We will stay at a beautiful set of family run apartments - Daphne's club ( - situated only 20 meters from both the beach and the forest. The apartments feature private verandas, fully equipped kitchenettes and wireless internet connection. (<http://www.daphnesclub.com>)

Between Sykia and Xylokastro is the beach, and the forest "Pefkias", which runs parallel to it.



Sykia is 117 km away from Athens, and it can easily be reached by car, as well as by train **Proastiakos** (<http://proastiakos.gr>) that goes every hour, and needs 1 hour and 20 minutes to get to the station Kiato - 10km from Sykia. Contact us for directions.

The program will consist of **five outdoor rejuvenating yoga and meditation sessions\***, taking place on the roof-garden overlooking the sea, and/or on the beach. The sessions will include learning elements of acro/partner yoga.



For the rest of the time there are many places of natural beauty (mountains, lakes) within 20-50 km distance, which we can visit as a group or individually.

You can see all these at Daphne's page: <http://www.daphnesclub.com/> under "The Area" section.

Bicycles are available free of charge to the guests of the hotel.

*\* You are not obliged to attend all the yoga sessions, yet it is highly advisable that you do, in order to experience the renovating feeling and highly detoxifying effect of practicing yoga and meditation in nature.*



The participation fee: 'Early-bird' registration and payment until 30th of April\*

Single room 210 € per person

Double room 168 € per person

Triple room 155 € per person

*The prices do NOT include VAT*

The prices include **all the yoga sessions, two-night stay** and **rich bio-breakfast**.

*\* For late registrations and payments after April 30<sup>th</sup>, there is an additional 15% of the price*

**What to bring with you:**

- Your yoga mat
- One blanket for outdoor meditation
- Sunscreen lotion and a hat
- Comfortable shoes for walking
- Swimming suit if you wish



Daphne's club follows Environmental and Social Sustainability Policy

*The number of available posts is limited. Please reserve your place promptly by contacting:*

**www.athensyoga.gr** ॐ **213 038 36 11**

