

GREEK ISLAND YOGA HOLIDAYS

2019



We take care of the detail...

You take a holiday

Daytime flights from Newcastle to Rhodes

4 Bedroom Deluxe Villa with Private pool, 15 minutes from the sandy beach

Delicious organic breakfasts and complimentary soft drinks, tea, coffee, juice and water

Private minibus transfers to and from Rhodes airport to villa

Daily yoga and mindfulness workshops

£875.00 pppw

* Price per person per week for two people sharing a room

Your perfect yoga retreat takes you to the beautiful Greek island of Rhodes. September is a perfect month to visit Lindos with sunny days and pleasant evening temperatures. There's a lot to do and see on the island. The clean beaches and turquoise seas make Rhodes an ideal place for those who enjoy



sunbathing, swimming or snorkelling. The island has a fascinating history, magnificent scenery and great hospitality. A visit to historic Rhodes town offers the opportunity to see the ancient city walls, Turkish baths, castle of the Knights of St. John and many other fabulous sites. Day or night the town is a great place to do a bit of souvenir shopping and there are lots of great restaurants and cafes for a spot of refreshment. Lindos is one of Rhodes most famous villages. The Acropolis and Crusader castle stand high on a rocky outcrop dominating the village. Below, the narrow streets bustle with tourists, traders and the famous "Lindos taxis" donkeys. In Lindos there is a photo opportunity around every corner.

Choose from twin bedrooms or double bedrooms. All bedrooms have either private balcony or patio area. There's plenty of living and dining space both indoors and out. Three stylish bathing areas and a small cloakroom with a WC and washbasin are available. A hairdryer is provided and more are available on request.

The villa is air-conditioned throughout the ground and first floors. There is a fully fitted kitchen and laundry. Towels, sheets and poolside towels are provided. The villa is cleaned daily (except Sunday). Towels and bedding are changed midweek. There is a TV, DVD player, music system and free Wi-Fi.

For al fresco dining there is a table and chairs under the pergola by the pool. The outdoor terrace is a favourite with guests as it offers fantastic views over the hills to the sea. Here is the perfect place to breakfast in the morning, retreat from the sun in the afternoon or to enjoy a sun downer during the early evening. So much choice!

Complimentary soft drinks, tea, coffee, juice and water are available all day. Breakfast is served on the terrace and in the garden after the morning yoga workout. Breakfast includes freshly baked bread, preserves, honey, fresh fruit, fruit juices, tea and coffee. There are many excellent places to stop for lunch and evening meals (Not included in price). The local area has a very good range of local cafes, bars, restaurants and tavernas where you can dine out inexpensively on excellent locally grown and organic food.

Enjoy a dip in the pool which is generous in size or perfect for a plunge to cool off in the heat of the sun. Why not refresh yourself under the outdoor pool shower or lounge on a comfortable sunbeds on the terrace surrounding the pool. The pergola offers shade if you fancy a midday snack and a built-in BBQ is ideal for cooking up lunch or dinner. The garden is planted with flowers and shrubs.

Even more relaxation and recreation Lindos has four beautiful golden sandy bays that slope gently into the sea. There are sunbeds and umbrellas and a variety of tavernas and cafes serving food, drinks and snacks. There are many beautiful beaches to be found just a short journey from the villa. Obviously the beaches a great attraction and there is plenty of choice in Lardos, Pefkos, Kiotari, Lardos, Glystra; Gennadi and many more both small and large, sandy or pebbly.



Six morning yoga sessions (75 min) and **five evening mindfulness sessions** (30 min) are included.

The yoga sessions are designed to refresh and enliven the body, mind and spirit. The practice area offers glorious access to the fresh air, warmth, sunlight and inspirational surroundings. Our yoga practice is suitable for all abilities both beginners and those with some previous experience of yoga. At a moderate pace this flowing and gently dynamic yoga will stretch, strengthen and relax you.

Our evening mindfulness practice will allow you the time to take a break from the everyday hustle and bustle of your busy life and let you enjoy your surroundings, soaking in the wonderful sounds, smells, sights and light around you. We hope that in this peaceful location you will find a deep calm and tranquillity and have time to think, focus, rejuvenate and find clarity, harmony and balance.

Yoga teacher and therapist, Sara Jobling, qualified in 1985 and has 33 years yoga teaching experience. Sara is biology graduate, qualified and experienced science teacher and professional yoga teacher and therapist. As Director of YogaWellbeing she provides yoga classes and therapy in the UK and abroad. The company philosophy is to provide gentle and expert guidance to take you through a stimulating and therapeutic yoga experience to improve your health and well-being.

Yoga personal training sessions, either one to one or in

Paddle Board Yoga Fancy trying out something a bit different? We organise an optional extra trip to the beach at Stegna for a spot of yoga on a paddle board. Even if you haven't paddle boarded before you will get some basic training and an hour of yoga on board. Great for toning thighs and core! Around 35 euros per person. Pay locally.

Don't want to flop on the beach? Keep moving with lots of activities and excursions in the area including three water sports schools where you can try out water skiing, wake boarding or opt for a fun whizz around the bay on an inflatable. Windsurfing and kite surfing are available at Prasonissi to the south of Lindos (Car hire essential for this option). There is a riding stable near Lardos so enjoy an evening ride along the beach or through the forests?

If historic sites are your thing then a visit to the Crusader castle and ancient city walls of Rhodes Town will be a highlight. The Acropolis at Lindos and the ancient city of Kamiros are equally fascinating glimpses into the past. The island boasts a huge range of attractions from the family friendly water park to the tranquility of Petaloudes the Butterfly Valley and the tunnels, waterfalls and flumes at Epta Piges. There is so much to see, explore and discover on this beautiful and diverse island.



Holistic therapies and massage At the Lindos Memories Hotel on Psaltos beach fabulous beauty therapy treatments; massage and hydrotherapy are on offer in a luxurious setting. Appointments can be arranged locally or in advance (pay locally for these services).

Our relax daily schedule

8:15 - 9:30 am	Yoga workshop
9:30 - 10:00 am	Buffet breakfast
10:30 am+	Leisure time
5:00- 5:30pm workshop	Mindfulness
6:00pm+	Evening at your leisure



Terms & Conditions: Not included in price are in-flight meals or refreshments, hold baggage (please add additional £56 per 22Kg bag), personal travel insurance, cost of transport to and from Newcastle airport, locally booked goods and services, meals and drinks other than as described.

Initial deposit of 50% of total cost payable upon booking or by 30/04/2018 at the latest (the deposit is non-refundable) with the balance payable 8 weeks before departure (27/07/2016)

FULL TERMS AND CONDITIONS AVAILABLE AT <http://yogawellbeing.org/>

* Prices may vary slightly due to changes in price of flights, fuel supplements and taxes