

GREEK ISLAND YOGA HOLIDAYS

2020

We take care of the detail...

You take a holiday

Daytime flights from Newcastle to Skiathos

5 Bedroom Deluxe Villa with Private pool, 10 minutes from the sandy beach

Delicious breakfasts

Transfers to/from Skiathos airport to villa

Daily yoga and meditation workshops

£895.00 pppw

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

Your perfect yoga retreat takes you to the beautiful Greek island of Skiathos. September is a perfect month to visit this stunning island with sunny days and pleasant evening temperatures. There's a lot to do and see on the island. With over 60 beaches and turquoise seas Skiathos is the ideal place for those who enjoy sunbathing, swimming or snorkelling. The scenery is magnificent, with beautiful cool forest walks, boat trips to neighbouring islands and great hospitality. Around Koukounaries beach is an area of



outstanding natural beauty boasting a large lake surrounded by protected woodland.

Choose from single bedrooms or double bedrooms with king sized beds. 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. Hairdryers are available in each bath/shower room.

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 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!

Breakfast is included. The town and port of Skiathos has lots of excellent places to stop for lunch and evening meals (Not included in price). The local cafes, bars,

restaurants and tavernas vary from inexpensive to sophisticated with lots of 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 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 is lawned with flowers and shrubs.



Even more relaxation and recreation There are sunbeds and umbrellas and a variety of tavernas and cafes serving food, drinks and snacks on the beaches. Koukounaries and other organised beaches have water sports such as water skiing, paddle boarding and paragliding available (pay locally).

The local boatmen organise trips daily to the outlying islands and mainland. Try a visit to Skopelos, Skiathos bigger neighbour to see the tiny church and other sites

that were the setting for the first Mama Mia film. Sail to the amazing Lalaria beach. Accessible only by boat, the rock formations and pure white beach make a stunning destination.

If you enjoy fine dining there are several top class restaurants in Skiathos serving exquisite Greek and international cuisine. The Infinity Blue in Kolios has magnificent views from its huge veranda, serves four star dishes and has an extensive wine list. While the more traditional Sklithri fish taverna is on the water's edge and offers a massive variety of delicious fresh fish and seafood. Watch the sunset over the bay while you dine.



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 34 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 couples and one-to-one yoga therapy sessions are also available at additional cost (payable locally).

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 water sports schools where you can try out water skiing, wake boarding or opt for a fun whizz around the bay on an inflatable.



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	Mindfulness workshop
6:00pm+	Evening at your leisure

Terms & Conditions: Not included in price are in-flight meals or refreshments, hold baggage (please add additional £58 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 30/04/2020 at the latest (the deposit is non-refundable) with the balance payable 8 weeks before departure (27/07/2020)

FULL TERMS AND CONDITIONS AVAILABLE AT <http://yogawellbeing.org/your-travel-arrangements/>

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