

GREEK ISLAND YOGA HOLIDAYS 2022



WHERE

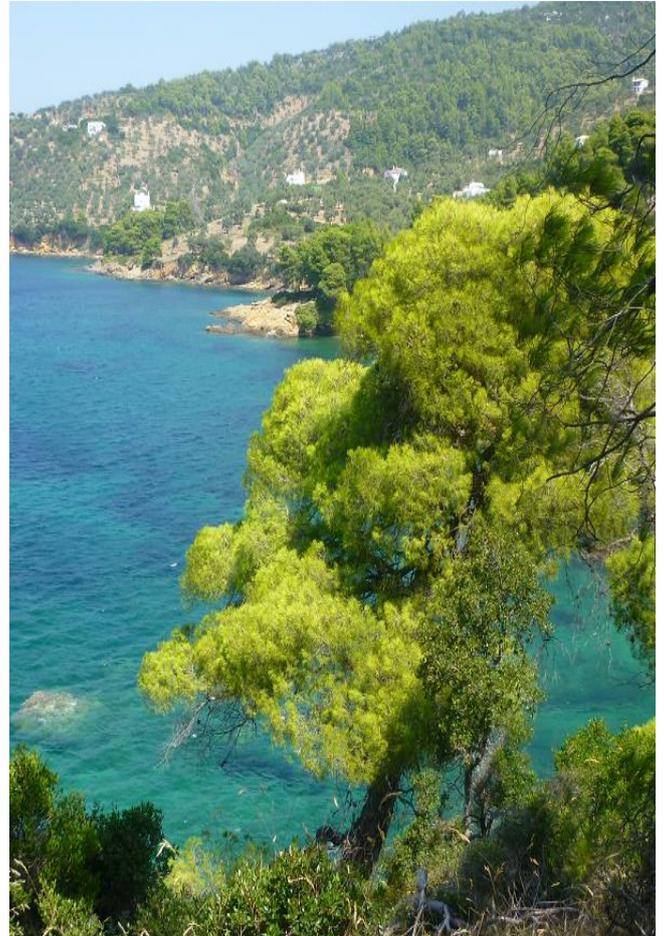
Your perfect yoga holiday takes you to the beautiful and relaxing Greek island of Skiathos. The countryside is green with pine forests, olive groves and hillsides covered with wild herbs. The pines sweep down to a deep turquoise sea and superb beaches that are covered with white or pale pebbles and sand. A few beaches have sunbeds and umbrellas.

In the resort there is a good mix of traditional and modern cafés, bars and restaurants with friendly, hospitable and generous local people making your break a relaxed and welcoming one.

The airport is just a 20 minute drive away so transfers are short and the main town has a seaport and a wide range of shops, bars, cafés and restaurants and a thriving nightlife.

Alonissos and Skopelos are its neighbouring islands. Both are very unspoilt and easily reached by regular services of ferry, catamaran and hydrofoil.

From the port there is a wide choice of daily boat trips to the mainland and to the locations used in the filming of *Mama Mia*.





Delicious fruits and vegetables found all over the island are organically grown and served in many restaurants and cafes. The residents also produce delicious Feta cheeses, wild flower honey and herbs all of which taste amazing and are organically produced.

The island has a number of excellent restaurants, tavernas, bars and cafes. Some tavernas have their own fishing boats enabling them to offer delicious freshly caught lobsters, fish and seafood.

Breakfasts will be served each morning after the Yoga Workshop. Our resident chef Patsy will serve up a wonderful selection of delicious freshly-baked breads, organic fruits, island honey, gorgeous preserves, juices, teas and coffees.

WHEN

The Greek Island Yoga Retreat departs on

Friday 24 June 2021 for 7 nights.

Daytime flights to Skiathos from Newcastle

£825.00 per person per week

WHO

Greek Island Yoga Holidays are suitable for a range of people. Whether you are beginners or have some experience of yoga you will find the gentle, harmonious and al fresco yoga workshops pleasant and satisfyingly invigorating. It is recommended that guests should have a reasonable level of fitness but need not have practiced yoga before.

As the accommodation is located on a steep hill it is not suitable for those with mobility problems.



ACCOMMODATION

Accommodation is exclusively for yoga holiday guests in a five bedroom villa with exclusive use of two pools and a hot tub.

There is a fully fitted kitchen with oven, microwave, dishwasher and washing machine.

The villa is fully air conditioned and there are four bathrooms.

Three bedrooms have king sized beds and two bedrooms have single beds.

Bed linen and towels are changed twice per week.





YOGA WORKSHOPS

The retreat includes **six** 90 minute morning Yoga workshops of gentle yet invigorating yoga followed by a relaxation/meditation session including and Pranayama (breathing exercises).

The sessions are designed to refresh and enliven the body, mind and spirit. The practice area offers glorious access to fresh air, gentle dappled sunlight and inspirational views across the island. **Flow yoga** 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.

Senior yoga teacher and teach trainer Sara Jobling, qualified in 1985 and has 36 years yoga teaching experience. Sara is qualified biologist and professional yoga 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, yoga therapy and massage sessions are also available at additional cost (payable locally).

OTHER ACTIVITIES

Its clean turquoise seas make Skiathos an ideal place for those who enjoy swimming or snorkelling. Beaches are generally sandy and easy to access. For those who prefer walking the island's northern coastline is dotted with beautiful forests and many areas of natural beauty and magnificent scenery. Those who prefer to relax will find wonderful beaches for sunbathing or shady spots to sit and read or take in the views. Boat trips are available around the islands. A Koukounaries Beach there is paddleboard hire available and if there is interest we can arrange a SUP yoga event. This will be paid for local at an extra charge.



WHAT'S INCLUDED

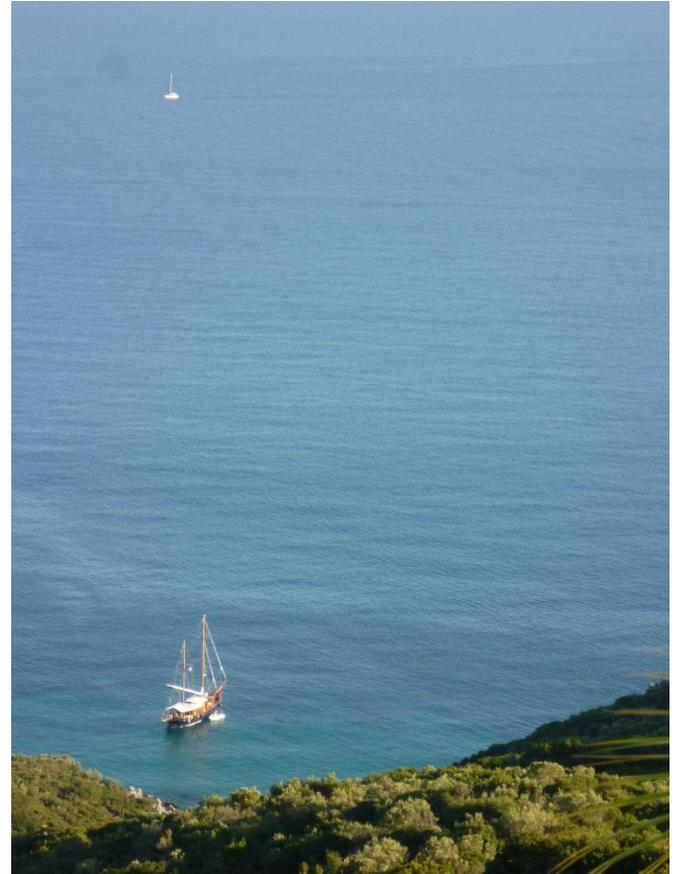
Return flights, transport between ports and Skiathos airport and villa accommodation

Breakfast included (lunches and evening meals are not included)

Six x 90 minute morning yoga workshops

DAILY SCHEDULE

8:00 – 9:30 am	Yoga workshop
9:30 – 10:00 am	Breakfast
10:30 am+	Leisure time
5:00- 6:00pm	Yoga therapy, yoga personal training and massage (individually priced and payable locally)
6:00pm+	Evening at your leisure





GENERAL BOOKING INFORMATION

DEPOSITS

A deposit of 30% of the final booking costs is required on confirmation. This deposit is non-refundable. The outstanding balance will be due 8 weeks prior to departure date. For late bookings we require the full amount to be paid immediately upon confirmation.

CANCELLATIONS

For cancellations made more than 8 weeks before departure 100% payment refundable with the exception of 20% deposit. For cancellations made between 8-4 weeks prior to departure a 40% refund will be repaid. No refund can be given for a cancellation made within 4 weeks of departure.

PRICES

The prices quoted in this brochure are correct at time of going to press. We will make every effort to absorb most price increases other than changes to airline charges or those resulting from government action such as taxation increases.

FLIGHTS

All flights include airport taxes, fuel surcharges and baggage allowance of 20kgs per person. –In-flight meals and extra leg room seating can be arranged at additional cost. Flights are ATOL protected.

PASSPORT

You will need to ensure that you have a passport that remains valid for a minimum period of 12 months after your return. Visas are not required by UK or EU Passport holders. Non-EU passport holders should check visa requirements with the Greek Embassy Visas and Consular Affairs inquiries, Tel. + 44 (20) 73135600 or 73135609, Fax. + 44 (20) 72433202

GETTING THERE

Daytime return flights from **Newcastle** to
Skiathos International Airport

FROM	Departs:	Arrives:
Newcastle	13:55	19:55
Skiathos	20:45	00:05

MEDICAL

You will need to ensure that you are fit to travel or have valid medical certificates to cover existing known medical conditions. Travelling in Greece does not present any major health risks but reasonable health and safety precautions should always be taken when travelling abroad. Greek Island Yoga Holidays can accept no responsibility for accidents or injuries of clients.

INSURANCE

You will need to ensure that you have adequate insurance to travel. Greek Island Yoga Holidays requires a copy of your travel insurance policy.

SAFETY AND CRIME

The Greek Islands are regarded as being very safe and relatively crime free, though it is advisable that you check your travel insurance documents before you travel for any exclusions. It is your responsibility to take reasonable care of your belongings. Greek Island Yoga Holidays accepts no responsibility for any loss or theft of property. We will not accept claims for stolen items. Greece is a very relaxed country. Dressing up isn't really required so we'd advise that you leave your valuables locked away at home, but if you do wish to bring expensive items on holiday with you, it may be easier and cheaper to get cover on your household insurance policy.

It is your responsibility to ensure that you observe the laws and regulations in operation during travel and whilst staying abroad. Greek Island Yoga Holidays can accept no responsibility for any criminal action or breach of regulations committed by clients whether deliberate or unintentional.

Alonissos is a very peaceful and green island. Greek Island Yoga Holidays is committed to taking care of the ecology of the island and its wild species. Please respect the island's residents and take care not to damage the island infrastructure and natural environment.

VALIDITY

We believe that the information supplied in this brochure is correct at time of going to press. It is important that you read the descriptions carefully to ensure that you avoid making the wrong decisions about your holiday. We have tried very hard to ensure that the travel, accommodation and workshop arrangements are described as clearly and accurately as possible. We will of course endeavour to avoid the need to make alterations except where this is unavoidable but there is always a possibility that some arrangements may need to be changed.

BOOKING TERMS AND CONDITIONS

1. The terms and conditions, together with the brochure descriptions and the information on your booking confirmation form part of the Client's contract with the Company (Sara Jobling Consultancy Limited. Registration No. 07627128). The signatory of the booking confirmation accepts these contract terms on behalf of everyone named on the booking form including those added subsequently. There will be no contract between the Client and the Company until the Client has signed a booking form and paid a deposit of £425 per person and the Company has issued a booking confirmation invoice. For bookings made within 56 days of travel a contract will be deemed to exist once the Client has made a payment of the full amount of £825 and the Company has confirmed the holiday details in full. Subsequent cancellations by the Client are subject to the charges shown on page 8. It is a condition of the contract is subject that the Client will take out travel insurance that is adequate and comprehensive and for duration suitable to cover the time from departure to return of the Client and all those named on the booking form. Should the Client wish to cancel the holiday this must be done in writing to the Company. A written notification must be received by the Company by recorded or registered mail. No cancellation will be effective until such written notice is received by the Company.
2. The balance of the price is payable not less than 56 days prior to departure date of 24/06/2022. The Company will cancel bookings if the balance has not been paid by 48 days prior to departure. Should one or more person cancel it may increase the price per person of those still travelling.



3. The Company reserves the right to alter the price of the Client's holiday in relation to changes in transport costs including, fuel, dues, taxes or service fees such as landing, embarkation and disembarkation fees at ports and airports.
4. Where the Company cancels the holiday due to a force majeure or low bookings the Client will be due a full refund of all monies with the exception of the deposits. A force majeure means unusual and unforeseeable circumstances beyond the Company's control, the consequences of which neither the Company nor its suppliers could avoid, including, but not limited to, war, civil strife, terrorist activity, flood, fire, adverse weather, industrial dispute, natural or nuclear disaster.
5. If there is a minor change the Company is not obliged to notify the Client, although it will endeavour to do so, nor is it liable to pay compensation.
6. The accommodation that forms part of the Client's booking may be used only by the persons named on the booking form. Subletting is not permitted. The Client must observe the rules set out for use of the property and vacate the property by 12 noon on the day of departure.
7. The Client shall behave properly throughout the holiday and in particular must not do or permit to be done anything that might damage to any property, injury to any person or vitiation of any contract of insurance. The Client will use, occupy and enjoy the use of the accommodation provided as part of the holiday with due care and in proper manner without allowing the accommodation to become unreasonably soiled. No items, fixtures or fittings shall be removed from the accommodation. The Client will be responsible for the cost of repairing or replacing any lost, broken or damaged items, including lost keys.
8. Flight times are provided by Airlines and are subject to change because of such matters as air traffic control, weather conditions and technical problems. Flight timings are therefore estimates only and cannot be guaranteed. The Company will not be liable if a flight is delayed. In the event of a delay, Airlines generally provide such refreshments, meals and accommodation as they deem appropriate. The Company has no control over how much leg room airlines allow on their aircraft and no guarantee can be given to this matter. Where it is able to do so the Company will use its best endeavours to ensure appropriate rearrangements are made to any transfers to or from airports that are affected by delays to Client's flights. Clients may be entitled to claim under the Flight Delays section of their travel insurance.
9. The Client is responsible for checking passport, visa and any health requirements prior to departure. It is the Client's responsibility to ensure that he complies with all applicable requirements and take with him all documents required for his holiday. The Company will not be liable for any failure by the Client to discharge these responsibilities and the Client will have to reimburse the Company for any costs it incurs as a result of such failure on the part of the Client.
10. In the very rare event that the properties are overbooked without the Company being given advanced notice before the Client departs, the Client will be offered alternative accommodation on arrival. Accommodation offered will be of a comparable standard, if available.
11. The Company makes every effort to ensure that the holidays are described accurately. However, changes do occur as a result of changes in demand, seasonal variations and other matters that are at local discretion. The Company's obligations, and those of its suppliers, are to take reasonable skill and care to arrange and provide services and facilities as described and ensure compliance with appropriate regulatory frameworks.
12. Should any part of the Client's holiday not be as described in the brochure the Company accepts liability, subject to paragraphs 10 and 11 above, to pay compensation of an amount which be reasonably and properly expected, taking into account all relevant circumstances. Any sums paid to the Client by suppliers as compensation for all matters flowing from the Supplier's actions will be deducted from any sum paid to the Client as compensation by the Company. Complaints should be made at the agent or supplier concerned at the time they occur to allow them to rectify the cause of the complaint. If unresolved the Client should not delay in contacting the Company directly. Failure to do so will result in the Client's legal rights being reduced or extinguished. Claims must be submitted in writing and sent to the Company
14. Where a claim (whether for personal injury or non-personal injury) arises out of a loss or damage suffered during the course of air, rail, sea or road travel or holiday accommodation, the amount of compensation the Client will receive will be limited in accordance with and/or identical to the provisions of any relevant International Convention. If the Client chooses to issue court proceedings in respect of a claim against the Company, the Client must do so within two years of return from holiday or within two years of discovering the matter so giving rise to the claim, if this is later. If the Client does not, the Company will be limited in all cases to the sum of £50.
15. Any services purchased locally, even if arranged by a local agent or supplier, do not form part of this contract.



BEHAVIOUR

We want all our customers to have a happy and carefree holiday. You are responsible for your behaviour and the effect it may have on others. If you or any member of your party is abusive or disruptive or behaves in a way which, in our reasonable opinion, could cause damage or injury to others or affect their enjoyment of their holiday, or which could damage property, we have the right, after reasonable consideration, to terminate your contract with us. If this happens we will have no further obligations or liability to you. The representative or authorised official is entitled to refuse or exclude you if in their reasonable opinion you are unacceptably under the influence of drink or drugs or you are being violent, abusive, discriminatory or disruptive. If you are refused or excluded when outbound or at any time during your stay we will regard it as a cancellation by you and we will apply cancellation charges according to the scale. If the refusal or exclusion is on the return journey we have the right to terminate the contract and will have no further obligations or liability to you.

COVID-19

At the time of writing anyone who has received two COVID-19 vaccinations in the UK or EU has no requirement to test or quarantine on arrival in Greece. These regulations do not apply to non-vaccinated persons, who will need to quarantine before and after travel.

On return a fully vaccinated person must take a fit-to-fly PCR test within 48 hours of boarding the aircraft. Greek Island Yoga Holidays can arrange tests in the resort with a local GP surgery at a cost of approx. 30 euros (to be paid locally). Your travel insurance must cover you for any costs and delays that may arise if you test positive for COVID-19 while abroad. You will need to follow local public health advice regarding quarantining. Greek Island Yoga Holidays accepts no responsibility for the provision of accommodation, rearrangement of flights, costs incurred or other eventualities that may arise in these circumstances.

Two days after arriving home a Day 2 Travel PCR test needs to be taken. Greek Island Yoga Holidays can provide advice on organising such a test but will not be providing these as part of the package. All regulations are subject to change

www.yogawellbeing.org

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