

Gentle hatha yoga and walking in the stunning Peloponnese In Greece.

With Lisan and Lisa in May 2-9, 2015



Pantazi beach, Agias Nikolaos

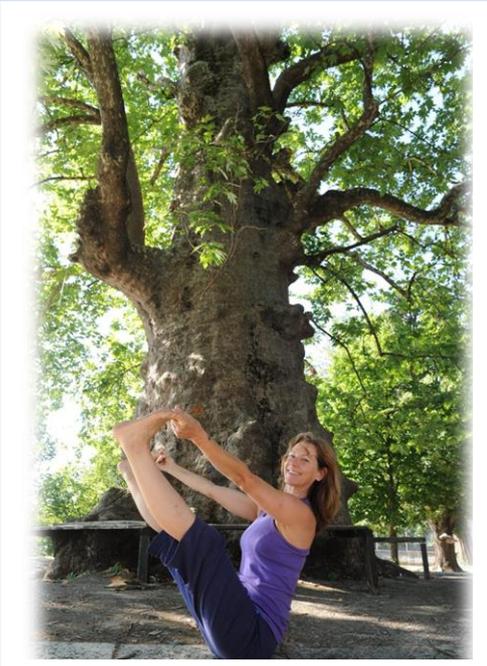
A week of total relaxation and rejuvenation through daily yoga, walking/hiking, swimming, resting, great vegetarian cuisine and the option of taking a massage.

This week will combine soft hatha yoga with 2 guided walks (and the option of booking more walks) and 2 visits to authentic mountain villages where we will dine out and enjoy authentic traditional Greek cuisine. The walks will last a couple of hours and will take us along the gorges, mountains and ancient kalderimi (dry stone footpaths). During the week you will have plenty of time for yourself to just rest, read, spoil yourself with a massage, explore the village, stroll along the beach and enjoy a drink at one of the local taverna.

During this week we'll practise a gentle Hatha yoga style where the invitation is to focus on opening, strengthening and softening, balance and flexibility through a meditative approach.

Gentle hatha yoga We will begin each session with taking some time to quiet the mind, by focusing on the present moment, becoming aware of the breath and creating space between the breaths. Then we will move into some somatic movements to wake up the body followed by a well rounded mix of hatha yoga poses. At the end of the class we return to the same quiet meditative state again, which off course, we never really left.

The evening classes are more yin and restorative orientated. It targets the deeper connective tissues, ligaments and the joints and nourishes and stimulates our organs, and balances the flow of energy in the body. Because the practise is slow, it helps develop our inner listening. The restorative poses, with the help of bolsters, pillows, blankets and belts, offer the body relief from tension and stiffness and allow for the experience of deep relaxation.



Lisan Bremmers is from the Netherlands but has finally put her roots down in Sweden, after many years of roaming the planet.

She has her own yoga studio and together with her partner Jan she runs a lovely BYB (Bed Yoga and Breakfast) place in Mid Sweden.

At an early age Lisan came into contact with the teachings of Gurdjief and Ouspensky, later she became interested in the non-dual teachings of the Advaita Vedanta tradition. Lisan is a 200 hr certified Hatha yoga teacher, trained at the Yandara Yoga institute in Mexico, she is also certified in Medical Yoga through IMY MediYoga ® in Stockholm and did a Restorative Yoga

teaching training with Marla Meenakshi Joy.

Lisan's experience of yoga is that once we start to really inhabit our body and awaken our sensitivity we start to connect with ourselves and with others from a much deeper place of joy and confidence. It is the tapping into this ongoing process that she likes to share with others.



Lisa Jeppesen has her roots in Denmark but grew up in Sweden where she has been running her own massage company for the past eleven years. She is currently living in Greece and enjoying her work at an Eco hotel where she, amongst other things, helps out with cooking delicious vegetarian food and creates the most amazing raw food desserts. She will be your walking/tour guide and massage therapist during your stay. Lisa is a certifierad in Swedish Classic massage, Facial Reflexology By Lone Sorensensistem, a touch of Tunia, and Shiatsu. Her biggest interest are mother nature and how we can take better care of her, and the exploration and balancing of body and mind.

During the week we'll have 10 yoga sessions. Daily schedule:

Saturday

Travel to Kalamata, settle in and dining at the yoga-center.

Sunday

Yoga 8.30 – 10.00

Brunch 10.00

Free time (walking, beach, resting, massage)

Yoga 17,30 -18,45

Dinner in the village/ stay at own bungalow

Monday

Yoga 8.30 -10.00

Brunch 10.00

Guided walk

Yoga 17.30-18,45

Dinner in mountain village

Tuesday

Like Sunday with the option of taking an extra guided walk/tour with Lisa.

Wednesday Guided tour with Lisa. We have a day off from yoga at the center.

Thursday Like Sunday/Tuesday

Friday

Yoga 8,30- 10,00

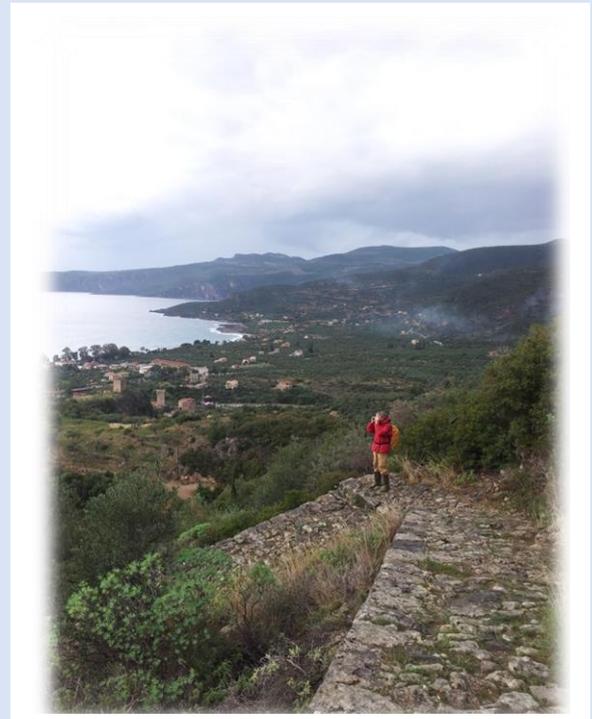
Brunch 10,00

Guided walk

Yoga 17,30-18.45

Dinner at the centre

Saturday: Fond farewells...



What to bring beside your own travel insurance:

- ❖ good sturdy footwear with laces
- ❖ bikini, beach towel
- ❖ small rucksack, sunhat
- ❖ lightweight waterproof raincoat
- ❖ yoga clothes: Loose, warm, comfortable
- ❖ a couple of jumpers & scarf

Costs:

750 euro including: (when you pay the full amount before 01-01-15)

- ❖ 7 nights in a shared room in a fully equipped bungalow with a pool.
- ❖ 10 Yoga classes
- ❖ 2 dinners at the yoga-centre
- ❖ 5 brunch
- ❖ 2 guided walks

800 euro when you pay after 01-01. Your place is reserved when you pay a fee of 250 euro.

The remaining amount should be paid 01-04. Max. 12 pers.

Cancellation policy:

In case you cancel before 01-02 the full amount will be paid back minus 100 euro cancellation fee.

Between the time period of 02-02 and 01-04 you will receive 50% refund and there will be no refund paid after 01-04.



**Welcome to join us
on this Greek
adventure!**

Lisan and Lisa

Contact: Lisan for payment instruction: lbremmers@yahoo.com, www.hooyoga.com

Contact : Lisa : www.lisasmassage.com lisa@lisasmassage.com.

Visit www.spiritoflife.co.uk for more information on the yoga-centre and the area