

Yoga in the Greek Island of **LESBOS**

Saturday 16th May – Saturday 30th May 2020

4 day, 1 week & 2 week options available



Come to Lesbos when all the flowers are in bloom and the island is green and warm.

We will be staying at The Sunrise Hotel, overlooking the Aegean Sea with panoramic views from every room of the sea and craggy terrain covered with flowers. There are coves for swimming and sunbathing. It is a truly unspoilt magical island. Please book early as it is a popular retreat.

COURSE LEADERS

Ruth White will be leading this special yoga holiday. She trained with Iyengar and has many years' experience. She is renowned for her clarity and precision and can adapt postures to suit the ever-changing needs of her students.

John White, who also trained with Iyengar, will be giving his popular philosophy talks

All levels of ability are welcome and catered for from teachers in training to beginners. You are most welcome to bring your family as non-yoga participants and children are welcome too.



At the Sunrise Hotel, the yoga practice room is spacious, cool & light. The hotel has its own pools and gymnasium, and we have exclusive daily use of their sauna. The poolside taverna serves meals and freshly made fruit juices. Please go to www.sunrisehotel-lesvos.com for more details.

The hotel provides free transport into the village of Molyvos and to the hot springs. The buffet brunch after yoga offers a great variety of delicious and healthy food for all tastes and for the evenings there is a hotel taverna for those who want to eat in or there are many local tavernas to try.

SUGGESTED PROGRAMME - Please feel free to attend all or any

Arrival day - Gather in Foyer

5.30 pm Yoga

Daily

7.00 am - 8.30 am Stretch, pranayama and meditation

9.15 am - 11.00 am Yoga

11.15 am Brunch

5.00 pm - 6.30 pm Talk, reading & meditation

Departure day

7.00 am – 8.30 am Yoga followed by breakfast

Brunch caters for all tastes from full English breakfast to a wide range of vegetarian dishes.

A three-course buffet dinner is always available in the restaurant. There is a great choice for €15.

Don't forget to bring your walking shoes. There are many archaeological sites to see and the hills are covered with wild herbs and not so wild animals. Beautiful coloured fish swim in the sea, near the hot pool. Bring snorkels!

FEES

The full cost of the residential is as follows (includes accommodation, classes & buffet brunch):

- Option 1 – 4 days £555 per person
- Option 2 – 1 week £795 per person
- Option 3 – 2 weeks £1,395 per person

This is based on 2 people sharing. Add £18.00 per night for a single room.

The cost for those not attending the yoga will be as follows (includes accommodation & buffet brunch):

- Option 1 – 4 days £370 per person
- Option 2 – 1 week £530 per person
- Option 3 – 2 weeks £930 per person

This is based on 2 people sharing. Add £18.00 per night for a single room.

Children under 5 – free (Babysitting available)

Children under 12 – 4 days £185; 1 week £265; 2 weeks £465

Evening meal is not included, but tavernas offer delicious local daily caught fish.

TO BOOK

Please send a non-returnable deposit of £200.00 (cheques made payable to R White). The balance is due on 3rd April 2020. Any bookings made after this date must be paid in full. If you wish to pay by Bank Transfer please contact us.

BY AIR

Your destination is Mytilene airport, Lesbos. Please book early, as last year the flights from Gatwick sold out nearer to the date. We will be flying from Birmingham. The hotel will arrange taxis for you.

Ruth White ● Yoga Centre

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