

# Yoga Akasha's Summer Holiday

with Jody, Jade and Sara

on the Greek Island of Aegina

Saturday September 23<sup>rd</sup> – Tuesday October 3<sup>rd</sup> 2017

**Our venue:** We are delighted to be returning to this amazing venue for a 13<sup>th</sup> Yoga holiday! This beautiful 19<sup>th</sup> century mansion is surrounded by a huge garden and is about 300 metres from the sea. It has been lovingly restored to provide an atmosphere of peace and inspiration, an oasis on your journey. It really does have a magical feel of 'coming home' – the perfect setting to unwind, relax and immerse deeper into your Yoga practice and you. Students often hire cycles or scooters to explore the island and find the best beaches.



**Yoga:** Jody or Jade will teach an early morning and a late afternoon Yoga class, (avoiding the hottest of the glorious summer sunshine!) with one day off mid holiday when students often venture further afield – [www.aeginagreece.com](http://www.aeginagreece.com) . Classes may include asana, pranayama, meditation, tratak (candle gazing), pair work and discussion.

**Hypnotherapy session with Sara:** Sara is a qualified clinical hypnotherapist with many years' experience. The subconscious mind is a source of many of our problems and self-images, our beliefs, habits and behaviours are stored as information. The subconscious is a tremendous reservoir of our unrecognised strengths and knowledge. Hypnosis is a natural and effective technique for accessing the subconscious mind – the key to unleashing our potential, changing our unwanted habits and behaviours and finding solutions to our problems and concerns. You may

want simply to enjoy a session for total relaxation, or, for example to gain more confidence – or you may wish to begin to address deeper emotional issues. If this is the case, you and Sara can work together to help you safely gain more control and emotional freedom. One session is included with your holiday. For more information, please see her website [www.hypnotherapy-health.co.uk](http://www.hypnotherapy-health.co.uk)



**Food:** This is a relaxed, self catering holiday practicing Karma Yoga - sharing the food shopping, cooking, washing up etc. We all put €50 into a kitty on the day of arrival for veggie food which usually covers our breakfasts and simple suppers at the house. Lunch is often enjoyed at one of the many wonderful beach cafes or local Tavernas.



**Treatments:** Jody and Sara will be offering Thai massage/hypnotherapy sessions throughout the holiday to further enhance your trip. Please book with them once there.

**Cost:** £550 + €350 sharing, an extra £200 for single supplement (only 3 available), or if your deposit is paid before March 31<sup>st</sup> the early bird price is £500, or if deposit is paid before December 31<sup>st</sup> 2016 the super early bird price is £450. The €350 & single room supplement remain the same whenever you book. To secure your place please confirm with non-refundable deposit of £200. Sterling balance is due by July 31<sup>st</sup> and €350 on arrival at the venue.

**Included:** 10 days/nights comfortable, simple accommodation, all Yoga classes and one hypnotherapy session with Sara.

For more information, or to book please email [Jody@YogaAkasha.co.uk](mailto:Jody@YogaAkasha.co.uk)

