

# Yoga Akasha's Summer Holiday to Aegina Island, Greece, with Jade & Jody October 3<sup>rd</sup> - 13<sup>th</sup> 2019 (Thursday – Sunday)



**We are very excited to be heading back to Aegina for our summer holiday in 2019!**

Aegina is one of the Saronic Islands, the closest to the port of Piraeus, with wonderful beaches, tavernas and Greek charm aplenty. This will be Jody's 15<sup>th</sup> yoga holiday here and Jade's 3<sup>rd</sup> – definitely a favourite location!

**Our chosen venue:** We will be staying in the comfortable Danae hotel, just 5 minutes' walk to the local shops, tavernas and port, with stunning views to the sea. Across the road, down a slope is a secluded hidden beach, with many more in and around the town. The sea is clear and wonderfully warm at the end of the summer, kissed by many months of sunshine.



**Accommodation:** The rooms are all en-suite, light and airy, with air conditioning. Each has a balcony or terrace, looking out to the pool and/or the sea.



**Food:** After our morning yoga sessions we will enjoy a delicious buffet breakfast including salad, eggs, bread, cheese, olives, pastries, juice, tea and coffee, all in the comfort of the spacious dining room looking out to sea. Lunch and dinner will be enjoyed at various wonderful tavernas looking out to sea, or back a street for often more authentic Greek food. Jody's favourite restaurant in the world is Kavourina, which is just 5 mins from our hotel, very authentic and looking out to sea, pictured here. The stuffed tomatoes are divine!

**Yoga:** Jade and Jody will be teaching an early morning (by the pool) and late afternoon class with one day off midway through. They will be suitable for all levels with modifications and options available if wanted. Everyone works to their own level. Jody and Jade have over 40 years of yoga teaching experience between them and are both co-founders of Yoga Akasha.

**Travel:** We fly to Athens, then take a bus to the port of Piraeus, a ferry or catamaran to the island. The hotel is just a few minutes' walk, though as uphill a taxi might be preferable with suitcases.

**Cost:** Shared accommodation £695, single accommodation £895. This includes 10 nights' accommodation, breakfast and yoga classes. Non-yoga partners/friends can come for a discount. A non-refundable deposit of £250 reserves your space. The balance is due by August 20<sup>th</sup>, 2019



**Booking & more info:** Please contact [jody@yogaakasha.co.uk](mailto:jody@yogaakasha.co.uk) 07956 969141 or [jade@artisticlicenceagency.com](mailto:jade@artisticlicenceagency.com) 07918 761083