

Yoga Akasha's Spring Holiday to Crete with Jody

April 30th – May 7th 2019



This will be our 3rd trip to this venue – fast becoming a favourite!

Kissamos: is a small town of cobbled streets where you can find shops and cafes leading to an area which overlooks the sea where there are traditional Cretan restaurants.

Our venue: is on the very outskirts of the small town. Here the sea is clean, warm and shallow making for easy swimming with a long quiet strand of golden sandy beach with occasional shingle. The beach is called Mavros Molos and the yoga space is above the beach looking out to sea.

Apart from sunbathing, swimming, snorkeling and yoga you can visit ancient



ruins, take a day cruise, explore the Venetian town of Chania, walk gorges or just be still and enjoy the ocean.

Accommodation: Our taverna with its roof top yoga space is situated right on the beach, our rooms are in the area immediately behind.

All accommodation is in en-suite rooms with air conditioning. Most rooms have a fridge and hair dryer. Rooms are very simply furnished with pine beds.

Food: Each day, after your early morning yoga class, you will be served a delicious brunch at our beach-side Mavros Molos taverna. Your 5 vegetarian group dinners will also be here. On other nights you can explore some of the other wonderful restaurants on the seafront.

Maria is a fantastic cook and during the week there will be the option of attending a cookery class where you will be taught how to prepare traditional Greek vegetarian meals - which you will then eat!



There will also be an optional excursion to the organic olive oil mill at Astrikas, this is world famous olive oil which you can purchase on site if you wish. It is fantastic and includes both organic lemon olive oil and organic orange olive oil. To find out more go to www.biolea.gr

The yoga space is on a large shaded balcony overlooking the sea. Yoga will take place twice a day at 7.30am and 6.00pm on the yoga deck overlooking the beach and sea. This venue is fully equipped with mats, blocks and belts. There will be one yoga-free day mid holiday.



Yoga classes will be taught by Jody, our co-founder and director. She has been practicing Yoga since 1991 and teaching since 1999. Her Yoga foundation was Ashtanga Vinyasa, studying with many wonderful teachers, especially: Raffi, teacher training with David Swenson, and a wonderful month with BNS Iyengar in Mysore India. Since 2001 she has enjoyed studying with Acharya Venkatesha and Acharye Hema of the Atma Vikasa Yoga Centre in Mysore, India. She returns as often as possible for further training.



Jody loves teaching all abilities, as each student works to their own level. For her it isn't how physically adept we are in the posture that is so important, but how relaxed, calm and peaceful we are. Letting the breath draw our mind closer to stillness, each posture a tool to help us reach a deeper level of balance, harmony and contentment in our life. Jody has been



teaching on, and running Yoga holidays since 2002 to Turkey, Bulgaria, Egypt, Crete, India, Italy, Gambia and 13 holidays at the same venue on the Greek Island of Aegina.

Our taverna with its roof top yoga space is situated right on the beach, our rooms are in the area immediately behind.

All accommodation is in en-suite rooms with air conditioning. Most rooms have a fridge and hair dryer.

Rooms are simply furnished with pine beds.

Cost: £520 per week

Single room supplement: **£100**

With balcony sharing: **+ £60**

With balcony single: **+ £150**

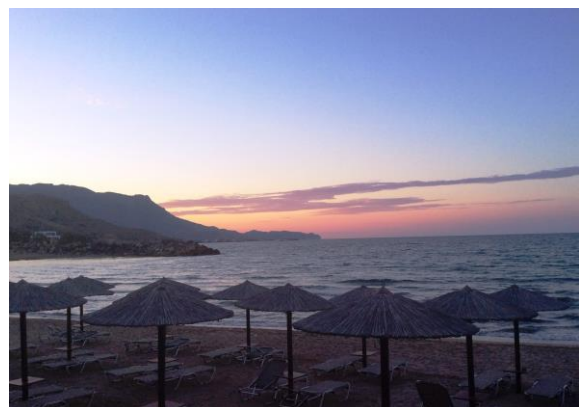
Non-Yoga partners/friends are welcome to join you at a

reduced rate



Included: accommodation, breakfast, group dinner on 5 set evenings including the arrival night, and yoga.

Not included: flights, transfers, travel insurance, lunch, dinner on 2 evenings when we often go further afield and the cost is then £10 - £15 depending on where we eat.



Flights and transfers:

Ideally you will need a flight to Chania, these are from Gatwick, Glasgow or Manchester airports. We will team people up to share transfers from Chania airport - a taxi is 60 euros, flights from the UK tend to arrive around the same time of day.

Heraklion airport is also possible, it is over 2 hours from the venue and you would need to catch an air-conditioned bus in the afternoon. If there is a group arriving, we can arrange a coach. Chat to us about this option. (Taxis are 160 euros from Heraklion)

Do feel free to contact Free Spirit Travel for help with finding your flight, they can search the internet for flights for you and will be happy to help.

**To reserve your place, or for more information,
contact the Free Spirit Travel office: -**

01273-564230

email: info@freespirituk.com

www.freespirtityoga.co.uk



For more information regarding the Yoga please email Jody@YogaAkasha.co.uk

