



# YOGA RETREAT

**On the Greek Island of Lesbos**

**21-28th September 2019**

*Imagine a week where you have nothing to do but slow the mind and relax and stretch your body...*

*Each day we start with an hour and a half of yoga in the beautiful Mandala. Then we have a lovely brunch, after which you are free to do whatever you like. There is an evening yoga session around 5pm and then we walk into town for cocktails and dinner in one of the many great restaurants. All yoga sessions are optional, so do as much or as little as you wish.*

**Optional Activities include:**

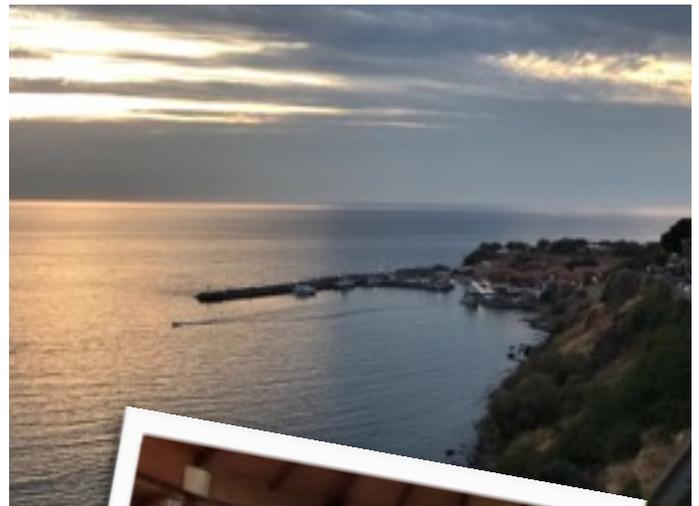
**Hot Springs**

**Beach Days**

**Meditation**

**Tibetan Bowl Healing  
Session**

**Qi Gong**



[www.fichannonyoga.co.uk](http://www.fichannonyoga.co.uk)

Email: [fi@fichannonyoga.co.uk](mailto:fi@fichannonyoga.co.uk)

Tel: 0772 547 5247

Deposit of £100 secures your place

Join Fi Channon for a week's yoga retreat on the wonderful Greek island of Lesbos in a purpose built yoga centre.

There is a swimming pool and a hot spring pool for exclusive use by our group as well as a massage/beauty therapist on site. Evening meals in the town offer excellent value and variety.



Accommodation is of a very high standard. All rooms can be for double or single occupancy. There are also houses which can be shared. All rooms have tea making facility with en-suite shower. Towels are provided, though we recommend you bring a beach towel for use by the pool or sea. Bring comfortable walking shoes as there are cobbles on the streets into the town.

Afternoons are free for rest, swimming, sight seeing or therapies.

## FEES INCLUDE:



Single or double occupancy accommodation  
Brunch  
2 Yoga sessions per day  
Transport to and from Mytilene airport to Yoga Centre  
Evening meals are not included.

Meals in or out cost, on average 20€ including wine.

Accommodation Type	Double Occupancy pp	Single Occupancy pp	Category
En-suite Room with Terrace (Main House)	£670	£840	A
Poolside Apartment with Terrace	£780	£875	D
Luxury House "Joma" with shared common area/kitchen	£825	£1150	E
Unique Gypsy Caravan	£710	£875	C

## FLIGHTS

Book your flights early to Mytilene (MJT) airport, Lesbos  
From UK: [www.flythomascook.com](http://www.flythomascook.com) for direct flights from Gatwick  
*Arrive Sat 21st Sept - Depart Sat 28th September*

If you're a solo traveller but would prefer to travel with others please let us know as many of us like to travel in a group.