



Bliss In Me
YOGA & MEDITATION RETREATS



YOGA & MEDITATION RETREATS LEFKADA/GREECE 2018

MYRTO
VACATION RELAXING HOMES



Yoga & meditation retreats in Greece



I would like to invite you to yoga and meditation in Greece. Our destination is a beautiful and magic island Lefkada - majestic cliffs, beautiful, sandy beaches... Agios Nikitas, Porto Katsiki, Kalamisti, Katisma - frequently lost in the hills, azure warm sea, old windmills and amazing warm, friendly people make Lefkada a dream place for yoga and meditation.

On Lefkada we will stay in magic and serenity place - **Myrto Vacation Relaxing Homes** (www.myrto-apartments.gr).

The most panoramic place on the bay of Agios Nikita's, Myrto Homes sits perched on the edge of a 300 meter high cliff, directly above the sea, with a breath-taking view on the mountains and the sea. The ideal location will makes our everyday practice of yoga and meditation a true pleasure. We will experience a fantastic sense of silence and freedom throughout the entire stay.

There will be two classes every day, a morning and evening session of yoga and meditation. For an extra fee, participants will be offered massages and private consultations with the teacher.

During the day, you can spend your time on the beach, enjoy the sun, the sea and the sand.



Retreats Dates:



20 – 26 May 2018

3 – 9 June 2018

Registration deadline for all retreats – 15 April 2018



Daily plan:

- 08:00 – 09:30** Morning meditation + asan practice
- 09:30** Breakfast
- 10:00 – 19:30** Free time, individual consultations, massages, beach, light brunch
- 19:30 – 21:00** Evening meditation + asan practice
- 21:00** Dinner
- 21:30** Evening relaxation by candle light and with music



Retreat includes:



1. Accommodation in double bed room apartment or single exclusive apartment
2. Three homemade healthy meals a day (a vegetarian and vegan option to choose) + water/tea/juices, fruits and snacks
3. Yoga and meditation classes (2 sessions daily x 1,5 h)
4. Transfer from/to the airport
5. Sightseeing /boat trip
6. Internal balance of body and mind and lots of positive energy ☺

***Accommodation:** we will stay in beautiful, magic and serenity place – Myrto Vacation Relaxing Homes
<http://www.myrto-apartments.gr/>

The homes offer luxury apartments with private bathrooms, fully equipped kitchens, outside pool and lots of space for yoga and meditation.

*The number of participants is limited to **6-12** people

*Special offer for a group- we can organize a special exclusive retreats for group of **9 persons and up** – for more details please contact us.

*People who have never practiced yoga or meditation are also invited to take part in the retreats – our classes will be adjusted to the level and skills of each participant. Individual sessions are also possible after appointment.



Price:



1500 Euro/person
(double bed room apartment)

1800 Euro/person
(single exclusive apartment)



About Me:



AGNIESZKA KOWALSKA – a certified teacher of yoga with long experience in teaching yoga and meditation. I have been teaching various classes for many years, including yoga for pregnant women, children, seniors, people with back problems and other health conditions (therapeutic yoga) as well as for dancers. In addition, I'm an active participant of various workshops and courses organized by Sivananda centers all over the world, including Sadhana Intensive classes, which help me to perfect the practical knowledge and techniques of teaching yoga and meditation...

THE MOST IMPORTANT COURSES AND TRAININGS INCLUDE:

1. Sivananda Teacher Training Course (certified by Yoga Alliance for 200h standards for Registered Yoga School –RYS)
2. Yoga BOU (Stick Yoga by Michiko Minegishi Style, Yokohama, Japan)
3. Zen Yoga (Yoga Teaching Center in Tokyo, Japan)
4. Pregnancy Yoga (Yoga Alliance)
5. Yoga for Kids (Yoga Alliance)
6. Advanced Asans (Yoga Alliance)
7. Yoga & Food (Yoga Alliance)
8. Therapeutic Yoga Course (Yoga Alliance)
9. Tibetan Buddhism Meditation (Buddhist Meditation and Teaching Center in Tokyo, Japan)
10. Bali Usada Health Meditation Course (Bali Usada)
11. Tibetan Buddhism Meditation (Kopan Monastery, Kathmandu, Nepal)





For more info & registration please contact with Bliss In Me:

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www.yogablissinme.com