



# SEPTEMBER YOGA RETREAT

## in SANTORINI, GREECE

### with HEIDI

## 13-20 SEPTEMBER, 2018

Join me in this amazing location on the stunning island of Santorini for a week of yoga, meditation, sun and relaxation. We all had a wonderful time together in 2017, and we want to do it again!

Two yoga sessions per day. Early dynamic session before breakfast around 7.30 and a late afternoon session, yin/restorative style at 17:30. Suitable for all levels of yoga, we welcome beginners and encourage them to join.

There is no better way to re-connect with yourself than taking some time each day to listen to your body, move and breathe in the sea air. Let go and give yourself over to the experience of doing less!

My classes are always inspired and catered to the students I'm working with, because I believe that yoga should be accessible, interesting, and inspiring. This way we are able to and are eager to bring more depth to our practice.

A yoga retreat is also a wonderful way to discover new places and to make new friends. During the day you will be free to go off and explore, shops and restaurants are close by, or just relax and read by the pool. The hotel is a haven of peace. This retreat sold out in 2017 and spaces are limited for 2018, too. Please book early and secure your spot.

Oh, an optional boating excursion can be organized for you. Description below:

### **FULL DAY SAILING**

Sailing Time: 09.30 - 16.30

A traditional Cretan Goelette sail along the Santorini Caldera, near the Faros (Lighthouse) and Aspronissi island.

On this tour we visit the volcano and walk up the crater with our guide (French/English speaking and German on request). You will have a chance to swim in the Hot Sulphur Springs.

While you enjoy your drink on board, we sail on to Thirassia island. Take a donkey ride up to the village, eat at a tavern in the port & have another swim.

The boat sails back, passing beside the magnificent Caldera cliffs and Skaros rock.

Non-private excursion : 50€ / person, transfer hotel/port/hotel included

## ACCOMMODATION



We will be staying at the Aethrio Hotel, A traditional A' class Hotel, located in OIA, one of the most beautiful places of Greece, which is under special protection from UNESCO. And the most important thing: The romantic alleys and streets near the hotel are car-free! See the website here:

<http://aethrio.gr/>

Included in the price is your accommodation, 2 yoga sessions daily, large buffet style breakfast/brunch, your airport

to hotel transfer. Flights are NOT included in the price. Easy jet flies Geneva to Santorini, Mondays and Thursdays.

There are 3 different room options/prices, and a description of each is on the website. Please note, rooms are designed to be shared. There are no single rooms given here, so people wanting to be on their own will be paying more.

## PRICE (per person)

STUDIO: 2 people sharing, 1'000 Euro per person

TRADITIONAL APARTMENT: 2 people sharing, 1'100 Euro per person

SUPERIOR ROOM with private balcony: 2 people sharing, 1'200 Euro per person

A 300 Euro deposit is required to secure your spot before 1.2.2018, and the full amount must be paid before 1.6.2018.

**For reservations and with any questions, please contact me by email: [heidi-ulrich@hotmail.com](mailto:heidi-ulrich@hotmail.com)**