

Mythic Alchemy To

Relax, Recharge & Renew **Yoga Retreat**

Aegialis Hotel & Spa, Aegialis 84004, Amorgos
Greece

17th September - 24th September 2019

With JC Rawady & Edina Mohini Didi

The Venue

Come and fall in love with the Greek island of Amorgos, the natural beauty, the loveliness of the people and the colour of the sea. Take a break if your daily routine, come to Relax, Recharge & Renew yourself.

Nourish your body and mind to connect what matters the most.

Start your day waking up with the warm sunlight glistening through your bedroom. Immerse yourself in your yoga practice in a fully equipped Shala overlooking the many shades of blue of the Aegean Sea. Open your mind and your heart while Saluting the sun on a beautiful panoramic roof, feeling the Mediterranean Sea breeze. Indulge yourself with a traditional Greek dish freshly prepared for you. To find out more about the venue, please check their website: www.amorgos-aegialis.com

What's included in the package

7 nights' accommodation in a superior room with private balcony and sea view

Brunch & Dinner (Including Vegetarian & Vegan)

Arrival & departure transfers on Amorgos (Port-Hotel-Port)

Free use of spa facilities (Sauna, Hammam, Jacuzzi, fitness centre)

One 30 minutes long Swedish massage

10% discount on Spa treatments

2 yoga classes per day, plus workshops. Details will be sent nearer the time

Not Included: Travel Costs, Additional activities / Excursions

The Investment

Prices are based on 2 people sharing. If you like a single room, please get in touch

£895 per person – Double /Twin Room

Please note that there is a charge of 4 Euro per room per night (Government Tax) which needs to be paid separately in cash at the hotel.

To book, please contact JC on 07863 510598, or email at: info@jcyogi.com .

To secure your space, an initial **NON-REFUNDABLE DEPOSIT of £250**

is required when the booking is made.

Second payment is due in March 2019, third payment is due in June 2019.



About the facilitators

JC is a Rasa Yoga Teacher based in Surrey, Middlesex. JC is passionate about teaching yoga to others and to be able to share this wonderful practice which has the power to transform lives. JC finds it is an incredible privilege to share these practices, that's why he wants to offer you the chance to share this outstanding experience with him. To find out more about JC, please go to www.jcyogi.com

Edina is a London based yoga teacher, who specialises in ancient practices drawing from the principles of mindfulness, Yoga Therapy, tantric practices & Ayurveda.

Edina's passion is to create deep transformative experiences which are themed to deliver knowledge, reflection, presence and fun with the main emphasis being on the breath. To find out more about Edina, go to www.didiholistics.com

This yoga retreat is open to all ages, levels of fitness and experience. Every session will have the attention to detail (alignment and biomechanics), the science of breath (Pranayama), openness to grace (Attitude) and the intelligence of sequencing (Vinyasa).

All sessions will be adapted to the group and modifications to the poses will be offered to cater for all participants to ensure that everyone is receiving the benefits of the practice and the individual attention.

