



Ashtanga Yoga Retreat in Icaria Island

June 4 -11, 2016



About the Retreat

We welcome you to an Ashtanga Yoga retreat in Icaria Island. We invite you to have the opportunity to submerge into your practice through a heart to heart inspiring teaching.

Aris will work intensively with the breath, the bandhas and the use of gravity to enable the practitioner to flow through practice with ease and softness. Your inner and core strength will be developed, based on the Bandha work to release all unnecessary tension.

Each day, in the morning, we will be focused on traditional Ashtanga Yoga Mysore classes. In the afternoons there will be a second practice with more focus on the techniques of Ashtanga Yoga, the "inner work" like breath, bandhas and various other aspects of the practice. There also will be time for talks about Yoga Theory and Philosophy.

Every morning, before Mysore classes, Zazen meditation will further develop your concentration and deepen your practice.

All levels of students are welcome to join the retreat.

❖ **Schedule**

Arrival: Saturday, 4 June, welcome dinner.

Departure: Saturday, 11 June, after breakfast.

Sunday till Friday:

08:00 - 08:30: Zazen

08:30 - 10:30: Mysore Class

11:00: Breakfast

Free time

17:00 - 18:45: Practice

Departure Saturday: Morning Mysore Class (time to be arranged).

Each day you will have the opportunity to explore the beauty of Ikaria island.

❖ **Practice Venue**

We will practice at **THE EGG Seminar House**. THE EGG is an international seminar house in Ikaria, overlooking the sea from sunrise till sunset. In a private well protected open-air space, cradled on the one side by low mountains and on the other by the sweep of the horizon and the sea, you would find a natural sanctuary of exceptional beauty where the main activity is simply relaxing in its remarkable atmosphere of peace and calm.



❖ **Accommodation**

We will stay at **Karras Star Hotel**, next door to THE EGG - 2 minutes walking distance. It is situated in Avlaki village, between Kampos and Messakti beach, located no more than 6 kilometers from Evdilos, emerging majestically from a distance. It is amphitheatrically built and allows almost every room the breathtaking view of the Aegean Sea. Its surroundings are

not only modern and sophisticated but also reflect the tradition of the island. You can choose a single or a double/triple room.

The traditional greek breakfast meals are served on the Karras restaurant and will be offered in a buffet style.

❖ **Cost per person:**

590 € for a double/triple room

700 € for a single room

Including:

- ❖ Yoga Classes (13 sessions)
- ❖ Meditation (7 sessions)
- ❖ Accommodation (7 nights)
- ❖ Welcome dinner (1)
- ❖ Breakfast (7)

Important notice:

A **15% discount** is offered in the combine price to those who would like to participate in **both** Ashtanga Yoga retreats that Porta Pandana and Ashtanga Studio Berlin (May 28 – June 4 at Triopetra) are hosting at the same period.

The costs for travelling to the yoga retreat are not included in our price; however we will help you organize a transfer from the airport to the guesthouse.

❖ **Registration**

Please send an email to info@ashtangayogaathens.com for reservation. Since the number of participants is limited, we recommend to register early. Your booking will be confirmed upon receiving a down payment of 250€. The rest has to be paid in Ikaria island before the retreat starts.

❖ **Cancellation**

Until 1st of April 50% of the down payment will be refunded. After this date cancellations are only possible if you have a substitute participant who is not yet registered - refunds won't be possible.

Participation at the retreat is at your own risk.

❖ **Getting there**

The shortest journey to and from Ikaria is by plane. The airport is located in Faros, 55km from Karras guesthouse and about 12 kilometers from the island's capital Agios Kirykos. It serves daily domestic flights, mainly to and from Athens (Athens International Airport - Eleftherios Venizelos) and Thessaloniki. During the summer months, there is a connection with other islands, such as Crete, Mykonos, Kos and Lemnos.

Daily flights from Athens to Ikaria: www.olympicair.com.

Daily flights from Thessaloniki to Ikaria: www.astra-airlines.gr.

Alternatively, you can fly to Greece directly to the islands of Mykonos , Kos or Lemnos and take a ferry to Ikaria.

The ships from Piraeus will bring you to Evidilos (6km) or to Agios Kirikos (45km). By car, taxi or rental car you will drive through the picturesque mountains and scenic coastal route to Karras.

Please feel free to contact us for any assistance needed.

Special deal for rent a car:

Aventura Car & Motorbike Rental

Email: aventura@otenet.gr, Tel. (+30-2275) 031140, Mobile Tel: (+30) 6972284054 , Winter Contact: (+30) 210935-0983

Contact person : Rena Hatzinikolaou-Mavrogeorgiou.

Please mention Ashtanga Retreat 4-11 June, Aris Kapetanakis.

About Ikaria Island

Ikaria (or Icaria) is one of the largest islands in the eastern Aegean Sea located between Samos and Mykonos. It derived its name from the Greek myth of Icarus and Daedalus.

Ikaria has a rich historical and cultural heritage, which is saved throughout the centuries. The ikarian dialect, the traditional architecture of buildings and the archeological findings, testify the unique history of Ikaria. All the island has a wild natural beauty, which attract visitors of all ages, from all over the world! It is a mountainous island with green valleys leading to the sea and to exotic beaches that complete a charming atmosphere. Ikaria has a rich vegetation, biodiversity and abundance of water. Many rare kinds of flora and fauna live there.

Time never passes in Ikaria! The island of longevity! Ikaria is one of the few regions in the world, where people live above the age of 90! You have to visit Ikaria, live like the locals and discover their secrets for living long time.

The Ikarian people engage today in tourism, agriculture and fishing. The main agricultural products are the famous red wine 'Pramnios oinos', tsipouro, olive oil, honey crafted by small bushes and local sweets. There are also many secret recipes to learn from Ikarian gastronomy and food to taste, all handmade by locals.

An important characteristic of Ikaria, are the famous festivals (fairs), where people dance all day long the local dance named 'Ikariotikos' and tasting red wine and boiled goat ('raskos').

Useful links and contacts:

❖ **Porta Pandana Ashtanga Yoga Shala**

68 25th Martiou str & 32 Kountouriotou str, Peristeri, Athens, Greece.

www.ashtangayogaathens.com , email: info@ashtangayogaathens.com

Mobile +30 6937342017 (Aris Kapetanakis), +30 6937342018 (Demetra Zavogianni)

<http://www.visitikaria.gr/en/yellow-pages/alternative-tourism/the-egg#.VmLcQHrJdg>

<http://www.the-egg-greece.com/>

Airport of Ikaria, 83300 Faros Ikaria

Tel: +30 22750 32216, Fax. +30 22750 32218, TELEX: 0294221 LGIK GR

http://www.karrasstarhotel.gr/karrasstar/index_en.html

http://www.tripadvisor.com/ShowTopic-g189477-i13541-k3730048-Aventura_car_hire_Evdilos_and_Armenistis_excellent-Ikaria_Northeast_Aegean_Islands.html

