

YOGA and SHIATSU HOLIDAY RETREAT 2012



on the island of Agistri, GREECE

Dates: Thursday, 13th to Wednesday, 19th September 2012

Cost: £450 excluding Flight and Ferry (£200 approx)

6 nights half board	Yoga	Meditation	Shiatsu
Private beach	Qigong	Beautiful location	Fresh, organic food
Walking	Cycling	Snorkelling	Glorious sunshine

For further information and booking (£100 deposit required):

Tel: 07773061309 email: handwork@tiscali.co.uk

websites: www.eastbourneshiatsu.co.uk www.rosyslittlevillage.com

The wonderful Rosy's Little Village on Agistri Island in Greece, about an hour by boat from Athens, is the perfect location for a relaxing, rejuvenating holiday retreat with daily yoga sessions, an opportunity to experience a Shiatsu treatment, as well as Qigong, the gentle, meditative Eastern movement exercises. There will be plenty of free time to swim, snorkel, sunbathe, read and relax with delicious organic meals and stunning views! Sunshine every day with temperatures in the high 20's, crystal clear seawater, fabulous beaches, extraordinary sunsets and time to explore this glorious pine covered island as well as other islands such as Aegina, Epidaurus, Poros, the famous Hydra and the Acropolis in Athens, and coming back early enough for a late swim!

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ACCOMODATION

Rosy's Village is built like a traditional Greek village and the rooms are at only 30 metres from the sea. It's a small paradise full of pine trees and flowers. All the rooms have sea view and have recently been renovated to a very comfortable standard, all with ensuite bathrooms.



They offer full air-conditioning, a fridge, TV and balcony.

THE FOOD

The aim at Rosy's is to serve organic food as much as possible. Their sources are local products, from Aegina, and the Peloponnese. Mouth watering examples are Greek Takos, dry bread with spices, fresh tomatoes and Feta cheese, Brouschetta: toasted bread with aubergine nut paste, Zucchini pie with mint leaves.....and the Greek salad is the best on the island! And of course local wine from Limenaria vines.

HOW TO GET THERE



Rosy's Little Village is located on Agistri island, at a 2 minute distance (800 m) from the port of Skala. Agistri island is about 20 miles south of Athens and 5 miles west of Aegina island. Agistri island has direct boat connections with the port of Piraeus as well as the port of Aegina. From Athens airport there are shuttle buses and taxis that will take you to the port of Piraeus.

ANNIE CRYAR



Annie is Principal of the Shiatsu College, Hastings and has been teaching Yoga and Qigong longer than she would care to remember. An inspirational teacher, Annie has a thriving practice in Hastings and runs a unique Qigong teacher training course in the UK. Annie loves what she does!

HOLIDAY RETREAT LEADERS

NICK NETER



Nick has been coming to Rosys for the past five years, the last 2 to teach Qigong and give Shiatsu treatments to both island visitors and residents. He has a busy Shiatsu practice in Eastbourne and visits Agistri to work twice a year. Nick is passionate about healing and personal transformation and believes Rosy's in Agistri is a wonderful place for both.

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