

# YOGA, QIGONG and SHIATSU HOLIDAY RETREAT 2013



on the island of Agistri, GREECE

**Dates: Wednesday, 11th to Wednesday, 18th September 2013**

**Cost: £ 495 pp for 7 nights half board excluding flight and ferry (£200 approx) based on 2 people sharing. Single room supplement is £110pp, non participating partner £375pp total.**

<b>Yoga</b>	<b>Meditation</b>	<b>Shiatsu</b>	<b>Private beach</b>
<b>Qigong</b>	<b>7 nights half board</b>	<b>Beautiful location</b>	<b>Fresh, organic food</b>
<b>Walking</b>	<b>Cycling</b>	<b>Snorkelling</b>	<b>Glorious sunshine</b>

**For further information and booking (£100 deposit required): tel: 07773061309**

**email: [handswork@tiscali.co.uk](mailto:handswork@tiscali.co.uk) websites: [www.eastbourneshiatsu.co.uk](http://www.eastbourneshiatsu.co.uk)**

**[www.rosyslittlevillage.com](http://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 and Qigong sessions, as well as the chance to experience a deeply calming Shiatsu treatment. There will be with 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 in the vicinity such as Aegina, Poros, the famous Hydra and visit Epidaurus and the Acropolis in Athens, and come 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.

## HOLIDAY RETREAT LEADERS

ANNIE CRYAR



Annie is Principle of the Shiatsu College, Hastings and has been teaching Yoga and Qigong for 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.

NICK NETER



Nick has been coming to Rosy's for the past 5 years, the last 2 to teach Qigong and give Shiatsu treatments to both island visitors and residents. He has a successful Shiatsu practice in Eastbourne. Nick is passionate about healing and personal transformation and believes Agistri is a wonderful place for both.

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