

# YOGA, QIGONG and SHIATSU HOLIDAY RETREAT 2014



on the island of Agistri, GREECE

Dates: Wednesday 10th to Wednesday 17<sup>th</sup> September 2014

Cost: £520 pp for 7 nights half board excluding flight and ferry (£240 approx) based on 2 people sharing. Single room supplement is £95pp, non participating partner £400pp.

Yoga

Meditation

Shiatsu

Private beach

Qigong

7 nights half board Beautiful location Fresh, organic food Excursions by arrangement

Walking

Swimming

Cycling

Snorkelling

Glorious sunshine

For further information and booking (£100 deposit required)

email: [handwork@tiscali.co.uk](mailto:handwork@tiscali.co.uk) tel: 07773061309

websites: [www.eastbourneshiatsu.co.uk](http://www.eastbourneshiatsu.co.uk) [www.rosvslittlevillage.com](http://www.rosvslittlevillage.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 opportunity to experience a deeply calming and healing 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. Excursions can be organised to Aegina, Poros, the famous Hydra, the ancient theatre and healing centre of Epidaurus and the Acropolis in Athens, and come back early enough for a late swim!

RELAX

REVITALIZE



DESTRESS

ENJOY

## ACCOMMODATION

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. Shared accommodation is in family rooms. Most of 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 Peleponnese. 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 the Principal of the Shiatsu College, Hastings and has been teaching Yoga and Qigong for longer than she would care to remember. Annie's Yoga is inspired by Scaravelli, she has a thriving Shiatsu practice and is co-founder of a 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 6 years, the last 4 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.