

**'Catching the Last of the Sun'
YOGA RETREAT
In Ithaca, Greece**

With Nicole Croft



October 7th-14th 2017

VENUE-

Itha108 is a Greek island retreat set in an area of outstanding natural beauty, on the island of Ithaca. Ithaca is one of the smallest of the Ionian islands, whose shores are steeped in Homeric myth and history.

The venue overlooks the sea and the eastern coastline of neighbouring Kefalonia and there are three beaches all within a five minute walk of the venue.

Yoga is practiced in a choice of outdoor or indoor shalas, some with sea views and others beautifully shaded by olive trees.



Accommodation-

The accommodation is in a choice of bedrooms in the main whitewashed house, which are all en-suite and have views across the Ionian sea or in a stone house studio.

Alternatively there are light and airy yurts, positioned high among the rocks and trees and with stunning sea views. The yurts, like the bedrooms, have comfortable beds with coco-mat mattresses, plenty of shelving and share an outdoor bathroom carved into the rocks, as well as an indoor bathroom protected from the elements.



Food-

The Mediterranean menu is almost all organic and locally grown, and is in the main vegetarian, though fish is also available on request.

Do let me know of any dietary requirements at the time of booking, as these can be accommodated.

There are three meals a day, served in various locations around the venue depending on the weather and the need, or not, for shade.

Yoga-

The yoga sessions will take place in both the morning and the late afternoon or early evening in a choice of indoor and outdoor yoga shalas.

The morning classes will be 2-2 ½ hour of dynamic yoga which will combine creative sequencing, pranayama and longer held poses. In the evening there will be an hour and a half long restorative & yin practice, where we will hold poses for longer and cultivate genuine space in both body and mind. We will also do an evening meditation every day.



Travel-

The nearest airport is Kefalonia, which is the neighbouring island.

Direct flights still run in October from the UK and other places in Europe. The alternative is a flight via Athens. The cheapest airline with direct flights is Easyjet or Thomas Cook from Gatwick at that time of year (approx £150 this year) though they are not available as yet to book for 2017.

Arrival is Saturday 7th October, and departure is Saturday 14th October.

Prices-

Shared room in the main house £820 for the week
Single occupancy in the main house £1050 for the week

Shared room in stone house studio £870 for the week
Single occupancy in stone house studio £1150 for the week

Shared luxury yurt (2 people) £800 for the week, with ensuite
Single occupancy in a luxury yurt £ 1050

Shared yurt with ensuite £750
Single yurt with ensuite ££950

Shared yurt and shared bathroom £700
Single occupancy yurt, shared bathroom £900

The following link will give you a better idea of the rooms

<http://itha108.com/rooms-yurts/>

They will be allocated on a first come, first served basis and please do say upon booking if you have a particular preference.

The cost includes accommodation, three delicious meals a day as well as hot and cold drinks, fruit, nuts and cakes and all yoga instruction. Transit from Kefalonia is extra. To secure your place, you will need to send me a 50% deposit, with the balance payable no later than six weeks before. The deposit is strictly non refundable, unless you find someone to take your place.

For more info or to book email Nicole@buddhabellies.co.uk or call 07533889236

'Nicole's teaching is nothing short of life changing. She has the unique capability of opening your mind as well as your body. I couldn't recommend her retreats or her teaching more highly'

'One of the best and most beneficial weeks of my life on so many levels. Nicole is a constant inspiration'



