

**YOGA RETREAT
In Ithaca, Greece
Saturday September 21st – Friday September 27th 2019**

With Nicole Croft

An opportunity to catch some much needed time to yourself after the summer holidays and to reset in advance of winter. There is nothing quite like days free from decisions, bookended by yoga and punctuated by wonderful food. All heightened by the blue skies of Greece and proximity to its very blue seas.



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, so a daily swim is optional but entirely possible.

Yoga is practiced in a choice of outdoor or indoor shalas, some with sea views and others beautifully shaded by olive trees. I would suggest that the yoga shalas are one of the great highlights of this space.



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 . 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-

There are three meals offered each day. 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. The venue requires medical certificates for serious dietary requirements.

Yoga-

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

The morning classes will be 2 hours 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. We will then transfer by ferry to Ithaca.

Direct flights to Kefalonia from the UK and other places in Europe. The alternative is a flight via Athens.

Arrival day is Saturday 21st and departure day is Friday 27th. Please stick to the dates as far as is possible and unless of course, there is anything unforeseen.

Prices-

Shared room in the main house £950 for the week

Single occupancy in the main house £1200 for the week

Shared room in stone house studio £1000 for the week

Single occupancy in stone house studio £1300 for the week

Shared luxury yurt (2 people) with ensuite £950 for the week

Single occupancy in a luxury yurt £ 1200

Shared simple yurt with ensuite £900

Single simple yurt with ensuite £1100

Shared yurt and shared bathroom £850

Single occupancy yurt, shared bathroom £1050

The following link shows you 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.

There are a very limited number of single room options available on any one retreat, so be quick if you'd like a space of your own or bring a friend.

The price includes accommodation, three delicious meals a day as well as hot and cold drinks, fruit, nuts and cakes and all yoga instruction. The transit from Kefalonia is extra. In theory that is all you'd need to spend for the week, though there are options to do a beautiful boat trip to a stunning beach with spectacular cliffs &/or to take a guided walk across the island (different to the last time) and there are in house therapists who offer massages as well.

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'

