

Summer Yoga Holiday to Crete with Jody June 28th – July 5th, 2022 Organised by Free Spirit Travel



This will be my 4th trip to this wonderful venue – fast becoming a favourite!

Kissamos: is a small Cretan town of cobbled streets where you can find shops and cafes leading to an area which overlooks the sea where there are traditional Cretan restaurants.

Our venue: is on the very outskirts of the small town, right on the beach! Here the sea is clean, warm and shallow making for easy swimming with a long quiet strand of golden sandy beach with occasional shingle. The beach is called Mavros Molos and the yoga space is on the roof, looking out to sea.



Apart from sunbathing,

swimming, snorkeling and yoga you can visit ancient ruins, take a day cruise, explore the Venetian town of Chania, walk gorges or just be still and enjoy the ocean.

Accommodation: Our taverna with its roof top yoga space is situated right on the beach. All rooms are en-suite with air conditioning, most have a fridge and hair dryer.

Food: Each day, after your early morning yoga class, you will be served a delicious brunch at our beach-side Mavros Molos taverna. Your 5 vegetarian group dinners will also be here. On other nights you can explore some of the other wonderful restaurants on the seafront.



Maria is a fantastic cook and during the week there will be the option of attending a cookery class where you will be taught how to prepare traditional Greek vegetarian meals - which you will then eat!

There will also be an optional excursion to the organic olive oil mill at Astrikas, this is world famous olive oil which you can purchase on site if you wish. It is fantastic and includes both organic lemon olive oil and organic orange olive oil. To find out more go to www.biolea.gr

Yoga: The yoga space is on the large, shaded balcony overlooking the sea. Yoga will take place twice a day at 7.30am and 6.00pm. This venue is fully equipped with mats, blocks and belts. There will be one yoga-free day mid holiday.

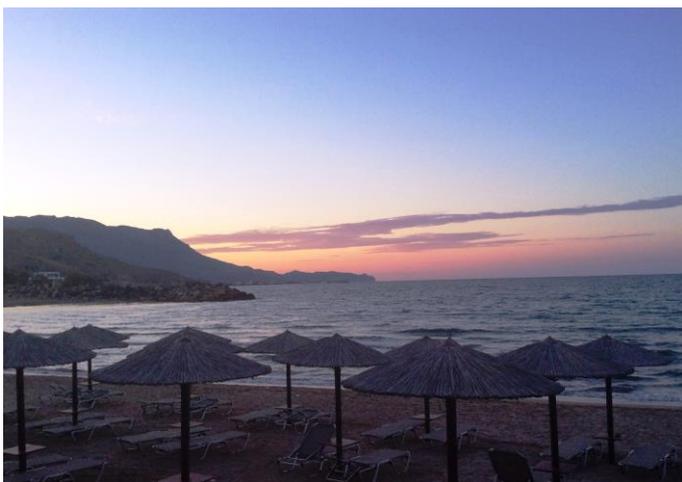
Jody loves teaching all abilities, as each student works to their own level. For her it isn't how physically adept we are in the posture that is so important, but how relaxed, calm and peaceful we are. Letting the breath draw our mind closer to stillness, each posture a tool to help us reach a deeper level of balance, harmony and contentment in our life. Jody has been teaching on, and running Yoga holidays since 2002 in the UK and Turkey, Bulgaria, Egypt, India, Italy, Gambia and the Greek Islands of Crete, Aegina and Agistri.



Cost: Sharing £570. Single £670
Larger room with balcony sharing + £60
Larger room with balcony single + £150
Non yoga friends/partner can join you at a reduced rate.

Included: accommodation, breakfast, group dinner on 5 set evenings including the arrival night, and yoga.

Not included: flights, transfers, travel insurance, lunch, dinner on 2 evenings.



Flights and transfers:

Ideally you will need a flight to Chania, these are from Gatwick, Glasgow or Manchester airports. We will team people up to share transfers from Chania airport - a taxi is around 60 euros, which is shared amongst students. Flights from the UK tend to arrive around the same time of day. Heraklion airport is also possible, it is over 2 hours from the venue and you would need to catch an air-conditioned bus in the afternoon. If there is a group arriving, we can arrange a coach. Chat to Free Spirit about this option. (Taxis are 160 euros from Heraklion)

Do feel free to contact Free Spirit Travel for help with finding your flight, they can search the internet for flights for you and will be happy to help.

**To reserve your place, or for more information,
contact the Free Spirit Travel office: -
01273-564230
email: info@freespirituk.com
www.freespirtityoga.co.uk**



For more information regarding the Yoga please email Jody@YogaAkasha.co.uk

