



YOGA WORKSHOP IN GREECE

June 4-13, 2012

Aug. 16-25, 2012



PROGRAM DESCRIPTION:

A yoga, meditation and dance course that will focus on rebalancing energy and repairing problems within our bodies while we go in search of the sacred. We will practice sacred dances, meditation and dervish yoga coming from India and Tibet as well as other places.

The goal is to focus on stimulating and harmonizing all our physical, emotional, mental and spiritual resources, allowing us to be more at peace, more creative, and more joyful in our daily lives.

In the afternoon, we will discover beautiful waterfalls, springs, beaches and small villages on this spiritual island and we will share and discuss and speak about the science of movement.

On the last morning, we will dance in the temple dressed in white where hundreds of years ago people danced to achieve better vibrations.

WHERE: Samothrace, Greece



Samothrace (or Samothraki) is an enchanted Greek island in the northern Aegean Sea that is rich in natural wonders. It has clear streams, cascading waterfalls and rock ponds for swimming. The secluded coastline has both sand and pebble beaches to explore. With its high mountain ranges and natural green environment dominated by trees, you will be able to relax and enjoy. Explore the Sanctuary of the Great Gods, a religious sanctuary celebrated throughout the world of Ancient Greece for its Mystery religion where thousands of people were initiated.

Take pleasure in the sulfur springs as well as cafes, restaurants and free cultural entertainment that the island has to offer.

Come join us...this spiritual island awaits you.



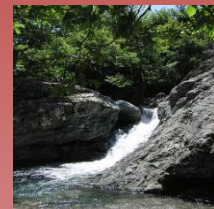
ACCOMMODATIONS: Participants of the workshop will stay in bungalows in a hotel in Therma that boasts medicinal baths and is surrounded by natural beauty.



COST: 1200 euros (airfare not included but we can arrange it)

INCLUDES:

- 9 days of yoga (4 hours each day-2 in the morning and 2 in the early evening)
- 9 night accommodation (based on double occupancy)
- Breakfast every morning
- 2 excursions on the island in rental car
- 24 hour access to our representative on the island



INSTRUCTOR: The yoga classes will be taught by Marco Bendonì, a professional dancer and yoga instructor.

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OR

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