



HATHA KRIYA YOGA
MEDITATION

IOS ISLAND, JUNE 14TH - 18TH, 2018

Thursday 14/06

18.00 Introduction

19.30 Dinner

21.00 Meditation

Friday 15/06 – Saturday 16/06 – Sunday 17/06

06.00 Meditation

07.00 – 7.30 Tea Break

07.30 Hatha Kriya Yoga and Meditation

10.30 Breakfast

16.00 Hatha Kriya Yoga and Meditation

19.30 Dinner

21.00 Meditation

Monday 18/06

05.30 Meditation

06.30 Hatha Kriya Yoga and Meditation

09.00 Breakfast

Love and

Light



HATHA KRIYA YOGA ***MEDITATION***

IOS ISLAND, JUNE 14TH - 18TH, 2018.

Arrival day: Thursday the 14th of June

Departure day: Monday the 18th of June

Ios is a beautiful island. Maganari is a quiet and ideal retreat place. We will use 'Venus Hotel' next to the sea and practice in a shaded area. Breakfast and dinner are served at 'Venus restaurant'.

We will travel with the 'High Speed Boat' departing on Thursday the 14th of June early morning - 7.30 Piraeus Port to Ios Port - and return on Monday the 18th of June - 13.00 leaving Ios port to Piraeus port.

You can use any travel agent to book your boat tickets.

Or you can contact Mr. Vasilis Sotirelis (travel agent) 0030 210 8001192 and 0030 210 6200431.

Last Day of Booking 4th of June, if places are available (12 people max).

The cost for the retreat is:

Single room: 35 euros/day * 4 days is 140 euros.

Double room: 40 euros/day * 4 days is 80 euros per person, 160 euros.

Breakfast and Dinner: for 4 days is 130 euros per person.

Yoga Lessons: for 4 days 285 euros per person.

(24% tax receipt is already included in the cost).

When we'll arrive at the port of Ios, we'll need to use a taxi to reach Maganari – Venus Hotel. The total cost for the taxi for both ways is 20 euros per person and we'll pay the taxi driver cash.

Room Cost	Single room or Double room
Breakfast/Dinner	130 euros
Yoga Lessons	285 euros
Boat ticket	about 100 euros
Taxi	20 euros

To book your place please deposit the 30%. We will send you details for the bank account.

When booking your place for the seminar please inform us:

- What room you like to stay in**

- **Any kind of allergies you might have, or any kind of medication you use.**
- **Let us know the time of your arrival at los port, so we can arrange your transportation.**

Things you need to bring with you:

A yoga mat or a big towel for your practice.

A light cover or a big cloth for meditation, if temperature gets low.

A torch

Mosquito repellent

Sun Block

Your good will !!!

Light

Love and

Marcel and Korina