

Halki Yoga 2024

The essential elements of Yoga,
Meditation and Pampering



We are running a 6-day yoga experience on the beautiful island of Halki between 14th and 19th of September



- Halki is a beautiful unspoilt island approximately an hour's ferry ride away from Rhodes. It offers authentic Greek charm and tranquillity and is a world away from the hustle and bustle of day to day life. The island has 3 secluded beaches and a couple of interesting walks. There is a small harbour with a dozen or so bars, restaurants and shops.
- The simplicity of the island allows you to relax and unwind with little distraction and helps you focus on the 3-4 hours per day we will dedicate to yoga, meditation and breathing. In addition, lectures on Ayurvedic philosophy and lifestyle, will be given by our qualified Ayurvedic practitioner. There will be plenty of time during the day to sun bathe, swim, go for walks, stop by for a coffee or simply to chill out next to the crystal waters of the Mediterranean.
- If pampering is your thing, we have both a qualified beautician and an accredited practitioner of Therapeutic Massage, Aromatherapy and Reflexology.



Program

- Meditation
- Morning Vinyasa Flow Yoga
- Pranayama
- Breakfast
- Ayurvedic/Therapeutic Lectures
- Free time
- Adjustment Classes
- Evening Yin/Hatha Yoga
- Free time



What's included

- Price of the 6 day retreat is £430
- **Price includes:** -
 - Daily Meditation
 - Yoga x 2 sessions daily
 - Ayurvedic lifestyle and philosophy lectures
- **Price excludes:-**
 - Flights
 - Accommodation
 - Transfers to and from Rhodes airport to the island of Halki
- **Also available (at extra cost)**
 - Beauty treatments/Therapy Treatments
 - Diving taster session (or PADI course)
 - Day trips around Halki and other Islands



Retreat Details

Week 1 – Sat 14th – Thu 19st Sept

There will be an opening circle at 6 pm on the evening of the 13th September. This is a lovely way of setting your intention for the week, meeting the group, program discussion and covering safety guidance.

The retreat is delivered on the Island of Halki.
We are always happy to help with travel and accommodation suggestions.
Qalbi Yoga cannot be held responsible for disruptions to travel or accommodation





The new essential element

Maria Pettman

Maria is a Yoga Alliance Qualified Vinyasa Yoga teacher and Yin yoga teacher.

She has worked in healthcare for over thirty years, with an Msc in Advanced Nurse Practice, clinical prescribing qualification she is currently a nurse consultant with JAG registration Bowel Cancer Screening.

Her initial interest in natural health stemmed from the indigenous Australian communities she worked with in the 90's. She went on to qualify in reflexology, therapeutic massage and aromatherapy





Rooted Wisdom

Gail Hooley

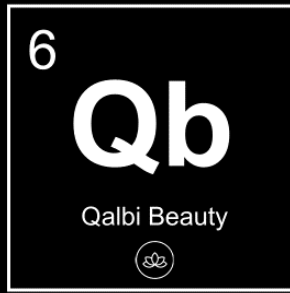
Gail is a Holistic Health and Wellbeing Practitioner

Her training and expertise are rooted in the sister sciences of Ayurveda and Meditation.

She is a Certified Ayurvedic Consultant with a strong background in nutrition, health, weight management and sleep issues.

She is also a Chopra Certified Ayurvedic Perfect Health Teacher and a qualified Laughter Yoga Instructor, which she teaches both therapeutically and just for fun!





The luxury element

Yasmin Castle

Yasmin is certified beauty therapist with an honours degree in fine art from Manchester Metropolitan.

She is also a qualified Hatha and Yin yoga teacher.





2023

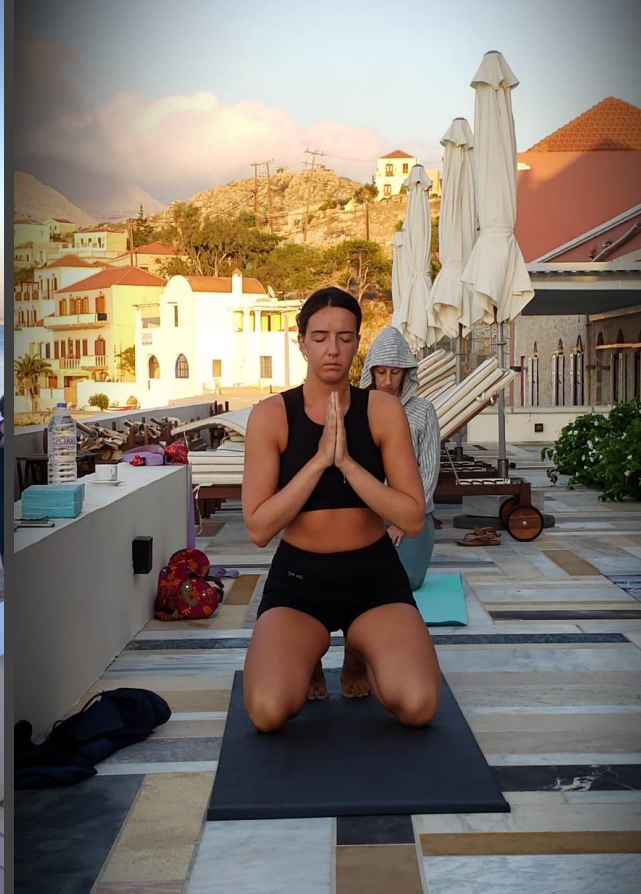


2022

2021







2019

