

# Qalbi Yoga Retreat 2020

Yoga and Meditation in Relaxing  
Paradise

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We are running two 6-day yoga retreats on the beautiful island of Halki between **Sunday 20<sup>th</sup> September** and **Saturday 3<sup>rd</sup> October 2020**.

- 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 daily 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.





# Program

Morning Vinyasa Flow Yoga

Pranayama

Breakfast

Ayurvedic/Therapeutic Lectures

Free time

Evening Yin Yoga & Meditation

Free time



# What's included

Price of the retreat is £800 (based on 2 people sharing)

Single Supplement +£200.

**Price includes: -**

- Daily Meditation
- Yoga x 2 sessions daily
- Ayurvedic lifestyle and philosophy lectures
- Accommodation & Breakfast

**Price excludes:-**

- Transfers to and from Rhodes airport to the island of Halki
- Flights
- Lunch & Evening meals
- Beauty Treatments (available at extra cost)



# Retreat Details

Due to a high interest in 2019 this year we have decided to run two retreats back to back.

## **Week 1.**

**Sunday 20<sup>th</sup> September – Friday 25<sup>th</sup> September 2020**

## **Week 2.**

**Monday 27<sup>th</sup> September – Saturday 3<sup>rd</sup> October 2020**

There is flexibility to add extra nights onto your stay, before the beginning of the first week or after the end of the second week. Extra nights should be paid directly to the hotel.







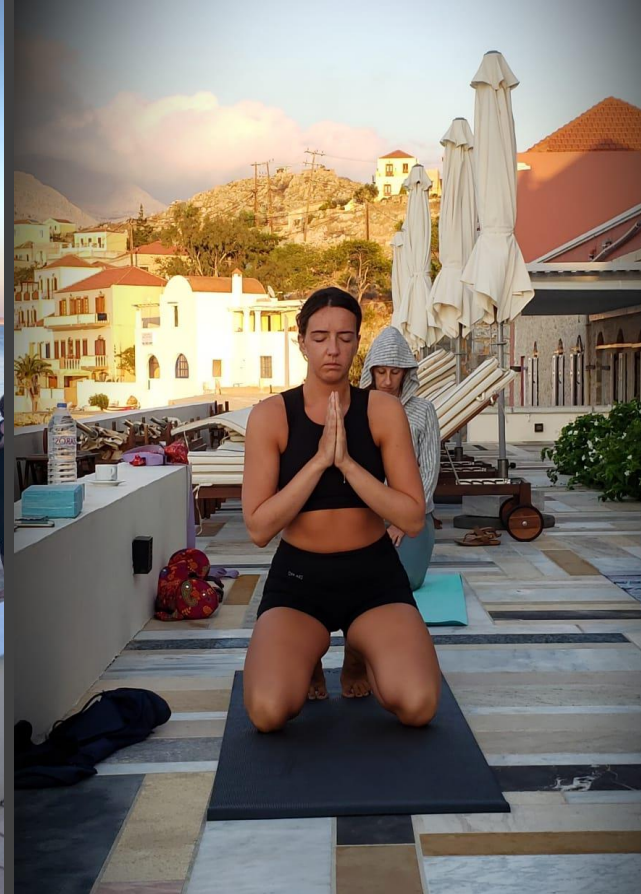
**Yasmin Castle - Yoga Alliance Registered Hatha (dynamic flow) Yoga and Yin Yoga teacher.**



**Maria Pettman – Yoga Alliance Registered Hatha (dynamic flow) Yoga and Yin Yoga teacher, ITEC qualified aromatherapist and remedial masseuse, IFR qualified Reflexologist. 30+ Nursing with MSc In Advanced Nurse Practice**



**Gail Hooley - Chopra Certified Ayurvedic Instructor, Nutritional Health Educator and McLean Meditation Academy Teacher**



2019





2018

