

ASHTANGA YOGA RETREAT

WITH BELA LIPAT AND CLIFTON OTTENS

27 SEPTEMBER – 4 OCTOBER 2018 | AMORGOS, GREECE

ESCAPE TO AMORGOS!

Join our 7 Nights Ashtanga Yoga Retreat in a spectacular setting on the island of Amorgos. You will stay at **Aegialis Hotel and Spa**, awarded by CNN for being one of the top five yoga destinations in Greece.

Start each morning with meditation and pranayama classes followed by Ashtanga Mysore style or led with Bela. In the afternoons, you will have yoga workshops with Clifton on alignment and technique, and end with some meditation and philosophy talks.

Your home away from home will be Aegialis Hotel and Spa featuring Superior well-appointed rooms with your choice of Single or Twin-Sharing rooms with balcony overlooking the sea.

Daily breakfast buffet and dinners are included. There will be plenty of time to kick back and enjoy the stunning views, relax by the pool, indulge in a massage and spa treatments, go to the beach, or explore the island. Come join us for a retreat like no other.

**TREAT YOURSELF TO A WEEK OF YOGA,
MEDITATION. SUN. SAND. SPA. AND
RELAXATION!**

HIGHLIGHTS

- DAILY ASHTANGA - MYSORE AND / OR LED CLASS
- DAILY MEDITATION AND PRANAYAMA CLASS
- BEGINNERS INTRODUCTION TO ASHTANGA YOGA
- YOGA WORKSHOPS AND PHILOSOPHY TALKS
- 30-MINUTES SWEDISH MASSAGE
- AFTERNOON HIKE
- 7 NIGHTS ACCOMMODATION
- SUPERIOR ROOM - WITH BALCONY AND SEA VIEW
- FREE USE OF SPA FACILITIES





ACCOMMODATION

You will stay at Aegialis Hotel and Spa on beautiful Amorgos Island, awarded by CNN for being one of the top five yoga destinations in Greece. Accommodation choices are either Twin Sharing or Single Room. All are Superior rooms with handmade forged iron beds, classic line furniture, and designer linens to set the mood. These rooms feature state-of-the-art facilities with a minimal Cycladic design mentality giving an elegant, yet modern and luxurious comfort.

The hotel and spa features an Olympic-size sea-water pool with free sun loungers, umbrellas, and showers, and spa and gym facilities. Aegialis is located within walking distance from the sandy beaches Aegiali and Levrosos. Each room offers a flat screen television, free Wi-Fi internet, direct telephone line, air-conditioning, a private balcony, a fridge, coffee and tea facilities, kettle, hair-dryer, safety box, bathrobes and pool towels, slippers, and a bathtub. You are free to access the spa including sauna, hammam, jacuzzi, indoor swimming pool, and the fitness center.



LOCATION

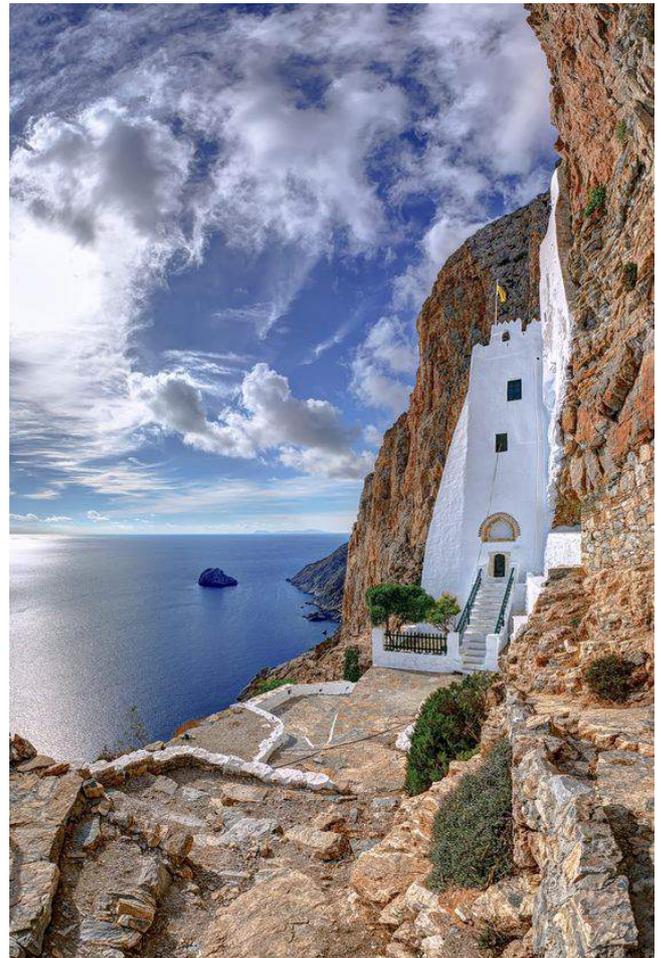
The retreat will take place in Amorgos, Greece. Life on Amorgos is magical. There is literally a magnetic field underneath the island so you can feel the energy the moment you arrive. Geographically, the island is located in the southern Cycladic region, between Mykonos and Santorini.

Yet, Amorgos, with its unspoiled beauty and the natural energy, makes it the perfect place for your yoga practice.

Amorgos is a remarkably unspoiled island at the south-eastern edge of the Cyclades group, where traditional customs are still inextricably interwoven into a landscape as rich in beauty as in its history and culture. Originally inhabited by seafarers from Asia Minor in the fourth century BC, the island now cradles people who enjoy a lifestyle that has been shaped by a varied and dramatic past. This is a place that appears untouched by time, but where the inhabitants quietly preserve one of the best-kept secrets of the Aegean region.

There are two ports on the island, Katapola and Aegiali, where ferries, catamaran, and hydrofoils call connecting Amorgos to other islands and the mainland. There are several beaches along the coastline. In Aegiali, the beach is long and sandy, starting from the edge of the fishing village Ormos. Levroso, Psili Ammos, and Hohlakas are a 15-minute walk from the port, while they can also be reached by small boat on a regular schedule.

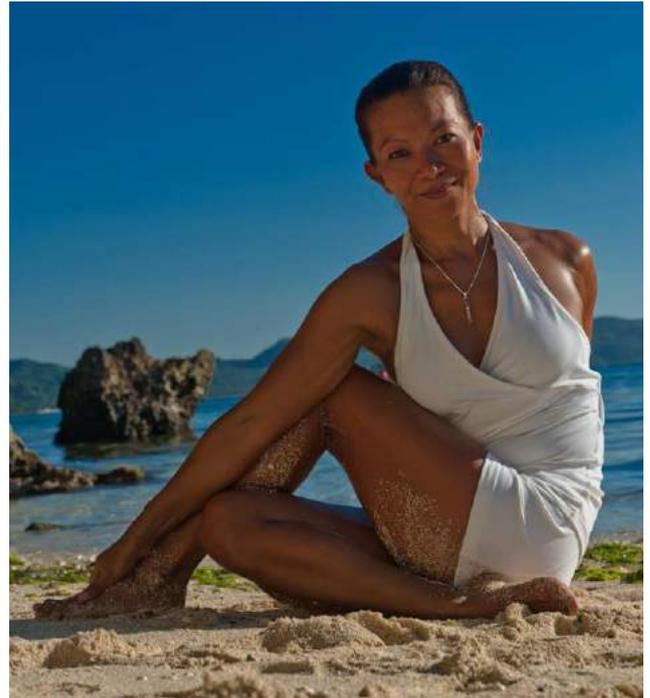
On the other, steep side of Amorgos, below the Byzantine Monastery of Panagia Chozoviotissa, lies the beach of Agia Anna, famous for the clear blue and turquoise waters. Here is the location where the famous movie "The Big Blue" was filmed, making Amorgos known around the world.



LEAD TEACHER – BELA LIPAT

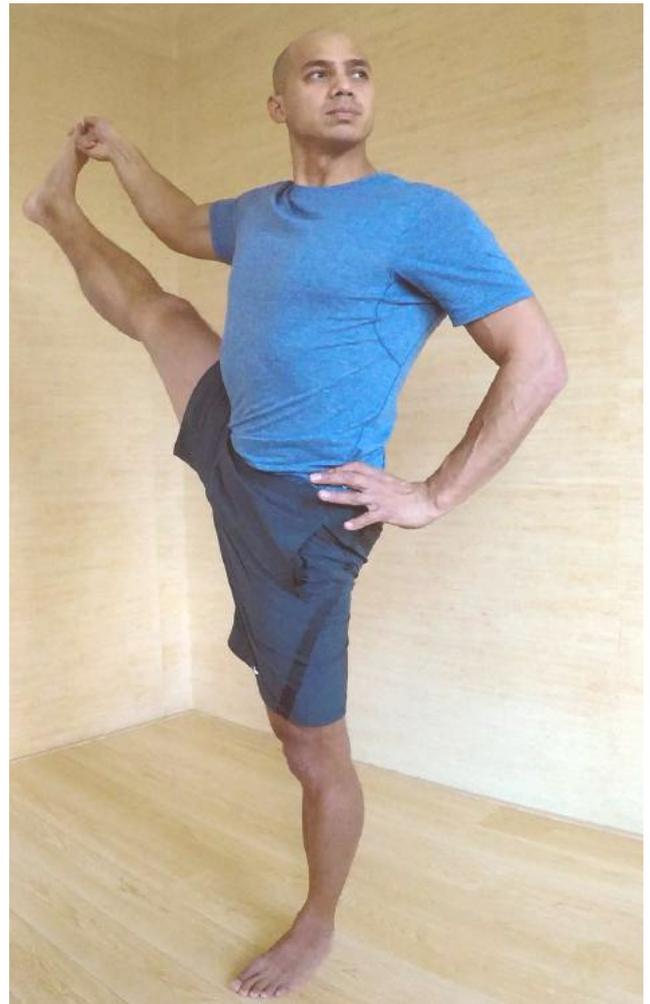
Bela has been teaching Yoga since 1996. Born in the Philippines, and raised in San Francisco, California, Bela was introduced to Yoga, Vedanta and Buddhist practices in her childhood by her mother. She practiced Sivananda Yoga for 10 years and tried other styles as well until she found Ashtanga Yoga, which transformed her life. In 2004, she started going to Mysore to study with Shri K. Pattabhi Jois and his grandson Sharath Ranganaswamy Jois and is Authorized to teach the Primary Series by Sharath R. Jois. Bela is dedicated to Ashtanga Yoga's traditional style as taught by Guruji and Sharath.

In the field of meditation, Bela studied Tibetan Vajrayana Buddhist Meditation, Transcendental Meditation, and was initiated to Kriya Yoga in the lineage of Paramahansa Hariharananda, maintaining however, Vipasanna Meditation as her primary practice, having completed 17 10-day Vipasanna courses.



CO-TEACHER – CLIFTON OTTENS

Always drawn to sports and being physically active, Clifton practiced Chinese Martial Arts from a young age. After his study he worked in the field of physical education and personal training. In 2013, Clifton was introduced to Ashtanga yoga by Bela and got inspired to deepening his yoga and Vipasanna meditation practise. Since then, Clifton has a dedicated yoga practice. Daily meditation gives him peace, strength and insight to understand and bring awareness to one's own body. This awareness is the balance of the body and mind. Clifton's goal is to help bridge the gap between the two and be able to share his passion for yoga and movement through teaching. It inspires change and growth in his life daily.



THE PRACTICE

On the first morning, we will have a led class including technical details of the vinyasa and the postures from KPJAYI Authorized Ashtanga Teacher Bela Lipat. The following days, we will have Mysore-style morning sessions. The classes are suitable for all levels, focusing on both practice and philosophy as well as an opportunity for you to ask any questions.

We welcome both beginners and more experienced practitioners. For those completely new to the practice, Clifton will hold a separate Beginners Introduction on the first morning as needed.

In the afternoons, depending on the needs and condition of the participants, Clifton will lead classes in alignment and technique. You will get personal attention and correction with the practice adapted to your personal level.

Classes are in English with Bela and with Clifton, Dutch and English.

FOOD

All meals will be organic and hand-picked from the hotel's garden. Your daily breakfast is served on buffet, daily with organic ingredients from the resort's own garden plus fresh orange juice. Dinner includes vegetarian and vegan dishes. In case you have any food allergies, just let us know when booking and we will take care of it.

The following dietary requirement(s) are served and/or catered for:

- Vegetarian
- Vegan
- Organic
- Other dietary requirements on request

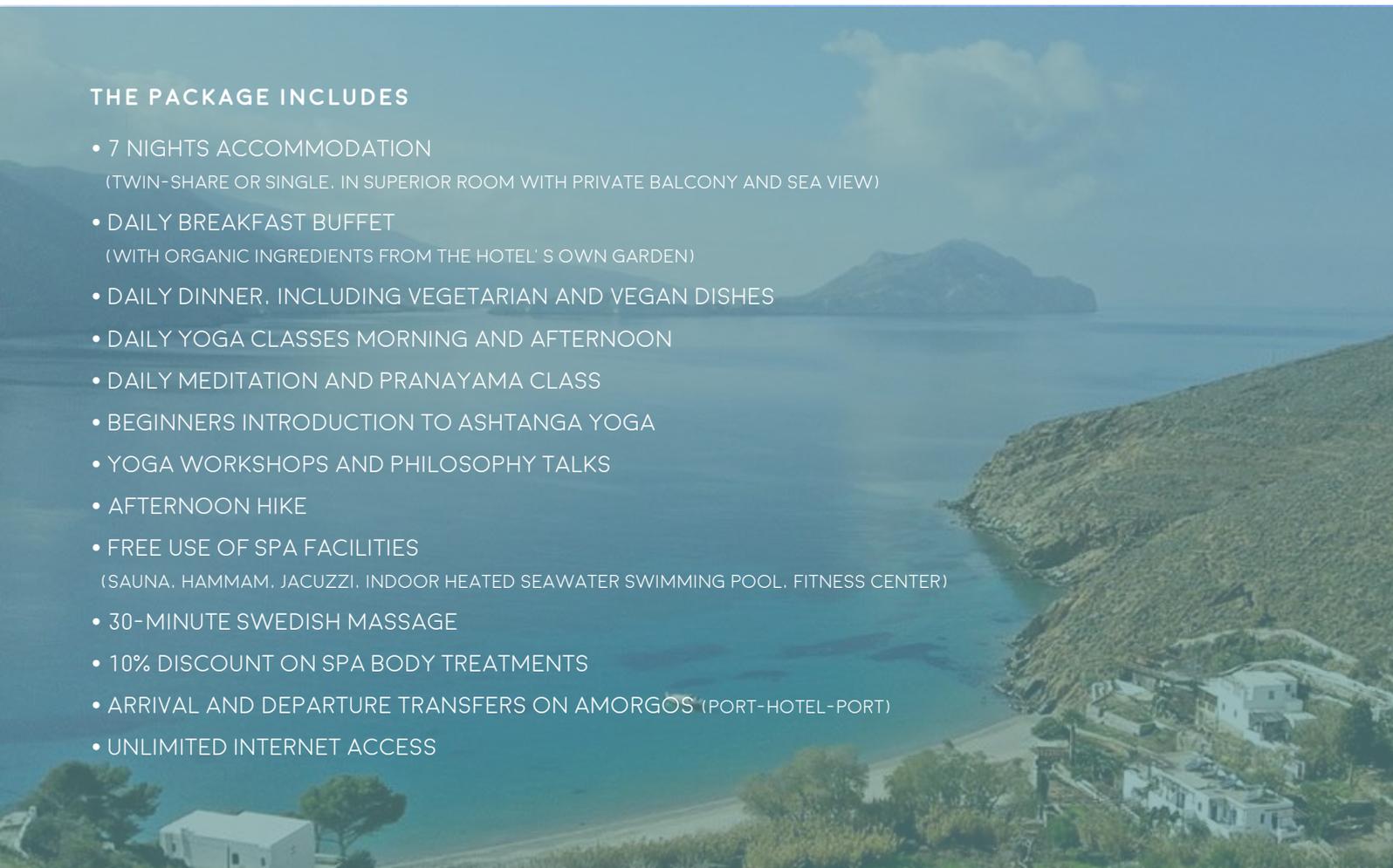
If you have special dietary requirements, let us know when making your reservation.

DAILY SCHEDULE

06:30 - 09:00	MEDITATION, BREATH WORK, ASANA PRACTICE
09:00 - 10:30	BREAKFAST AND FREE TIME
10:30 - 16:30	FREE TIME
16:30 - 18:30	YOGA WORKSHOP
18:30 - 19:15	MEDITATION / YOGA NIDRA / PHILOSOPHY
19:00 - 21:00	DINNER AND FREE TIME

THE PACKAGE INCLUDES

- 7 NIGHTS ACCOMMODATION
(TWIN-SHARE OR SINGLE, IN SUPERIOR ROOM WITH PRIVATE BALCONY AND SEA VIEW)
- DAILY BREAKFAST BUFFET
(WITH ORGANIC INGREDIENTS FROM THE HOTEL'S OWN GARDEN)
- DAILY DINNER, INCLUDING VEGETARIAN AND VEGAN DISHES
- DAILY YOGA CLASSES MORNING AND AFTERNOON
- DAILY MEDITATION AND PRANAYAMA CLASS
- BEGINNERS INTRODUCTION TO ASHTANGA YOGA
- YOGA WORKSHOPS AND PHILOSOPHY TALKS
- AFTERNOON HIKE
- FREE USE OF SPA FACILITIES
(SAUNA, HAMMAM, JACUZZI, INDOOR HEATED SEAWATER SWIMMING POOL, FITNESS CENTER)
- 30-MINUTE SWEDISH MASSAGE
- 10% DISCOUNT ON SPA BODY TREATMENTS
- ARRIVAL AND DEPARTURE TRANSFERS ON AMORGOS (PORT-HOTEL-PORT)
- UNLIMITED INTERNET ACCESS



RATES

EARLY BIRD RATE - BEFORE 25 MAY 2018

€896 TWIN SHARE ROOM

€1155 SINGLE ROOM

UPON REQUEST - SMALL GROUPS

€840 TRIPLE ROOM

€765 QUADRUPLE ROOM

REGULAR RATE - AFTER 25 MAY 2018

€1050 TWIN SHARE ROOM

€1295 SINGLE ROOM

UPON REQUEST - SMALL GROUPS

€990 TRIPLE ROOM

€915 QUADRUPLE ROOM

EXCLUDED

* ALL RATES ARE PER PERSON AND EXCLUDE TRAVEL COST AND TOURIST TAX

* TRIPLE AND QUADRUPLE ROOM ARE ONLY AVAILABLE FOR
PRE-ARRANGED GROUPS

TOURIST ACCOMMODATION TAX

Aegialis Hotel & Spa applies a tax of €4 per room, per night on each stay. This amount shall be paid preferably in cash, upon arrival or during stay, at the Hotel.

TRAVEL

You are responsible for getting to Amorgos. If you would like help with please contact Aegialis Tours, also owned by the hotel, and they can coordinate your transfers, hassle-free.

The best option is to fly into Athens. From there you can take the **Blue Star Ferry** to two ports of Amorgos, Katapola or Aegiali. The ferries don't arrive to Amorgos until the late evening. Don't worry, our first yoga class isn't until the morning of the 28th. The ferry from Piraeus Athens port departs at 17:30 in the evening, which means that your flight shouldn't land after 15:00 in order to have enough time to catch the ferry.

The hotel will arrange transport from the port of Amorgos to the hotel.

OPTIONAL GROUP EXCURSIONS

- Monastery of Panagia Hozoviotisa
- Saint Irene's chapel
- Trekking
- Visit a traditional essential oils distillery
- Virgin island Nikouria

JOIN US AND BOOK YOUR SPOT!

PAYMENT POLICY

- An initial deposit of 50% of the total amount is expected upon reservation.
- The remaining 50% of the total amount is due before 31-07-18.
- Reservations after 31-07-18 will be paid in full at time of booking. This payment is non-refundable.

CANCELLATION POLICY

- Bookings cancelled up to 31-06-18, deposit/payment is 100% refundable.
- Cancellations made before 31-07-18, 50% will be refunded.
- Cancellations made after 31-07-18, no refunds can be given.
- In case of emergency it's possible to transfer your booking to someone else.

JOIN US AND BOOK YOUR SPOT!

For more info and bookings, contact BC.YOGA.RETREATS@GMAIL.COM



ABOUT ASHTANGA YOGA

The term "Ashtanga yoga" is taken from the "Yoga Sutras of Patanjali", one of the most important classical yoga texts. "Ashtanga" means eight limbs. Patanjali describes them as follows:

1. Yama: Universal morality (your behavior in relation to others). The five yamas are ahimsa (non-violence), satya (truth), asteya (non-stealing), brahmacharya (continence, self-restraint), and aparigraha (non-greed).
2. Niyama: Personal observances (your behavior in relation to yourself). The five niyamas are sauca (purity), santosha (contentment), tapas (discipline), svadhyaya (self-study), and ishvara-pranidhana (devotion to God).
3. Asanas: Postures
4. Pranayama: Breath control
5. Pratyahara: Sense withdrawal
6. Dharana: Concentration
7. Dhyana: Meditation
8. Samadhi: Union with the divine / self-realization

The first four externally oriented limbs must be established in order for the last four internally oriented limbs to evolve. In Pattabhi Jois' system of yoga, you begin by focusing on the third limb - asana, but through the Vinyasa technique, you are introduced to pranayama, pratyahara, and dharana also. Without observing the yamas and niyamas, the asanas become just a form of exercise. So, all the limbs are intertwined and all must be practiced in order to reach the state of yoga.

ABOUT MYSORE SELF-PRACTICE

Mysore yoga is the traditional way to learn Ashtanga yoga as taught at the KPJAYI in Mysore, India. Students gradually learn and memorize the sequence, practicing at their own pace, with individual instruction and adjustments from the teacher as needed. New postures are taught one by one as and when the student is ready. This method allows for students of all levels, from beginners to advanced, to quietly practice side by side in the same class. A regular commitment to Mysore style yoga practice is the best and most rewarding way to benefit from the Ashtanga system of yoga.