

Yoga Retreat

By the sea in Greece

Go with the flow

28 Sep – 5 Oct, 2024

Sorry
SOLD OUT

Nartana
yoga & cranio

Single Room	Single occupancy	EUR 1508 per person
Double Room	2 People	EUR 1152 per person
Attic Room	Single occupancy	EUR 1271 per person

Please register via email: nartana@hotmail.com

Attendance can only be confirmed once payment has been received

Namaste: Susan–Nartana Bacher +41 76 438 9093

... a journey inwards, re-connection to yourself, relaxation, rejuvenation and fun in the sun!

Week Package



- Check-in Saturday (28.09) from 14:00
- Check-out Saturday (05.10) @ 11:00
- 7 Nights (incl. VAT & Wi-Fi)
- Half-Board Vegetarian (Breakfast / Dinner)
- Free drinkable water
- Snack / Tea / Fruit etc

Yoga



- 4 hour 15 min daily practice
- Yoga, Pranayama & Meditation
- Sunday > Friday
 - 1 hour Meditation & Pranayama (before breakfast)
 - 1 hour 45 mins Yoga Asana (before breakfast)
 - 1.5 hours Yin Yoga (before dinner)

Leisure time



- Direct access to the Mediterranean
- Swimming
- Walking
- Or hang out, Pratyahara (withdrawal of the senses)

Please contact me for further information regards the retreat center and travel directions at nartana@hotmail.com

Transport from Athens airport can be organised if required