

# Yoga Retreat

*By the sea in Greece*



Single Room	1568 per person
Double Room	person
Attic 1 Room	Single occupancy person
Attic 2 Room	Single occupancy person

Please register via email: [nartana@hotmail.com](mailto:nartana@hotmail.com)

Attendance can only be confirmed once payment has been received

Namaste: Susan-Nartana Bacher +41 76 438 9093

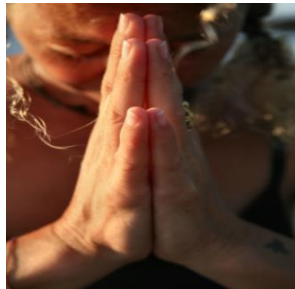
... a journey inwards, re-connection to yourself, relaxation, rejuvenation and fun in the sun!

## Week Package



- Check-in Friday (26.09) from 14:00
- Check-out Friday (03.10) @ 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
- Saturday > Thursday
  - 1 hour Meditation & Pranayama
  - 1 hour 45 mins Yoga Asana
  - 1.5 hours Yin Yoga / Yoga Nidra

## 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 centre and travel directions at [nartana@hotmail.com](mailto:nartana@hotmail.com)

*Transport from Athens airport can be organised if required*