

'The Magic of Life'

18-27 August 2011

Connect with Real Life for the First Time... See the Magic of Life!

*A Retreat by Bessy Trigka
(Forrest Yoga Teacher)*

Enjoy Practicing Yoga and Craft your Activities in the Greek island of Amorgos, an island full of energy...!

Stay in touch with your Yoga Practice and do your Favorite Activities during your Summer Vacation.
Relax with a Massage anytime during the day.

- Learn more about your Body and Connect with your Spirit
- Face your Strong Self
- Stay Active and Alive
- Get all the strength you need to become a Warrior for the Winter

Start your day with a Yoga session, get the energy from the Sun and move your body with the rhythm of the nature.
Walk, swim, bicycle, explore the sea, explore the wild rocky hills of the island, and notice how you manage to have a natural body conditioning, just play in the sea and go with a kayak to places where nobody can normally go, feel the touch and the energy through a massage!

Following or participating in some of the next activities every day and you will realize
'The Magic of Life' that is hidden inside you.

The Magic Steps:

- Wake-up
- Morning Stretching - Forrest Yoga
- Breakfast
- Free Time - Preparation
- Energetic Activity
- Free Hours
- Forrest Yoga Session
- Free Time - Preparation
- Dinner
- Drinks

Energetic Activities:

- ✓ Aqua Aerobic
- ✓ Body Conditioning in Nature (TRX)
- ✓ Bicycling
- ✓ Diving
- ✓ Hiking
- ✓ Kayak

Additional Treatments:

Massage (Deep Tissue Massage, Relaxation Massage, Aromatherapy Massage)

The retreat package includes 8 nights' accommodation, breakfast, and Yoga with Bessy Trigka. The energetic activities are extra but in a surprise cost, so that you can try them all.

There is maximum number of 25 Happy and Lucky participants - Please reserve NOW to join this magical trip!

Register before the 12th of August 2011

Things to bring with you: Yoga mat (if you have), shoes for hiking, swimming suits, hat, sun care oil, diving masks (optional), bicycle (optional)

Boat Tickets: Ask for availability, some tickets have been booked for YOU !

Deadline: 12th of August

Maximum: 25 Warriors

Contact: Nadia at: +30 6937 260 670

