



# AWAKENING TO JOYFUL PRESCENCE



 19 - 26 May 2024  
 Lesbos Island,  
Greece

JOIN US

# WHAT TO EXPECT...



## **The building**

The building which today has been completely converted into a centre for yoga and the study of energy and healing practices, was originally a traditional Greek tavern and small hotel. The building, which overlooks the Gulf of Kalloni (the sea is just a few metres from the house), is completely secluded and set in a natural environment of exceptional beauty. This area is a paradise for all birdwatchers who come to the island, especially in the spring months, from all over the world to admire pink flamingos, black and white storks, peregrine falcons and many other migratory birds of rare beauty. The gulf is an important breeding area for many fish species that make this stretch of sea teeming with life. It's location, the natural context in which it is found, the peace, the silence and the strength of the elements, make this an ideal place to totally immerse oneself in the study and practice of the various disciplines, leaving behind all the physical and emotional burdens that normally crowd our lives.

## **Types of accommodation**

The centre provides five rooms with bathrooms, and another five rooms with bathrooms are available 800 metres away. The centre offers accommodation in double rooms with single beds and in single rooms (for an additional charge).

## **The food**

All meals are carefully prepared by the centre staff directly in the centre's spacious kitchen. The raw materials and ingredients, all locally produced, are of the highest quality because they are grown in a healthy, unpolluted environment on lava soil that is rich in nutrients. Meals include breakfast, lunch and dinner. Plenty of fruit from the garden, herbal teas, water and various drinks are available throughout the day. Meals are vegetarian/vegan based with a strong Greek/Middle Eastern influence.

# WHAT TO EXPECT...



## What to see

In Lesbos, needless to say, there is much to see and do. To see everything, one must stay on the island for a long time, at least ten days or return several times, and we are sure that the island will tempt anyone with this desire. Some of the best attractions are the hot spring of Polichnitos and the petrified forest. Other things to see on Lesbos are the monasteries of Limonos and Taxiarchis, the Roman aqueduct and the castle of Mytilini.

## How to get there

Lesbos is located in the archipelago of the north-eastern Aegean islands and is the largest of the group in size. Due to its importance, it has very easy connections with Athens, where there are several internal flights every day throughout the year. If you want to save money, there are good connections by ship every day of the year. Ships also stop in Chios and often go as far north as Thessaloniki. From some European countries you can fly directly to Lesbos, which has a small but modern international airport. If you cannot find a direct flight to Mytilene, fly to Athens and from there take another flight to the island.

## The beaches

Like the traditional villages, Lesbos' beaches are numerous, indeed, practically endless. From kilometres of sand and pebble beaches to quiet coves, you are spoilt for choice. The most famous are basically four, all far apart in terms of surface area. To the south, around the village of Plomari, is Agios Isidoros, to the north, just below Molyvos, Petra. The most famous beach in the western part of Lesbos is Skala Eressous, while along the same coast, but on the opposite side, is the beach of Vatera. All are very extensive and all have ample space to relax without crowds even in the middle of August.

# WHAT TO EXPECT...



## The island

This island, despite being a UNESCO World Heritage Site, does not have a tourist presence comparable to other Greek islands such as Santorini, Mykonos or Rhodes. Lesbos is nonetheless a generous and independent island, with its own well-defined profile in the Greek economy and full of interesting things to discover and, of course, to enjoy. It is the home of Sappho (a famous poetess of the Classical period), the best Hellenic olive oil, the undisputed capital of ouzo, retsina (local aromatised wine), boasts a curious and unique petrified forest and its capital, Mytilene, is rich in historical vestiges and has a great student life that enlivens it even during the long winter months.

The island's nature is lush and generous: millions of olive trees alternate with dense forests, but also leave room for desolate valleys and barren mountains. And then there is the endless coastline, for long stretches unknown to mass tourism, solitary but welcoming, familiar only to the almost 300 species of migratory birds that choose to stop here every year.

Lesbos is an island where Greek daily life does not let itself be dazzled by the easy money and somewhat kitsch of boorish and naive tourism. It lives its routine with optimism and appreciates the fact that those who come here have not chosen their destination at random.



# GALLERY

