

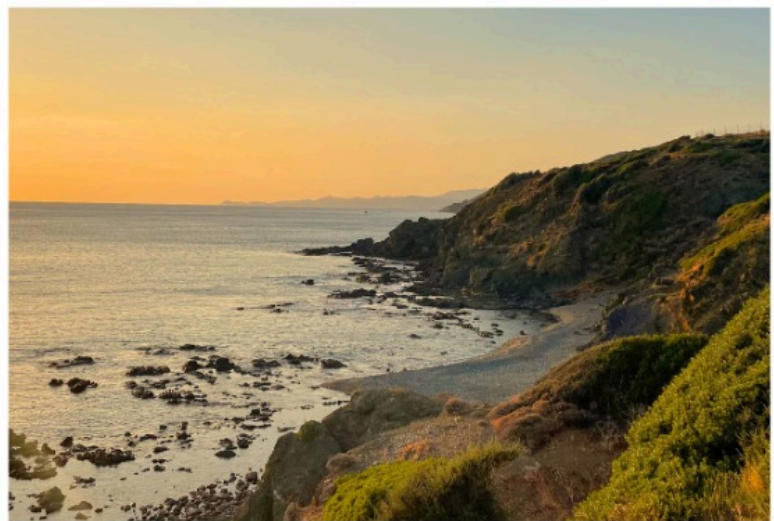


## **BREATH OF AWAKENING: A JOURNEY OF INNER DISCOVERY**

Unlock inner peace and clarity through  
breathwork and self-exploration

Mediterranean Retreat Center nestled in the  
pristine Kalloni Bay on Lesbos Island, Greece

**SEPTEMBER 28th - OCTOBER 5th 2024**



**Aletheia**

international school  
of yoga therapy and  
integrative medicine

[aletheiayogaschool.com](http://aletheiayogaschool.com)

Contact us!  
[info@holismos.com](mailto:info@holismos.com)  
+39 338 3824 280  
+49 176 557 557 83



## RETREAT PROGRAM

- ✦ Daily meditation, pranayama, and varied asanas
- ✦ Advanced breathwork workshops to reduce stress, release emotional blockages, and enhance clarity
- ✦ Introspective activities like guided meditations, journaling, and group discussions
- ✦ Apply all practices in the tranquil setting to deepen the integration of your learning

## PRICES

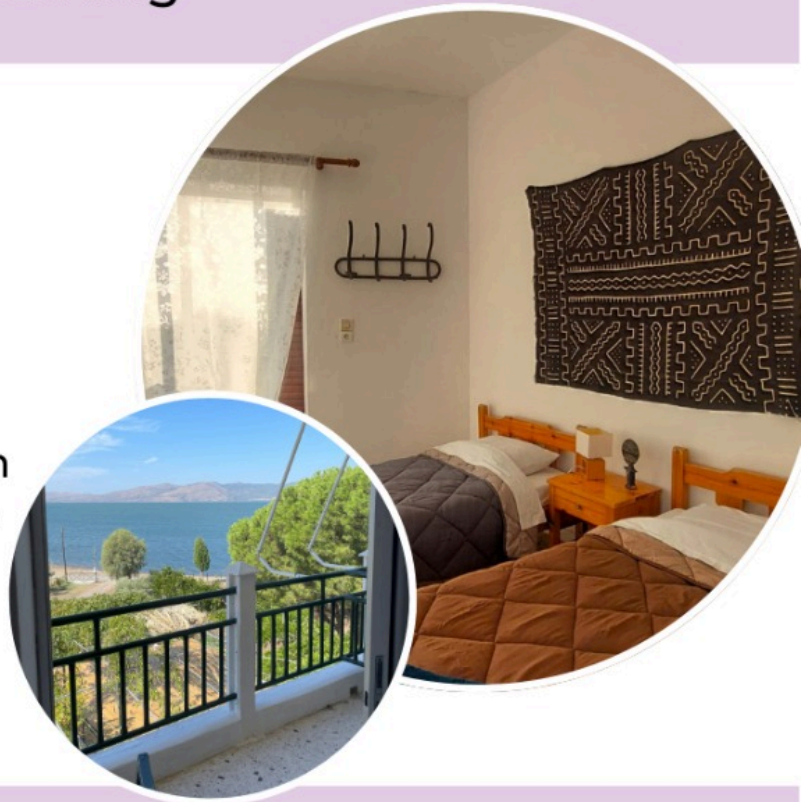
900€ in a single room

750€ in a shared room

(incl. 3 meals per day, snacks, airport pick-up and drop-off, course material)

**15% off** when booking our “Breath Awakening” **AND** “Holistic Health retreat” (2 consecutive weeks)

All rooms have a balcony with a sea view overlooking Kalloni Bay.



## YOUR TEACHERS



**Kerstin Isa**

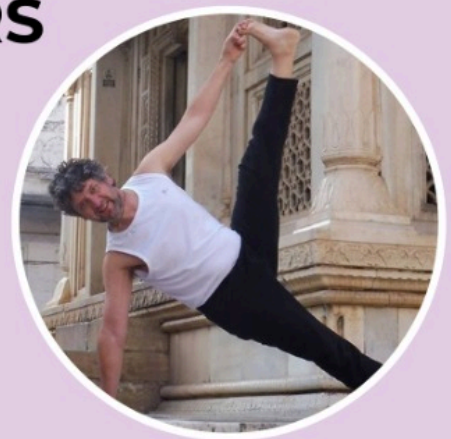
500h Master Yoga Teacher,  
Alternative practitioner in  
somatic psychotherapy,  
Holistic massage therapist

Languages spoken  
by the teachers:  
English, German,  
Italian, Spanish



**Alethèia**

international school  
of yoga therapy and  
integrative medicine



**Massimo Cantara**

500h + 300h Yoga Therapy,  
Shiatsu therapist & teacher,  
Kinesiologist and  
craniosacral therapist