



## HOLISTIC HEALING AND WELLNESS RETREAT

Transform your mind, body, and spirit and restore your balance, inner peace, and vitality.

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

**OCTOBER 5th - 12th 2024**



**Aletheia**

international school  
of yoga therapy and  
integrative medicine

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

Contact us!

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+49 176 557 557 83



## RETREAT PROGRAM

- ✦ Restorative and somatic yoga, meditation, chanting, and pranayama
- ✦ Workshops on emotional intelligence, complex trauma, and nervous system regulation
- ✦ Personalized wellness plan for post-retreat growth
- ✦ Benefit from nature's healing power in a serene and tranquil environment

## 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**

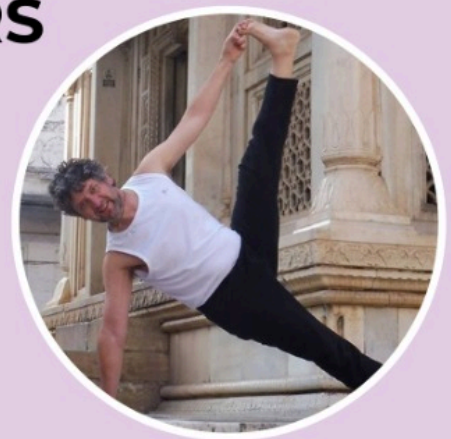
500h Master Yoga Teacher,  
Alternative practitioner in  
somatic psychotherapy,  
Holistic massage therapist

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



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**Massimo Cantara**

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