

SAILING AND YOGA

SAILING AMONG THE BEAUTIES OF THE ISLAND
OF LESBOS AND PRACTICING FELDENKRAIS
METHOD AND YOGA NEAR THE SEA

LESVOS ISLAND, GREECE
1-8 JUNE 2024

Hosted in the beautiful Mediterranean Center Retreats we will practice Yoga a few meters from the sea and for part of the week we will go on excursions to typical spots around the island, to finally embark on the Salona 42 yacht, a comfortable 12.80 m cruise boat with 3 double cabins and dinette, sailing with itineraries to discover the coves of Lesbos and the typical harbors and villages on the sea



<https://www.mediterraneanretreatscenter.org>

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MEDITERRANEAN RETREATS CENTER

The building, originally a traditional Greek tavern and a small hotel, has been recently renovated and transformed into a yoga centre with a focus on energetic and healing practices. The building, which faces the Kalloni Gulf, is located a few meter away from the sea and is completely isolated and immersed in nature. This area is a heaven for all birdwatching enthusiasts who, especially in spring, come to the island 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 which make this stretch of sea teeming with life. Its position, the natural context in which it is located, the peace, the silence and the strength of the elements make it an ideal place to immerse yourself in the study and practice of the various disciplines, leaving behind all physical and emotional burdens that usually crowd our lives.

TYPES OF ACCOMMODATION

The center offers five rooms with bathroom and another five rooms with bathroom are available 800 meters away from the main building. We offer double rooms with single beds and single rooms (with a supplement).



PROGRAMME:

At the Mediterranean center, we will practice Yoga and Feldenkrais Method in the morning, in the afternoon, we will explore various typical places around the island.

We offer a sailing boat program that can be adapted to the group's interests: sailing, sailing practice, swimming and diving in the coves, visits harbors and villages by the sea.

EXCURSIONS:

Petra and Molivos: located at the north of the island, these are the most characteristic and among the most beautiful villages.

Originally volcanic, the island offers numerous thermal springs with water of excellent quality at 39 degrees celsius, we will visit the SPA of Mytilene where we will practice Feldenkrais.

Vathera, a 5 km long beach and crystal clear water.

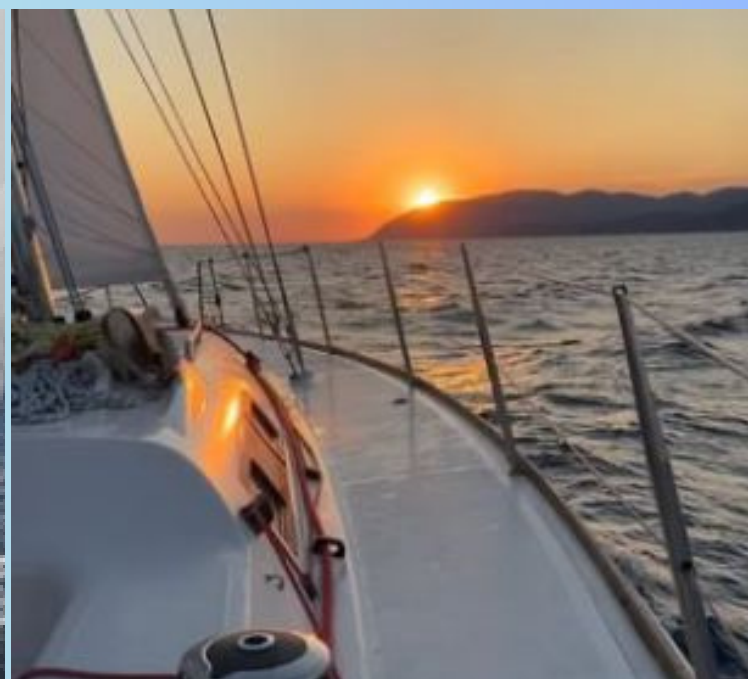
The fossil forest: one of the largest and most important in the world, the main reason why the whole island is a UNESCO heritage site.



PRICE: 750€ (includes double-room accommodation , meals, classes, sailing boat).
single rooms available with a supplement

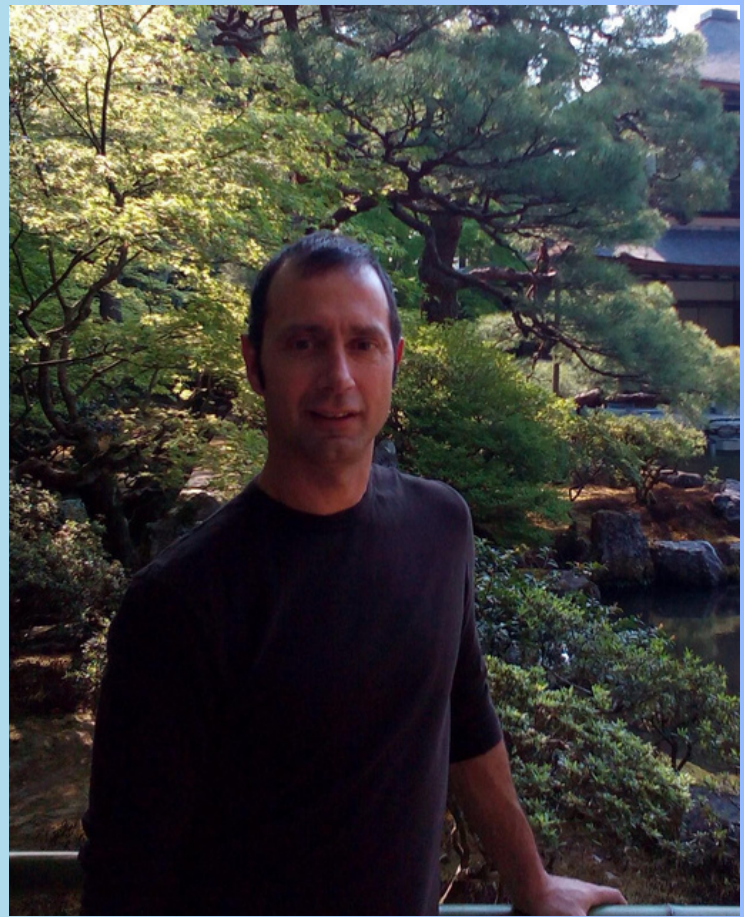
HOW TO BOOK: To Book your place you must pay a €200 deposit

HOW TO GET THERE: Lesvos is well-connected by plane to Athens with several internal flights every day throughout the year. Lesvos can be reached by ferry also operating all year long. From some European countries you can fly directly to Lesvos, if you cannot find a direct flight to Mytilene, you can fly to Athens and from there take another flight to the island



Piero Bianciardi

Piero attended medical school in Siena for five years, dedicating himself at the same time to Yoga, in particular Hatha Yoga and Viniyoga, Taijiquan and Shaolin Chuan under the guidance of M° Chang Dsu Yao and Shiatsu with Clemente Cocchiola and acupuncture with Prof. Guyen Vanghi in Florence. He studied contemporary dance with maestro Dominique Dupuis, contact dance and Gurdjeff's movements and Sacred Dances with Shurta. He obtains the 1st dan of Taiji Quan and shaolin chuan with master Chang Dsu Yao and the Yoga teacher diploma at the EFOA School in Rome with Francoise Berlette and his certification as Shiatsu practitioner. He obtained the "motor activities practitioner" qualification diplome at the school of medicine at the University of Siena and the qualification as a Feldenkrais practitioner at Feldenkrais Method-Florence. for many years he taught Yoga and Feldenkrais in Siena and in the Chianti area developing his own Yoga methods: Feldenyoga and Feldenwater. He practiced and studied Dong Style Taiji Quan with master Alex Dong and Aikido at the Renwakai School with M° Massimilano Perini and M° Alain Tendron to the degree of 2' dan. He dances Tango and studies it with various teachers including Chicho Frumbuli and Pablo Moyano. He obtained the Systemic Family Constellator diploma at Bert and Marie Sophie Hellinger's School. He teaches as an assistant trainer of the Feldenkrais Method in Siena and Florence and as a teacher in various training courses in Italy and around the world.



Renzo Leone

In the 1980s he obtained his 2** CMAS diver license at Sub Muralto (CH). At the beginning of the 90's he began to practice martial arts starting with Judo in the center of Tony Lazzarin (CH) with the fifth Dan degree, and then moving on to Ju-Jitsu, and Wing-Tsun Kung-Fu KARK method.

He obtained his sailing and motor license with the Swiss Cruising Club, CCS. He started taking Latin American dance and Argentine tango lessons at the Campionedanze dance school with the teacher Andrea Guerrazzi, at the same time he began the Open Apnea Academy course, with the multiple world award winner Gaspare Battaglia of A.S.D. Pianeta Acqua Freediving School, and to practice Hatha Yoga at the Holismos centre.

At the end of 2023 he decided to start the 250H teacher training course with Massimo Cantara, of the Yoga Alliance International-YAI, to better understand the Yoga philosophy.

