

MEDITERRANEAN RETREATS CENTER

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

LESVOS ISLAND, GREECE

20 - 27 SEPTEMBER 2025



MEDITERRANEAN RETREATS CENTER

<https://www.mediterraneanretreatscenter.org>

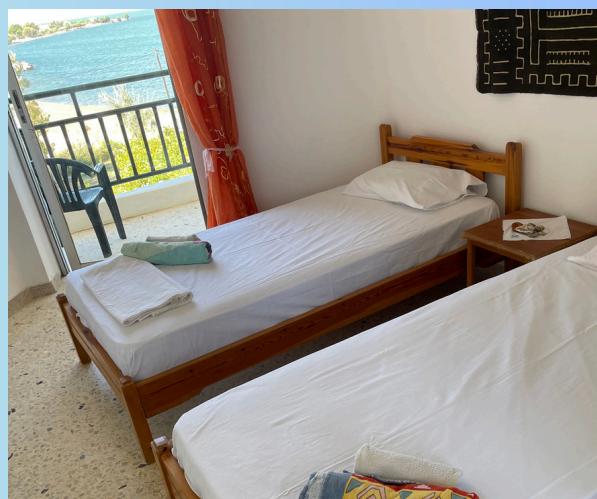
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The building, originally a traditional Greek tavern and a small hotel, has been recently renovated and transformed into a yoga centre with a focus on energetic and healing practices. The building, which faces the Kalloni Gulf, is located a few meter 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 of 150€.

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

He attended the medical university in Siena for five years, he devoted himself at the same time to Yoga, in particular Hatha Yoga and Viniyoga, Taijiquan and Shaolin Chuan under the guidance of Master Chang Dsu Yao, Shiatsu at the school of Master Clemente Cocchiola and Acupuncture with Prof. Nguyen Vanghi in Florence. He studied contemporary dance with Master Dominique Dupuis, Contac Dance and Gurdjeff Sacred Movements and Dances with Shurta. He obtained the 1st dan of Taijiquan and Shaolin chuan with, and the Yoga teacher Diploma at the EFOA school in ROME with Francoise Berlette and of Shiatsuka, the qualification Diploma "Motor activity operator" at the medical university of Siena and as a Feldenkrais Practitioner at the Feldenkrais Method Training in Florence. For many years he has taught Yoga and M. Feldenkrais in Siena and has developed his own teaching method, FeldenYoga and a water practice method, Feldenwater. He practices and studies Dong style Taijiquan with Master Alex Dong. He practices Aikido at the Renwakai school with Master Massimilano Perini and Master Alain Tendron. He dances Tango and studies it with various teachers including Chicho Frumbuli and Pablo Moyano. He has participated for many years in Family Constellations seminars with Carl Peter Strommer and Bert Hellinger and obtained the Diploma of Systemic Family Constellator at the Hellinger Schule of Bert and Marie Sophie Hellinger. He teaches as Assistant Trainer of the Feldenkrais Method in Siena and Florence and as a teacher in various training courses in Italy and around the world.

He obtained the sailing and motor navigation license with the OltreLeAli school at the Yacht club of Marina di Salivoli, where he collaborated for several years as a voluntary assistant instructor for the various sailing courses.



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.

