

**a week of relaxation,
energy and awareness
with**

THERMAL YOGA

METHOD FELDENKRAIS

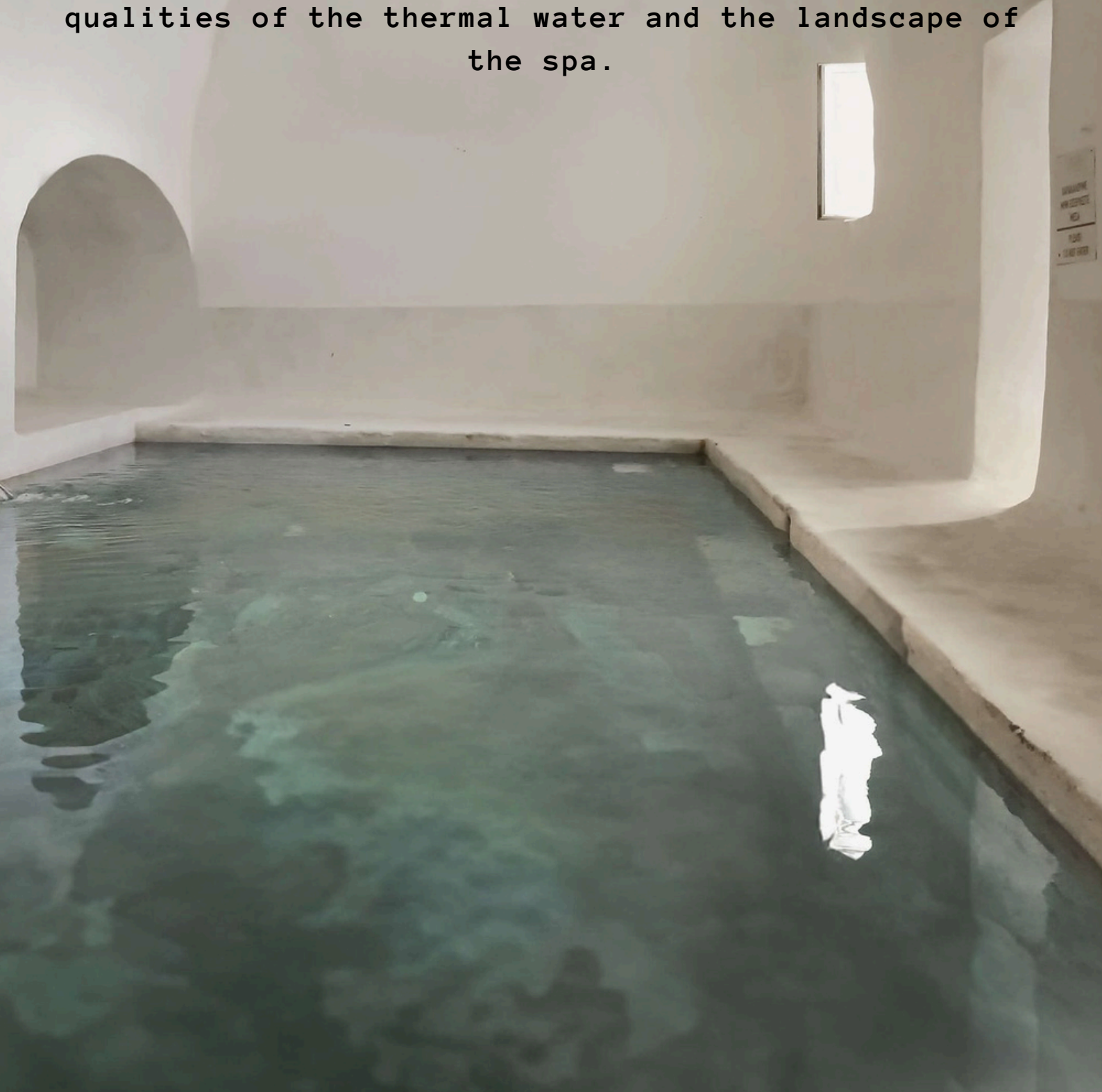
in to the Island of

Lesvos, Grecia

September 13 - 20, 2025

Mediterranean Retreats Center

Immersed in the greenery in a natural paradise on the sea, we offer moments of Yoga practice and Feldenkrais Method. We will be hosted by the beautiful Mytilene Baths to practice Water Feldenkrais and to benefit from all the wonderful qualities of the thermal water and the landscape of the spa.



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PROGRAMME AND PRACTICE

8.00 - 9.30 PRACTICE YOGA, FELDENKRAIS

10.00 BREAKFAST

**11.00 - 13.00 THERMAL TO MITILENE, FELDENWATER
OR LESSON METODO FELDENKRAIS**

14.00 LUNCH

18.00 - 20.00 FORSEEN TWO EVENING PRACTICE

20.00 DINNER

PLANNED EXCURSIONS:

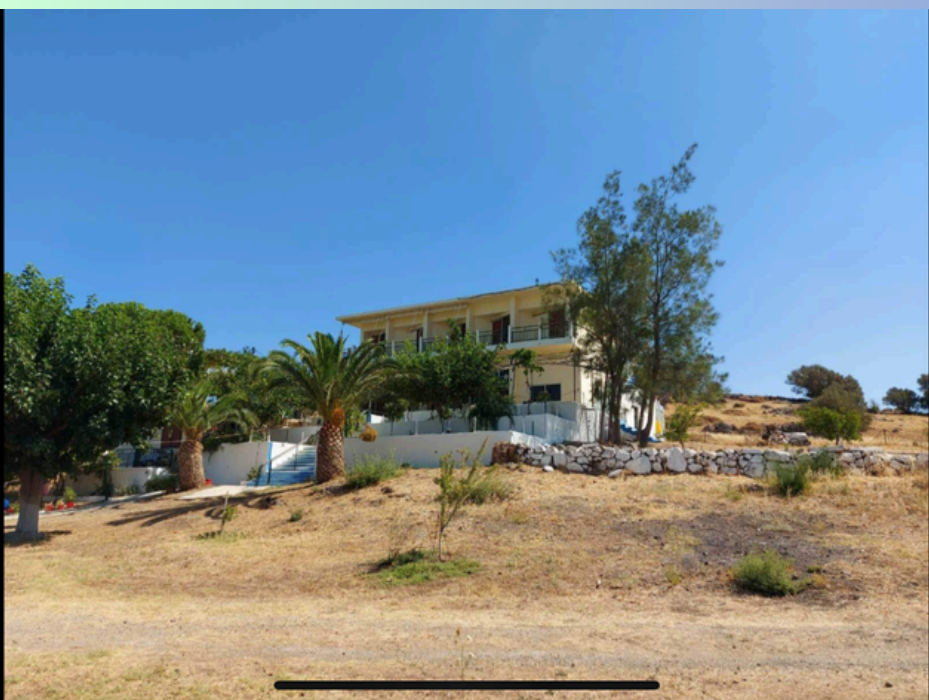
PETRA AND MOLIVOS, LOCATED IN THE NORTH OF THE ISLAND, ARE THE MOST CHARACTERISTIC VILLAGES, AMONG THE MOST VISITED. THE ISLAND IS OF VOLCANIC ORIGIN AND HAS NUMEROUS THERMAL SPRINGS, THE WATER IS OF EXCELLENT QUALITY AND FLOWS AT A TEMPERATURE OF 39 DEGREES. WE WILL VISIT THE MYTHILENE THERMAL BATHS WHERE WE WILL PRACTICE FELDENWATER; IN THE VICINITY OF THE CENTER THERE ARE SOME BEAUTIFUL BEACHES AMONG WHICH THE ONE OF VATHERA STANDS OUT WITH ITS 5KM LONG BEACH AND CRYSTAL CLEAR WATER

COST: €750 (INCLUDES THE COURSE, OVERNIGHT STAY IN A DOUBLE ROOM, ALL MEALS AT THE CENTER, TRANSFERS AND EXCURSIONS, FLIGHTS AND EXTRA EXPENSES SUCH AS ENTRY TO THE THERMAL BATHS OR RESTAURANTS, ETC.) SINGLE ROOM AVAILABLE WITH A SUPPLEMENT OF €150

REGISTRATION: TO REGISTER, YOU MUST PAY A DEPOSIT OF €200.

HOW TO GET THERE: ARRIVAL IS ON SATURDAY, THERE ARE FLIGHTS FROM BOLOGNA OR ROME TO MYTILENE WITH A STOPOVER IN ATHENS, ON ARRIVAL IN MYTILENE WE WILL PICK YOU UP WITH THE CAR AND TAKE YOU BACK TO DEPARTURE,

THERE ARE ALSO SHIPS FROM ATHENS TO MYTILENE.



MEDITERRANEAN RETREATS CENTRE
THE BUILDING, NOW COMPLETELY
TRANSFORMED INTO A CENTER FOR YOGA
AND THE STUDY OF ENERGY AND
HEALING PRACTICES, WAS ORIGINALLY
A TRADITIONAL GREEK TAVERN AND A
SMALL HOTEL..

THE BUILDING, WHICH OVERLOOKS THE GULF
OF KALLONI (THE SEA IS A FEW METERS
FROM THE HOUSE), IS COMPLETELY ISOLATED
AND IMMERSSED IN A NATURAL CONTEXT OF
EXCEPTIONAL BEAUTY. THIS AREA IS A
PARADISE FOR EVERYONE, PEOPLE COME TO
THE ISLAND FROM ALL OVER THE WORLD TO
ADMIRE PINK FLAMINGOES, BLACK AND WHITE
STORKS, PEREGRINES FALKS AND MANY OTHER
MIGRATORY BIRDS OF RARE BEAUTY.



THE GULF IS AN IMPORTANT REPRODUCTION AREA FOR
MANY FISH SPECIES THAT MAKE THIS STRETCH OF SEA
TERRIBLE 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 COMPLETELY IMMERSSED IN THE
STUDY AND PRACTICE OF VARIOUS DISCIPLINES,
LEAVING BEHIND ALL THE PHYSICAL AND EMOTIONAL
BURDEN THAT NORMALLY CROWD OUR LIVES.

TYPES OF ACCOMMODATION:
THE CENTER OFFERS FIVE ROOMS WITH
BATHROOM AND FIVE MORE ROOMS WITH
BATHROOM ARE AVAILABLE 800 METERS
AWAY. WE OFFER ACCOMMODATION IN
DOUBLE ROOMS WITH SINGLE BEDS AND IN
SINGLE ROOMS (WITH A SUPPLEMENT).



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 Françoise 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 Massimiliano 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.



Massimo Cantara

Massimo graduated as a Yoga teacher (500h) with the international school SYM of which he was also a teacher, he also obtained the diploma in Yoga Therapy (300h) with Vasistha Yoga Foundation in Kerala, India. Since 2010 he has been teaching at his own center in Italy and is a founding member of "Three Treasures Yoga", an international school of training for teachers. In addition to his professional activity as an operator in Bio-Natural Disciplines and as a Shiatsu Teacher, in 1999 he founded the Holismos Arts Center for Health, a center for the diffusion and practice of Bio Natural disciplines, including Yoga, of which he is the director. In 2016 he founded the Holismos Yoga and Wellness Center in Varese together with Sara Della Torre. Diploma in Cranio Sacral Balance, Kinesiologist, Shiatsu Operator, Yoga Teacher. In 2020 he made his debut with his musical CD "Elemental World" in a sound journey through the 5 elements. In 2021 he published his book "Ospedale senza dolore" Bio-natural disciplines in the hospital context Ed. Epigraphia, Salus series.

