

'FINDING PEACE' YOGA RETREAT ON THE ISLAND OF LESBOS -GREECE



IMMERSED IN THE NATURAL BEAUTY OF LESBOS, WITH
ITS CRYSTAL-CLEAR WATERS AND BREATHTAKING
LANDSCAPES, PRACTISING YOGA AND SAVOURING
MOMENTS OF INTROSPECTION AND DEEP CONNECTION

19 - 26 APRIL 2025

MEDITERRANEAN RETREATS CENTER
ISLAND OF LESBO - GREECE

contact us now for all informations
0039 3470478001

info@holismos.com

For years, Holismos Yoga & Wellness has been organising teachers' training courses, intensive retreats and yoga holidays in these magical places, attended by people from all over the world. Our aim is to promote holidays and training in yoga and other activities related to fun, well-being and enjoyment. With great care we have chosen special locations, so that sharing the beauty and nature of incredible locations can regenerate, nourish and bring joy to all those people who identify with us in these values.





DAILY PROGRAM

08.00 - 9.30 asana practice,
pranayama for each element

9.30 - 10.30 breakfast

10.30 - 12.15 theory, advanced
practices, philosophy

12.30 - 13.00 mantra, kirtan

14.30 visit to the most
characteristic places on the
island (fossil forest, beaches,
characteristic villages, castles,
monasteries and spas)

During the week two afternoons
at sunset will be dedicated to
practice and reflection.



COST: 640€ in a shared room

790€ in a single room

(cost includes accommodation,
three meals per day, handouts,
transport to and from the airport,
guided tours)

TYPES OF ACCOMMODATION

The centre provides five rooms
with bathrooms, and a further 6
rooms with bathrooms are
available 800 metres away. Each
room has a bathroom, air
conditioning and a terrace
overlooking the Gulf of Kalloni



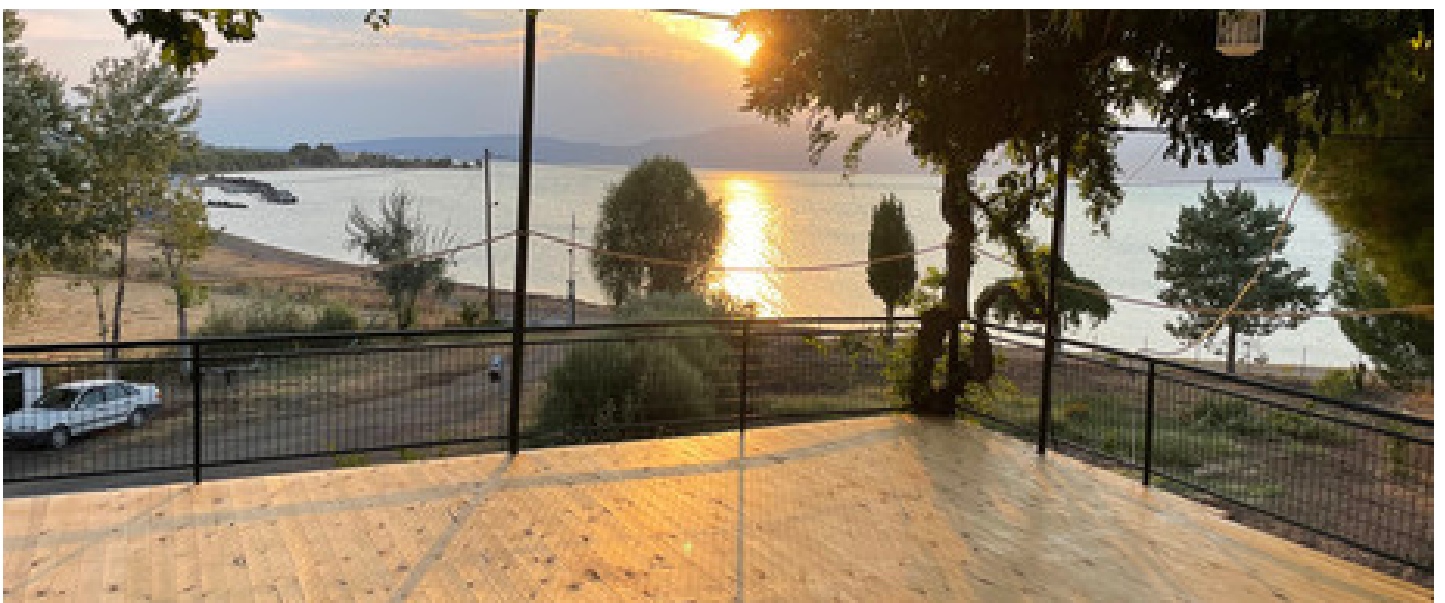
VISIT OUR WEBSITE WWW.YOGAHOLIDAY.IT

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RETREAT CENTER**

The property, which overlooks the Gulf of Kalloni (the sea is just a few metres from the house), is completely secluded and immersed in a natural setting of exceptional beauty. This area is a paradise for all birdwatchers who come to the island, especially in the spring months, 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 that make this stretch of sea teeming with life. Its location, the natural context in which it is found, the peace, the silence and the power of the elements, make this an ideal place to fully immerse oneself in the study and practice of the various disciplines, leaving behind all the physical and emotional burdens that normally crowd our lives.



To secure your place, a payment of 200€ is required as a deposit, via bank transfer. This sum will be 80% refundable before 31 March 2025 and non-refundable after that date. In case you are unable to attend at the last moment, you can use the money paid for another event organised by us in the following year. The balance must be paid upon your arrival in Greece.

THE TEACHERS



SARA DELLA TORRE: Yoga teacher (200hYAI), Shiatsu practitioner, co-director of the Holismos yoga & wellness centre. She studied HathaYoga and Vinyasa and Restorative Yoga in Italy and India with several international teachers, is a yoga practitioner for children and schools and has a diploma as a mindfulness facilitator. She is currently attending a professional course in Yoga Therapy and Integrated Medicine

MASSIMO CANTARA

graduated as a Yoga teacher (500h) with the international SYM school, of which he was also a teacher. Massimo holds a diploma in Yoga Therapy (300h) with Vasistha Yoga Foundation in Kerala, India. Since 2010 he has been teaching at his own centre in Italy and is a founding member of 'Three Treasures Yoga', an international teacher training school. In addition to his professional activities as a holistic practitioner and Shiatsu teacher, in 1999 he founded the Holismos Yoga & Wellness, a centre for the promotion and practice of holistic disciplines, including Yoga, of which he is the director. In 2016, together with Sara Della Torre, he founded the Holismos Yoga and Wellness Centre in Varese. Diploma in Cranio Sacral therapy, Kinesiologist, Shiatsu practitioner, Yoga Teacher. In 2020 he debuts with his music CD 'Elemental World', a sound journey through the 5 elements. In 2021 he published his book 'Hospital without pain' Le discipline Bio-naturali nel contesto ospedaliero Ed. Epigraphia, Salus series.

CONTACT: E-mail - info@holismos.com - cell. 3383824280

www.yogaholiday.it - www.mediterraneanretreatscenter.org