

YOGA HOLIDAY ON THE ISLAND OF POETS 20 - 27 JULY 2024

**Rebirth and regeneration on the
idyllic island of Lesbos a paradise for
your yoga holiday**



Mediterranean Retreats Center

bianciardipiero@gmail.com
+39 3335263343

info@holismos.com
+39 3383824280

MEDITERRANEAN RETREATS CENTRE

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 IMMERSSED 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. WE OFFER ACCOMMODATION IN DOUBLE ROOMS WITH SINGLE BEDS AND IN SINGLE ROOMS (WITH SUPPLEMENT).



DAILY PROGRAM

8 - 9.30 AM YOGA PRACTICE, FELDEN-YOGA

9.30 - 10.30 AM BREAKFAST

11,00 AM DEPARTURE FOR THE VARIOUS DESTINATIONS

6 PM - 8 PM THREE EVENING PRACTICES SCHEDULED ON MONDAY, WEDNESDAY AND FRIDAY

PLANNED TOURS

PETRA AND MOLIVOS: LOCATED AT THE NORTH OF THE ISLAND, THESE ARE THE MOST CHARACTERISTIC AND AMONG THE MOST CHARACTERISTIC 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 FELDENWATER. 3) VATHERA, A5KM LONG BEACH AND CRYSTAL CLEAR WATER4)

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.



COST OF €590, INCLUDES THE COURSE, OVERNIGHT STAY IN A DOUBLE ROOM, ALL MEALS AT THE CENTRE, TRAVEL AND EXCURSIONS. (FLIGHT AND EXTRA EXPENSES SUCH AS ENTRANCE TO SPAS OR RESTAURANTS, ETC. ARE EXCLUDED).

SINGLE ROOMS AVAILABLE WITH A SUPPLEMENT

REGISTRATIONS: TO REGISTER YOU MUST PAY A DEPOSIT OF €200

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.

Raffaella Corte

Raffaella is a teacher of Classical Yoga at the Brahmananda in Rome, Naturopath graduated with the Riza Institute of Psychosomatic Medicine, Metacorporeal Counselor with further two-year training as Counselor Trainer, FIN Swimming Instructor, Breathing Water Operator, Environmental and Cuddling Water Therapy. Specialised in Leading Groups with Active Methods, Yoga in Education and Outdoor Education.

Expert in wellness and holistic practices. Master in Integrated Reflexology and Metamorphic Technique, Craniosacral Therapy, Indian Massage and Bach Flowers.

She has been teaching Yoga for 30 years and regularly organises and conducts Yoga and Meditation Courses, Personal and Emotional Growth Groups, Team Building, work shop for Leadership and Management, also in residential formulas, usually choosing locations that favour natural wellbeing.

Leader of Laughter Yoga, Social Clown, Planetary Citizen of the Gaia Kirone Project.



Massimo Cantara

Massimo graduated as a Yoga teacher (500h) with the international SYM school of which he was also a teacher, he also holds a diploma in Yoga Therapy (300h) with Vasistha Yoga Foundation in Kerala, India. He has been teaching at his own center in Italy since 2010 and is a founding member of "Three Treasures Yoga," an international teacher training school. In addition to his professional activities as a practitioner in Bio-Natural Disciplines and as a Shiatsu Teacher, in 1999 he founded the Holismos arts for health center, a center for the dissemination and practice of Bio Natural disciplines, including Yoga, of which he is the director. In 2016 he founded together with Sara Della Torre the Holismos Yoga and Wellness Center in Varese. Cranio Sacral Balance Diploma, Kinesiologist, Shiatsu Practitioner, Yoga Teacher. In 2020 he debuts with his music CD "Elemental World" on a sonic journey through the 5 elements.

In 2021 he published his book "Hospital without Pain" Bio-natural disciplines in the hospital context Ed. Epigraphia, Salus series.

