

YOGA ROCKS CRETE 9th-16th MAY

With Sue Chopping



Join me to deepen your yoga practice on the most evocative of Greek islands Crete. Recalibrate, and find a 'Spring' in your step. Yoga Rocks is lucky to be situated within an incredible stretch of breathtakingly serene coastline on the dramatic bay of Agios Pavlos. Stone steps out of Agios Pavlos bay climb onto a headland and sand dune that descends onto a magnificent and untouched beach. The perfect place to renew. Wild sands and craggy inlets lead to the Triopetra rocks from which Yoga Rocks originally took its name. Yoga Rocks was voted one of the best 25 retreats by the Guardian newspaper. For more press articles go to yogaholidaysgreece.com



YOGA

Enjoy yoga practice twice a day (with one day off) in the 'all weather' yoga shala. The long morning practice will include Meditation and a 'Slow Flow' building from the 'ground up' mindfully so that all levels can open skilfully. The afternoon practice of 'Somatics' and Yoga Nidra will help you unwind and restore and offer time afterwards for a sunset swim. The retreat welcomes all levels of practice from beginners to those more experienced. You are also welcome to bring a partner who doesn't practice yoga.



ACCOMMODATION

Located on a small cliff overlooking the picturesque, sandy beach, your accommodation is literally footsteps away from Agios Pavlos' crystalline waters. Completely undeveloped incredible stretches of sand lie only ten minutes walk away. All Yoga Rocks rooms are compact and en suite with stunning views of the Mediterranean from their balcony or terrace. You can relax in your hammock and watch the sunrise and sunsets.



FOOD

The scrumptious vegetarian lunch and dinner are served on the terrace overlooking the sea. At all times guests are welcome to a wide range of teas, including medicinal Cretan mountain teas, as well as fresh coffee, fruit and nuts. For breakfast you help yourself to fruit, local honey with homemade yogurt or homemade peanut butter, jams and sourdough bread.

The nutritious, delicious food draws inspiration from the Cretan diet which is reputedly the healthiest in the world. Detoxify with fresh, quality, local produce. Fruit and vegetables are sourced-directly from farmers – organic where possible. Fertile mountain slopes and bountiful sunshine produce some of the tastiest fruit and vegetables, which, when prepared with love (and local olive oil), result in mouth watering yet healthy cuisine. Enjoy your buffet feasts as an integral part of your yoga holiday.

The retreat is non-smoking, alcohol free and vegetarian. Meat eaters consistently return overjoyed with the variety and tastes on the buffet. There is a taverna very close, and two friendly cafes on the bay for those with any extra needs. Yoga Rocks is my 'benchmark' for quality and variety of food it offers which means you will be nurtured on and off the mat!

COST

£750 Sharing a room

£925 Single occupancy

Includes : All yoga classes, 3 meals each day and accommodation from Saturday 9th-16th May. All teas, coffees and snacks which you can help yourself to through the the day.

Not included ; Flights and transfers and a Friday night celebratory feast at a traditional Cretan taverna 'closes' the retreat. Also Massages and a boat trip excursion should one be organised. Beach umbrellas and sun loungers on Agios Pavlos bay are payable to the local Cretan lads.

TRANSPORT

Athens

From Athens there are 12 daily and normally cheap flights to Heraklion or Chania with either Aegean Air or Olympic Air They also have flights from Thessaloniki to Crete.

Both Aegean and Olympic Air have flights from most major cities/capitals to Athens and is always worth checking if you're having problems finding flights.

Also Ryanair fly from Athens to Chania.

UK

London

Easyjet fly twice daily on Saturdays from London Gatwick to Heraklion and once daily on Saturdays from London Luton throughout the holiday season.

Easyjet also fly out of Gatwick to Chania on Saturdays as well as Sundays for those who fancy a day in stunning Chania after the retreat.

There's daily Easyjet flights to Athens from London Gatwick.

Ryanair On Saturdays from London Stansted direct to Crete Chania.

Aegean On Saturdays Gatwick to Heraklion direct.

British Airways have begun Gatwick to Heraklion direct flights in 2015.

TRANSFERS AND TAXIS

Taxis are 115 euro from Heraklion and 120 euro from Chania between 4 people and there is 1 van that is 175 Euro for 8 people. Car hire for the week would be about 150 euro for a week in low season unless the prices change.

FERRIES TO CRETE

There are several ferries nightly from Pireus (Athens) to both of Crete's main ports of Heraklion and Chania with ferries arriving in the early morning. There are fewer daytime services – though several in the summer.

Also a mid summer ferry to Rethymnon on Crete from Athens.

Bookings can be made through www.greekferries.gr – unfortunately a sometimes confusing site to book through. Alternatively book through <http://www.directferries.co.uk/>.

Or try <http://www.ferriesingreece.com/>.

Need more information? Please check out our Yoga Rocks extra section of the site with more info than you are likely to need on topics like booking, paying and travel; which yoga retreat might be right for you; food and sample buffet menus; what to bring; press write-ups and much more. Alternatively write to us and ask your question using our contact form.

For more information and to book please email me susanchopping@yahoo.co.uk