

COSTS

The price includes:

7 nights' accommodation in a superior room with ensuite bathroom.

All yoga classes.

Local guide for all the hikes.

Transfers to and from the hotel for all the hikes.

Breakfast with organic ingredients from the hotel's garden.

Packed lunches for two hikes*.

Dinner including vegetarian and vegan dishes.

Arrival and departure transfers on Amorgos (port-hotel-port).

Free use of Spa facilities (sauna, hammam, jacuzzi, indoor heated sea water swimming pool, fitness centre).

1 x 30-minute Swedish massage.

10% discount on Spa treatments.

Unlimited internet access.

Sharing double superior room: £995.

Single occupancy in a superior room: £1295.

There is a £75 early bird discount for anyone paying in full by 28th February 2017 or for those returning for their second or third yoga and hiking holiday.

If anyone would like to upgrade their room to a larger room or a suite, this can be arranged directly with the hotel.

The price excludes flights, ferries to the island, lunches* and alcohol.

Deposit of £495 to secure booking. Balance due by 27th March 2017.

Please email me at sophie@coats.net to book.

TRAVEL

The hotel offers a travel service and staff are happy to book ferries for people travelling to Amorgos. They recommend travelling to Athens and catching the ferry from Piraeus in May. Travel from other islands is possible but less reliable before the peak summer season.

From Athens:

Flights to Athens are served by Easyjet, British Airways, Aegean Airlines, Olympic Airways.

Ferry from the Port of Piraeus:

The Blue Star Ferries depart at 17.30pm daily and arrive at the port of Aegiali at 1.30am.

(Please note the ferry departs every day except Saturday.)

www.yogalotus.co.uk

"To shortcut the holiday feedback form, I would give 5 stars and more for everything."

"It went beyond my expectations and I loved every minute. Thank you."

Yoga & Hiking Holiday

Amorgos, Greece

22nd – 29th May 2017

"Sophie is known for her creative sequencing and gracefully delivers powerful, centering classes with a delicate blend of humility, humour and reverence for the teachings passed down to her."

Yoga and Hiking in Amorgos.

This year I am thrilled to be running my fourth yoga and hiking holiday on the stunning island of Amorgos, the most eastern of the Cycladic Islands in Greece.

Join me for a spectacular week at the luxurious Aegialis Hotel and Spa, the perfect setting for yoga and hiking. The hotel is nestled between two of the most beautiful beaches on the island and is built in the traditional architectural style of the Cyclades.



Amorgos lies between Naxos and Astypalia. It is a dramatic and mountainous island and in Spring many of the local flowers and herbs will still be blossoming. Amorgos has escaped the ravages of over development and as one of the more remote islands, still has a wonderful serene atmosphere.

We will hike along the ancient monopatia (historical paths) exploring the different parts of the island, including the 9th century Byzantine Monastery Hozoviotissa which rises out of the 'big blue' on a thousand foot cliff - this alone is worth the visit to Amorgos. This is where Luc Besson

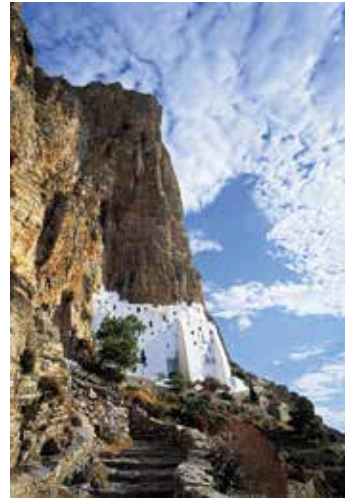
chose to film his cult movie "The Big Blue". Other sites we will visit are the Monastery of St George Valsamitis, built on the ruins of an ancient water oracle dedicated



to the God Apollo; the excavated ancient city of Minoia; and the traditional capital Hora; all of which add to the magic of this island. Close to our hotel is the picturesque village of Lagada where a wonderful herbalist, Vangelis, and his wife offer herbs and therapy with a kindness that soothes your soul.

The hotel has a fabulous kitchen and much of what we eat will come from its own garden. The Thalasso Spa and Beauty Centre will soothe tired muscles after the long walks and rejuvenate you in time for the yoga classes.

We will begin each day with a gentle stretching session, followed by a sumptuous buffet breakfast. For those wanting an earlier start, there will also be morning meditation. We then set off on our hikes, which range from 2 1/2 to 4 hours. We will have time to stop off at beautiful beaches, lunch in local tavernas and enjoy the spectacular scenery. In the afternoons you will have time to relax back at the hotel pool or walk down to the local port or beach.



There will be a two hour yoga session before dinner which will be a combination of alignment-based mindful vinyasa flow, workshoping poses and restorative yoga.

About Sophie:

I have been teaching for over 10 years and practising yoga since 1988. I have studied with many inspirational teachers and explored different styles of yoga. I have been greatly influenced by the heart-opening practice of Anusara yoga (my core practice), the precision of Iyengar, the connection of breath and movement in Astanga Vinyasa yoga and the deeply restorative benefits of somatic movement and yin styles of yoga.



Today my teaching is firmly grounded in alignment-based practices which allow students to deepen the connection between their mind and body, at the same time experiencing a sense of freedom and expansion in themselves.

I love combining the practice of yoga with hiking. It is always a gift to teach a group for a week in a stunning setting and spend the time exploring the majesty and beauty of nature together. I find it deeply inspiring and uplifting, a true gift that I love sharing with others.

