



YOGA WITH WEI

With this seminar we offer yoga in a dreamlike atmosphere, for people who want to start, continue or intensify yoga during their holiday.

For people who want to find ease of mind, recharge their batteries and delight in physical activity. For all who want to enjoy the beauty of Messinia with azur blue seas and georgeous scenic view!

We meet in the morning at 8.30 for tea and fruits, start with breathing exercises and asanas from hatha yoga and follow the way to inner silence and fortitude!

We close the daily unit around 11 am with breakfast. On three evenings we get together on the terrace of Hotel Estia for yoga in the sunset.

The price of € 380,- includes: daily yoga units (5x morning, 3x evening) and a reinforcing mini group with Wei. Fresh fruits, tea, and breakfast and a welcome dinner in Happy's Restaurant on Sunday evening are also included.

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: SUMMARY: Arrival day Sunday, June 11th res. September 24th, 2017
: Five seminar days Monday – Friday 8.30 to 11 am, sunset yoga on 3 evenings, seminar fee: € 380,-
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The afternoons, evenings and the Saturday are free for your own leisure activities, for excursions or to veg out. Various sports facilities like mountain biking, trekking, etc. – that and much more is what Finikounda has to offer.

We recommend Hotel Estia in Finikounda for accomodation, which is quiet and central, modern equipment, free Wifi, run by family, surrounded by a lot of fragrant herbs and flower beds. In 2 minutes you can reach the beach and dive into cristal clear water.

Rooms for the yoga group: € 50,-/per night, for single and double. Every room/studio has a small kitchen with electric cooker, fridge, and hot water cooker.

The seminar can also be booked with a different accomodation please check www.finikounda.at

We will be glad to assist you with the booking of your flight and accomodation. On demand we will organize small excursions or boat trips.

These yoga weeks are also very fine for couples, of which only one will take part in the yoga seminar but both of them want to spend a lot of time together.

The yoga weeks are a cooperation of Lin & Nöbauer OG (www.lin-noebauer.com)

Happy's Restaurant, Monika Pauger, Hotel Estia Finikounda, Stephanie & Glen Milliken, www.hotelestia.com

YOGA & SEA

Finikounda, Greece

June 11th – June 18th, 2017

September 24th – October 1st, 2017



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