



Bliss In Me  
YOGA & MEDITATION RETREATS



## YOGA & MEDITATION RETREATS ZAKHYNTOS/GREECE 2017

Euphoria  
Yoga  
Retreat



# Yoga & meditation retreats – Zakhyntos/Greece 2017



**Our destinations is the picturesque Greek island of the Ionic Archipelago: Zakhyntos – sandy beaches, charming bays and perfect blue sea – such are the ideal place to practice yoga and meditate, and to find internal calm for all those seeking harmony and time for themselves.**

**On Zakhyntos, our vacation home will be Euphoria Yoga Retreat – <http://mansioneuphoria.weebly.com/> – a magical place in the northern part of the island, in the mountain village of Volimes, close to the famous Wreck Beach. Euphoria is an extraordinarily climatic, stone mansion built in 1821, surrounded with hills and olive groves, a true oasis of peace and positive energy.**

**The house offers comfortable double rooms with bathrooms, with a fully equipped kitchen and is surrounded with a beautiful garden, where you will be able to enjoy delicious vegetarian meals, and where we will spend our relaxing candlelight evenings on soft pillows with live music.**

We can also use an outside pool and lots of free space for yoga and meditation. There will be two classes every day, a morning and evening session of yoga and meditation. For an extra fee, the participants will be offered massages and private consultations with the teacher.

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**During the day, you can spend your time on the beach, enjoy the sun, the sea and the sand.**



Retreats Dates:



**May 21 - 27 2017**

**June 25 - 1 July 2017**

**Registration deadline for all retreats- 31 March 2017**



# Daily plan:

- 08:00 – 09:30** Morning meditation + asan practice
- 09:30** Breakfast
- 10:00 – 19:30** Free time, individual consultations, massages, beach, light brunch
- 19:30 – 21:00** Evening meditation + asan practice
- 21:00** Dinner
- 21:30** Evening relaxation by candle light and with music



# Retreat includes:

1. Accommodation in double bed room.
2. Three homemade healthy meals a day (a vegetarian and vegan option to choose) + water/tea/juices, fruits and snacks
3. Yoga and meditation classes ( 2 sessions daily x 1,5 h )
4. Transfer from/to the airport
5. Sightseeing
6. Internal balance of body and mind and lots of positive energy ☺

**\*Accommodation:** we will stay in beautiful, magic and serenity place – Euphoria Yoga Retreat-<http://mansioneuphoria.weebly.com/>

The home offer comfortable double rooms with a fully equipped kitchen and is surrounded with a beautiful garden outside pool and lots of space for yoga and meditation.

\* The number of participants is limited to **6 people**

\* **Special offer for a group** – we can organize a special exclusive retreats for group of **6 persons** – for more details please contact us.

\*People who have never practiced yoga or meditation are also invited to take part in the retreats – our classes will be adjusted to the level and skills of each participant. Individual sessions are also possible after appointment.



Price:

**1300 Euro/person**

(double bed room)



# About Me:



**AGNIESZKA KOWALSKA** – a certified teacher of yoga with long experience in teaching yoga and meditation. I have been teaching various classes for many years, including yoga for pregnant women, children, seniors, people with back problems and other health conditions (therapeutic yoga) as well as for dancers. In addition, I'm an active participant of various workshops and courses organized by Sivananda centers all over the world, including Sadhana Intensive classes, which help me to perfect the practical knowledge and techniques of teaching yoga and meditation...

## THE MOST IMPORTANT COURSES AND TRAININGS INCLUDE:

1. Sivananda Teacher Training Course (certified by Yoga Alliance for 200h standards for Registered Yoga School -RYS)
2. Pregnancy Yoga (Yoga Alliance)
3. Yoga for Kids (Yoga Alliance)
4. Advanced Asans (Yoga Alliance)
5. Yoga & Food (Yoga Alliance)
6. Therapeutic Yoga Course (Yoga Alliance)
7. Thybethian Buddhism Meditation (Buddhist Meditation and Teaching Center in Tokyo, Japan)
8. Bali Usada Health Meditation Course (Bali Usada)





**For more info & registration please contact with Bliss In Me:**

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**[www.yogablissinme.com](http://www.yogablissinme.com)**