

YOGA, QIGONG, SHIATSU

AGISTRI



Greek Island Holiday Retreat

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Information and Terms and Conditions

Thank you for your interest in our 2022 Agistri Holiday Retreat. Below are details of prices, suggested flights and booking conditions. Each person travelling accepts the terms of the booking conditions.

Dates at Rosy's Little Village:

17th to 24th September 2022

Prices

Yoga & Qigong Classes: £180

Accommodation at Rosy's, €693 per person based on 2 people sharing for 7 nights full board. Excluding flights and ferry, see below. Single room supplement is €238

Shiatsu €60

Please email Annie at info@meridianyoga.co.uk with your requirements. The initial payment of a £180 deposit is required to secure your place. Accommodation is paid to directly to Rosy on arrival

The deposit is non-refundable unless the holiday is cancelled.

What the holiday retreat includes:

- All rooms are en-suite with sea views.
- Access to private beach - swimming, snorkelling, canoeing
- Family rooms are also available by arrangement
- The hotel will arrange to collect us on arrival in Agistri for no extra charge
- A delicious daily buffet breakfast after the morning class and an evening meal.
- One daily morning Qigong and one daily evening Yoga class with support in developing your practice after the holiday.
- Welcoming, introductions and drinks 4pm on Saturday 17th September
- Free wi-fi internet
- Arrangement of a trip to the nearby island Aegina where a Shiatsu treatment is available but this year, will not be included in the overall cost.

What's not included

- Flights
- Transfers from airport. Allow approx €35.00 for shared taxi to Piraeus
- Hovercraft/Ferry to Agistri. €14 hovercraft/ferry to Agistri (one hour)
- Travel insurance
- One 1hr Shiatsu treatment with Antigoni Tsegeli (we will arrange this for you but you pay Antigoni separately)
- Bicycle or scooter hire
- Lunch

Please make all bookings through Annie at Meridian Yoga and not direct to the hotel
Health questionnaire must be completed
Classes start at 8.00am and 6pm. It is possible that others staying on the island and residents may join us for some classes by arrangement.

Recommended Flights

Return from Heathrow or Gatwick (or Heathrow returning to Gatwick) around £120-160
Flying from Gatwick on the early 5.30am flight allows plenty of time to catch the boat to Agistri.

If you arrive at Athens later than 4pm we strongly advise you stay the night in Athens and come out the next day.

There is a possibility of staying in Athens as a group on Friday 16th, we will need to gauge interest in this. Whether we do this as a group or as individuals, a stay in Athens avoids the early 5.30am flight. Afternoon flights are available from Heathrow and Gatwick.

Catching a 14.00 flight from London gets you to Athens on Friday evening at 19.00. Stay in Athens and catch the ferry to Agistri on Saturday 17th either in the morning or afternoon.

We recommend you book your flights as soon as possible as prices will increase over the coming weeks/months.

We strongly advise you take out insurance to cover you for cancellation & sickness.

The Schedule

Meridian Yoga reserves the right to alter any arrangements connected to the scheduled activities as well as the daily schedule if we feel it is appropriate and beneficial to the clients and the smooth running of the holiday to do so.

Health and Safety

You must ensure that you are medically and physically fit, and if in any doubt, seek medical advice from your GP. We ask that all participants complete the separate Health form and return it to us as soon as you book.

You will be advised to always stop and rest if you are feeling any pain or sickness

You must inform Annie of any previous or new injuries or are or could be pregnant

We are really looking forward to meeting you all. In the meantime, please do not hesitate to call if you have any further questions.

Please transfer your deposit to: Co-operative Bank, The Shiatsu College Hastings
Account number 69099269 Sort Code 089299 reference your name and AG

Thank you, I look forward to sharing Yoga and Qigong with you on a beautiful Greek island