



2010 YOGA COURSES IN LESVOS, GREECE

THE COURSES: The Courses are held in the Yoga Hall in Eftalou, a quiet valley about 4 km from the village of Molivos on the Island of Lesvos.

Morning Class for asana and movement is from 10:00 AM to 1:00 pm. Evening Class for breathing and sitting is from 6:00 PM to 7:30 PM. The last class of the Course ends about noon on the final Saturday. Saturday morning classes are 2 hour practice time with Angela and Victor. Saturday evening and Sunday are your days off.

There will be a refreshing change to our June 3 week Course giving more opportunity for personal practice and assistance. The first two weeks will be as usual but the third week will consist of a morning two hour practice time with personal assistance available from Angela or Victor. The evening class will be led by one or both - a chance to go deeper inside with Breath Awareness, Restoration and Meditation.

Note: Please bring your own sticky mat

COURSE SCHEDULE:

May Course: May 10-22, a 2-week course

June Course: June 7-26, a 3-week course

Sept. Course: Sept. 13-25, a 2 week course

Oct. Course: Oct. 11-23, a 2 week course

PARTIAL COURSES:

First preference is given to students coming to a complete course.

Thirty (30) days before a course begins, if there is availability, students may register to take a partial course; 1 week in May, September and October; or 1 or 2 weeks in June.

If you are a new student to Angela and Victor's teaching or have not been to one of their Greek courses before, they ask that you come to the FIRST week of which ever course you attend.

THE NEARBY VILLAGE OF MOLIVOS:

Molivos, on the Island of Lesvos, is a small picturesque town situated on the north coast, with spectacular views of the Aegean Sea, the coast of Turkey, olive groves and mountains. Built on the side of a hill, it is crowned with a medieval castle. The narrow cobblestone streets, many overhung with wisteria, lead up through the Agora, or marketplace, and down to the sheltered harbor where colorful boats nestle alongside the open-air tavernas. There is sea bathing, water sports, and good walking in the hills.

THE EFTALOU VALLEY: A beautiful, fertile and peaceful valley with landscapes of the mountains, olive groves, the sea, and the Turkish coastline - about 4 km from Molivos. There is a therapeutic natural hot springs on the sea, sea bathing on beautiful rocky beaches, several hotels and tavernas on the sea. The Yoga Hall is in this area, set in a quiet olive grove with gentle breezes and nature sounds.

There are hotels and restaurants in the Eftalou area and many more in Molivos. Transport between Molivos and Eftalou is easy and inexpensive: taxi shared with students, motor scooter, bicycle, hitchhiking, car rental and walking; some hotels in Eftalou have free shuttles to Molivos.

ACCOMMODATIONS AND MEALS:

There are several reasonably priced Hotels in the Eftalou area, a short walk to the Yoga Hall. Molivos (about 4 km away from the Yoga Hall) provides many alternatives - hotels, studios, guesthouses, rooms in local homes and apartments. Rooms in homes are simple but clean, most include private showers and some have cooking facilities. If you plan on spending the full Course staying in a hotel or private home, ask for a price reduction; most will usually bargain a lower price if you stay for the full Course. We recommend arriving 2-3 days early, if possible, to acclimate.

A good variety of groceries, fresh fruits and vegetables are available in local stores. There are also hotel-restaurants and Greek tavernas, coffee bars and bakeries. If you have any special dietary needs, we recommend you bring what you require with you. Vegetarians are very happy in Greece and there is plenty of fresh fish.

NOTE: Taxi and room prices can vary yearly with the rise & fall of the dollar/euro.

TO BOOK A ROOM:

Housing List: We have compiled a list of housing options. Please contact Patricia Schneider (937) 767-7727; email: patricia@brainfingers.com

Yoga students are made very welcome in Molivos and Eftalou!!!

TO TRAVEL TO MOLIVOS/EFTALOU:

ATHENS: If you have a long layover in the Athens airport, the Sofitel Hotel directly across from the airport has a nice restaurant and lounge...good food, quiet and smoke-free areas. Overnight rooms are expensive (\$250) but bargains can be found booking on Internet. I've heard that you can book a pedicure or manicure at the hotel's spa, and have access to their pool, sauna, showers and lockers.

There is a Holiday Inn very near the airport and is about half the cost of the Sofitel, with a free shuttle from the airport.

There are many other hotels a train ride away from the airport in Athens. In the Airport there is a chapel, a nice restaurant (The Olive Tree) and an archaeological museum on the second floor.

TRAVEL TO MYTLINI/LESVOS FROM ATHENS:

Air Transport: Most of the major airlines serve Athens. From Europe there are charter flights available from several cities directly to Mytilene/MJT, the port city of Lesvos. MJT is the airline abbreviation for Mytilini, Lesvos.

Olympic Airlines and Aegean Airlines (and new in 2009 Athens Air) operate from Athens to Mytileni (MJT), the port city of the Island of Lesvos. Aegean often has the cheapest and more reliable flights.

Ferries: There is also a sea route and you can take a 12-hour overnight ferry trip from Piraeus (the harbor for Athens) to Mytilene. Check with the Port Authority in Piraeus about sailings and prices. (30-142-86-9120).

www.hellasferries.net

TRAVEL TO MOLIVOS/EFTALOU FROM MYTILINI AIRPORT:

A 1 hour taxi ride around 60 euros. Set the price with driver at the start. Your hotel can book a taxi for you, or you can call our friend Yorgos Stamatias, 30-693-244-2197. He speaks basic English. There is a bus that runs from the bus station in Mytilene to Molivos for 5 euros...usually every other hour or so. You will take a taxi from the airport to the bus station.

Weather: You can search on weatherunderground.com for weather trends. (Search on MJT which is the airport name for Mytilini) Generally speaking, weather is similar to Northern California. Something warm for evening is always good. Molivos stores have a reasonable selection of clothing, sweaters, etc.

Baggage: Check with your airline or travel agent regarding baggage weight limits. Take some toiletries and essentials in a carry-on bag, just in case.

INTERNET: Some Hotels. Also Internet cafes with easy access ATM: Work well...most of the time

CHECK OUT THE MOLIVOS PHOTOS ON OUR WEBSITE: www.angela-victor.com

FOR MORE INFORMATION AND PRICING AND REGISTRATION DETAILS, PLEASE CONTACT

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