

2006 YOGA COURSES IN LESVOS, GREECE

THE COURSES:

The Courses are held in the Yoga Hall in Eftalou, a quiet valley about 4 km from Molivos on the Island of Lesvos. On the first day of the Course, class begins at 10:00 AM to help overcome jetlag; the last class ends about noon on the final Saturday. Saturday morning classes are practice sessions. Saturday evenings and Sundays are your days off.

3-hour morning class for asana and movement: 9:30 AM - 12:30

1 1/2 hour evening class for breathing and sitting: 6:00 PM - 7:30 PM

Note: Please bring your own sticky mat (and blanket, if possible).

CLASS SIZE IS LIMITED - PLEASE REGISTER IN ADVANCE

COURSE SCHEDULE:

Molivos Course I: May 15-27, 2-week course

Molivos Course II: June 12-July 1, 3-week course

Molivos Course III: Sept. 11-23, 2 week course

Molivos Course IV: Oct. 2-14, 2 week course

INSTRUCTION FEE:

\$900.00

\$1200.00

\$900.00

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If you attend a Course for only two weeks, please come to the May, Sept., or Oct. Course.

The 3-week course in June is intended to be a 3-week course.

NEW THIS YEAR: Payment and Cancellation Policies...please see registration form below.

THE 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. (Please see our list of housing possibilities). Transport between Molivos and Eftalou is easy and inexpensive: taxi shared with students, motor scooter, bicycle, hitchhiking, car rental and walking.

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; the Greeks 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:

If you want to reserve a room in advance, please see the list housing possibilities.

To phone Greece: 30 (Greece) 2253 (Lesvos), 071 (Molivos). i.e., 30-2253-071----

Many students simply come to Molivos and inquire at a taverna or the Tourist Office.

We have compiled a list of previous room experiences from students.

If you need further recommendations, phone Patricia Schneider (937) 767-7727.

Or email at: patricia@brainfingers.com

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

TO TRAVEL TO MOLIVOS:

Olympic Airlines serves Greece internationally and domestically, but from North America or further a field, you have many options. Book early for best fares...but sometimes-good fares do come available at the last minute. For European students there are charter flights available directly to Mytilene, the port city of Lesvos.

To reach Molivos from Athens: Olympic Airlines and Aegean Airlines operate from Athens to Mytilene, the port city of the Island of Lesvos. Some travel agents, and the airlines themselves only use Mytilene, not Lesvos, as the destination. (Mytilene can also be spelled Mytilini or Mytileni.)

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. There is a Holiday Inn very near the airport and many other hotels a train ride away from the airport in Athens. In the Airport there is a chapel, a nice restaurant and an archaeological museum on the second floor.

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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

To reach Molivos from Mytilene: A 1 hour taxi ride around 45 Euros (2005 price). If you carry your yoga mat, fellow yoga students may spot you and share a taxi with you. Set the price with driver at the start. Your hotel can book a taxi for you, or you can call our friend Yorgo. 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: May can be cool, with a day or two of rain, layers and warm fuzzy clothing are a good idea. Something warm for evenings is always good. June can be warm to hot. Molivos stores have a reasonable selection of 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: There are Internet cafes with easy access **ATM:** Work well...most of the time

CHECK OUT THE MOLIVOS PHOTOS ON OUR WEBSITE: www.angela-victor.com
Click on "workshops", scroll down to 2006, then to Molivos Courses...different photos for each course.

REGISTRATION FORM

Name(s): _____

Address: _____

City: _____ State/Province: _____

Zip/Postal Code: _____ Country: _____

Phone: _____ Email: _____

Please enroll me in: **Molivos I - May** (Please check to enroll)
 Molivos II - June (Please check to enroll)
 Molivos III - Sept. (Please check to enroll)
 Molivos IV - Oct. (Please check to enroll)

Please enclose a non-refundable deposit of \$200.00 for each person for each course.

NEW THIS YEAR: A \$200 NON-REFUNDABLE deposit is required to hold your space. Final payment of the full balance is due 30 days before the first day of your course.

CANCELLATION POLICY: For cancellations with less than 30 days notice, there is no refund, however we will credit any payments over the \$200.00 deposit to another workshop in 2006 or 2007. For cancellations with less than 2 weeks notice before the start of your course, class there is NO REFUND AND NO CREDIT.

WORKSHOP MAY BE TRANSFERRED, LESS THE \$200 DEPOSIT TO ANOTHER PERSON WHO CAN TAKE YOUR PLACE IN THAT WORKSHOP. IT IS YOUR RESPONSIBILITY TO FIND A REPLACEMENT IF THERE IS NO ONE ON OUR WAITING LIST.

Cancellations must be received in writing. All refunds will be remitted within 30 days of receipt. Our cancellation policies are firm therefore we recommend that you purchase travel/cancellation insurance

Please make DEPOSIT CHECK payable to: Patricia Schneider
1350 President St., Yellow Springs, Ohio 45387 USA

TEL: 937-767-7727 FAX: 937-767-7366
Email: patricia@brainfingers.com website: www.angela-victor.com

NOTE: As a convenience to students who have difficulty in securing U.S. funds, we can now take Visa // Master Card credit cards. There is a 5% service charge.

***** ATTENTION NON-USA STUDENTS *****

PLEASE BE CERTAIN YOUR DEPOSIT PAYMENT IS EITHER AN INTERNATIONAL BANK DRAFT IN U.S. DOLLARS OR AN INTERNATIONAL POSTAL MONEY ORDER IN U.S. DOLLARS.

