

Yoga in the Greek Island of **LESBOS**



With Ruth White
Sunday 31st May – Sunday 7th June 2026



Come to Lesbos when all the flowers are in bloom and the island is green and warm.

We will be staying at The Sunrise Hotel, overlooking the Aegean Sea with panoramic views from every room. The craggy terrain covered with flowers offers interesting and beautiful walks. There are coves for swimming and sunbathing. It is a truly unspoilt magical island. Please book early as it is a popular retreat.

COURSE LEADERS

Ruth White will be leading this special yoga holiday. She trained with Iyengar and has many years experience. She is renowned for her clarity and precision and can adapt postures to suit the ever-changing needs of her students. Ruth will be sharing her knowledge with you in Advaita. Talks about the truths that lie behind the physical aspects.

Mandy Fawcett is well qualified to teach our new hand and beginner students in our easier class which runs simultaneously with Ruth's. She teaches with empathy and understanding, adapting posture to suit their needs using chairs and support, you will not be asked to do anything you cannot do. You do not have to be 'good' at yoga to come. <https://amandafawcettyoga.com>

Guest speaker, **Narain**, formerly an Ishaya monk, who has been sharing his wisdom with us & internationally for over 20 years, will be joining us online for his inspiring and philosophical yoga talks. He has a gift of revealing, in his simple way, the truths of yoga. The truths that lie beyond the physical aspects.

All levels of ability are welcome and catered for from teachers in training to beginners. You are most welcome to bring your family as non-yoga participants and children are welcome too.



At the Sunrise Hotel, the yoga practice room is spacious, cool & light. The hotel has its own pools and gymnasium, and we have exclusive daily use of their sauna. The poolside taverna serves meals and freshly made fruit juices. Please go to www.sunrisehotel-lesvos.com for more details.

The hotel provides free transport into the village of Molyvos and to the Hot Springs. The buffet brunch after yoga, offers a great variety of delicious and healthy food for all tastes – from English Breakfast to an assortment of vegetarian dishes.

Evening meal is not included, however for those who want to eat in, the hotel provides an excellent 3 course buffet dinner. There are also many local tavernas offering delicious daily caught fish.

Don't forget to bring your walking shoes. There are many archaeological sites to see, and the hills are covered with wild herbs and not so wild animals. Beautiful, coloured fish are attracted to swimming in the sea near the hot pool. Bring snorkels!

SUGGESTED PROGRAMME - Please feel free to attend all or any



Arrival day – Gather in Foyer

5.30pm Yoga

Daily

7.00 am - 8.30 am Stretch, pranayama and meditation

9.15 am - 11.00 am Yoga

11.15 am Brunch

5.00 pm - 6.30 pm Talk, breathing & meditation

Departure day

7.00 – 8.30am Yoga followed by breakfast

BOOKING

There are two options for booking:

1. Accommodation with flights - You can fly from London Stansted or Birmingham.

London package - Total = course £1235 + package £833 = £2068pp

Jet2 holidays are offering this brilliant package, which includes flights, transfers, accommodation & breakfast. This is bookable directly with them and is currently on offer at £833. Please ask for double sea view aspects. The course fee is payable directly to Ruth White.

Sun 31st May 2026 - Stanstead departure – 05:55, Lesbos Arrival – 11:40

Sunday 7th June 2026 - Lesbos departure – 12:30, Stanstead Arrival - 14:20

Birmingham package - Total = course £1235 + package £779 = £2014pp

Sunday 31st May 2026 - Birmingham departure – 15:00, Lesbos Arrival – 20:50

Sunday 7th June 2026 - Lesbos departure – 21:40, Birmingham Arrival - 23:55



Please book quickly, as the current price is subject to change and is out of our control.

www.yogawithruthwhite.com/lesbos

This package is based on 2 people sharing. If you need someone to share a room with or would like a single room, please let us know.

2. Accommodation without flights For those who wish to book their own flights and transfers.

Total: course £1235 + double room inclusive £359.66, For single use Total: course £1235 + single room inclusive £514.92

To book email sunrisemolivos@gmail.com and mention Ruth's yoga group.

To book with Ruth White please send a non-refundable deposit of £200 (request BACS). The balance is due by 30th April 2026 please.

Ruth White Yoga Centre

4 Buchanan House, Penhurst Gardens, Chipping Norton, OX7 5ED
07587 140032 info@yogawithruthwhite.com www.yogawithruthwhite.com