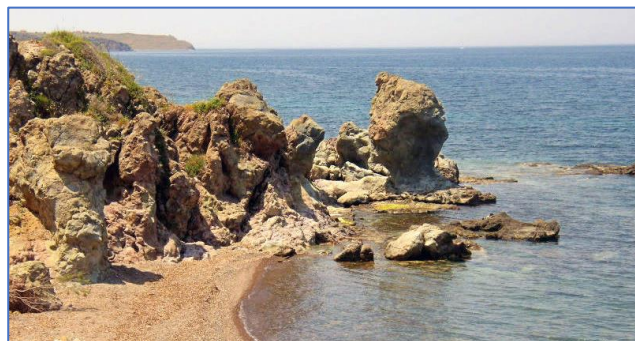


Yoga in the Greek Island of **LESBOS**

Sunday 4th May – Sunday 11th May 2025



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 of the sea and craggy terrain covered with flowers. 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.

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, which is included, 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.

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, reading & meditation

Departure day

7.00 – 8.30am Yoga followed by breakfast

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 swim in the sea, near the hot pool. Bring snorkels!



FEES

Flights & accommodation:

We are using Jet2 holidays, as they are offering this brilliant package, which includes flights, transfers & accommodation. This is bookable directly with them and currently costs £660.

Going Out		
London Stansted → Lesvos (Mytilene) MJT		
Depart: Sun 04 May 2025 at 05:55	Arrive: Sun 04 May 2025 at 11:40	Flight duration: 3 hrs 45 mins
Coming Back		
Lesvos (Mytilene) MJT → London Stansted		
Depart: Sun 11 May 2025 at 12:30	Arrive: Sun 11 May 2025 at 14:20	Flight duration: 3 hrs 50 mins

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

<https://tinyurl.com/ruthwhitelesbos25>

This package is based on 2 people sharing. There is an additional fee for a single room.

Brunch & classes:

The total for 1 week of a daily delicious brunch offering, and yoga, meditations, and talks is £757.50. This is payable directly to Ruth White.

Total cost: £1417.50



TO BOOK

Please book the package directly with Jet2holidays and send a non-returnable deposit of £200.00 by BACS (details available upon request) to Ruth White.

The remaining balance is due by 3rd April 2025.

Any bookings made after this date must be paid in full.

Ruth White Yoga Centre

Rest Harrow, Evenlode Road, Moreton-in-Marsh, GL56 0NJ

07587 140032 info@yogawithruthwhite.com www.yogawithruthwhite.com