

# Yoga in the Greek Island of **LESBOS**

**With Ruth White**

**Sunday 4<sup>th</sup> May – Sunday 11<sup>th</sup> 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. 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.

**Karuna** has a BSc in Human Physiology and has been teaching Iyengar Yoga for 25 years. She is particularly experienced at helping her students alleviate back and neck aches through alignment and core strengthening. She is qualified to teach for the BWY and with children and ran a yoga centre in Perth, Australia for 10 years. She now works from Gerrard's Cross, Bucks.

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](http://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

10.15 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**

Total = course £1235 + package £563 = £1798pp

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 £563. Please ask for double sea view aspects. The course fee is payable directly to Ruth White.

<b>Going Out</b>		
<b>London Stansted ✈ Lesvos (Mytilene) MJT</b>		
Depart: Sun 04 May 2025 at 05:55	Arrive: Sun 04 May 2025 at 11:40	Flight duration: 3 hrs 45 mins
<b>Coming Back</b>		
<b>Lesvos (Mytilene) MJT ✈ London Stansted</b>		
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 is out of our control.

<https://tinyurl.com/ruthwhitelesbos25> / [www.yogawithruthwhite.com/lesbos](http://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 £244 = £1479pp

A single room is £33.71 extra per night

To book the hotel, please email [sunrisemolivos@gmail.com](mailto:sunrisemolivos@gmail.com) and mention that you are attending Ruth White's yoga retreat for the special price.

The course fee is payable directly to Ruth White.

To book, please send a non-returnable deposit of £200.00 by BACS (details available upon request) to R White. Please let us know when you have booked. The remaining balance is due by 3<sup>rd</sup> April 2025. Any bookings made after this date must be paid in full.



**Ruth White Yoga Centre**

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