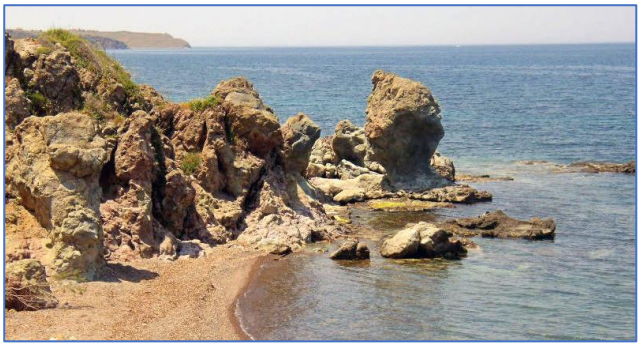
Yoga in the Greek Island of
LESBOS
With Ruth White
Sunday 4th May – Sunday 11th May 2025



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. 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.

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

Total = course £1235 + package £660 = £1895pp

Jet2 holidays are offering this brilliant package, which includes flights, transfers, accommodation & breakfast. This is bookable directly with them and currently costs £660. Please ask for double sea view aspects. The course fee is payable directly to Ruth White.

Please book quickly, as the current price is subject to change and is out of our control.
https://tinyurl.com/ruthwhitelesbos25

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

When booking, please remember to mention that you are attending Ruth White's yoga retreat. 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 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
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