

# Soi Yoga Holidays ...and more.



## 2016

Imagine a week or two of blue skies, sunshine, an easy, relaxed pace of life, good food, meeting interesting new people, swimming in the crystal clear Mediterranean Sea, stunning walks, afternoon siestas, lying in a hammock and of course yoga.....and much more.

Whichever of our weeks you choose, our aim is to give you an enjoyable and relaxing experience with time and space to really take a long, soft, deep breath and 'recharge your batteries'. We keep our class sizes small and personal, never more than twelve so you receive the personal care and attention that will make all the difference.



Natural Beauty

Sunshine and Sky



Sun & Sea



New friends



... and Yoga too!

## Where we are

The Peloponnese is a magical land, full of history: **Olympia** (home of the Olympic games), **Epidavros** (ancient amphitheatre and healing temple), the Byzantine capital **Mystras**, **Sparta** and **Gythion** (from where Helen set sail for Troy). Our nearest large town is **Kalamata**.



From Kalamata

you follow the solitary road winding around the magnificent Taygetos mountain range, offering stunning views of gorges, mountain villages and the sea. **Stoupa**, a five minutes drive from the Centre, is a popular but laid back little resort. It has four beautiful sandy beaches overlooked by mountains. It was here that **Nikos Kazantzakis** created his unforgettable character **Zorba the Greek**.

**Agios Nikolaos**, our nearest village, is a small and thriving fishing village just a short walk down the hill from the Centre. There are a number of good cafes and restaurants by the harbour. It has sandy and pebbly beaches and a secluded jetty perfect for swimming and sun therapy!



## Natural Beauty

The Peloponnese has around 3500 species of plants with about 200 unique to the region. The main season for wild flowers is from October until May when we run our

walking and yoga holidays. There are many spectacular local walks, some starting from the Centre itself.



Sol  
Yoga Holidays

**The Spirit of Life Centre** is a traditional stone building surrounded by a natural wild flower garden protected by the mountains behind and overlooking the sea. The yoga studio has 360° with its mountain & sea views. forms the hub of activities.

Accommodation is in one of our twin apartments or in selected accommodation close by.



## Food

Brunch and 'welcome / farewell' evening meals are provided at the Centre.

The meals we serve are vegetarian and the menu is designed to reflect our belief that food should be not only delicious but nutritious and healing.

For those who do eat meat, the tavernas in our local village offer local free range / organic meat and fish that is caught daily by the local fishermen..

We use the local produce including fresh vegetables and fruit, cheeses, olive oil, wild herbs and honey.

The region is famous for its olives and olive oil and through the work of our good friend Fritz Bläuel, more than 500 local farmers are now involved in organic production. The regional cuisine offers many **vegetarian** and **vegan** options.



## Yoga Holidays

### *Sun, sea and yoga.*

Our yoga holidays give you the chance to really immerse yourself in your practice. The warm climate, beautiful environment, clear mountain air and good food will enhance your yoga experience.

The fully equipped oak floor yoga studio has panoramic 360° views over the mountains and sea. Patio doors lead out onto a large balcony with sea views where you can relax after your yoga.

There are two classes per day, with some optional meditation. In fact all the classes are optional and you can enjoy a lie-in without feeling guilty! A light healthy brunch is provided after the morning class with plenty of time afterwards for relaxation.



The yoga classes are suitable both for both the beginner and for the more experienced practitioner.

During the year we also host guest teachers from around the world.

A typical day's session on a yoga holiday would be:

- 8.00 - 8.30 Meditation
- 8.30 - 10.00 Morning class
- 10.00 Tea or Coffee.
- 10.30 Delicious brunch.
- Free time to rest, read, explore or swim.**
- 6.00 - 7.30 p.m. Evening session
- 7.30 p.m. + A chance to enjoy the real Greece by the harbour side or relax at the Centre.

**There is no pressure to attend all the classes.**

During your stay additional treatments and therapies can be booked including, hot stone massage,



## Horse riding and Yoga Holidays

### *A wonderful blend of Horse Riding & yoga.*

One to one tuition for riders from absolute beginners to experienced riders. Taught by a very experienced teacher who will help you grow in confidence and teach you to build rapport with your horse. During the week you will enjoy rides in a spectacular mountain landscape. Your horse riding experience is further enhanced with optional yoga classes. There are no specific weeks for the horse riding holidays and are available most periods of the year.

Please contact us for availability of your preferred week.



## Walking and Yoga Holidays

### *Mountains, gorges and rugged coast.*

A wonderful combination of walking in the stunning mountain and coastal landscape of the Mani and Yoga. Yoga is the perfect complement to walking and will leave you refreshed and ready for the next days walking. Whether you've done yoga before or not, is no problem! You will be gently guided at a level suitable for you.

There are dozens of inspiring walking routes starting from the Centre and the surrounding areas. The European long distance path E4, which traverses Greece starts close to the Centre in the Taygetos Mountain range .



There are walks and rambles of varying length and difficulty. There are plenty of short 2 -3 hour routes which run amongst the foothills, gorges and along the coast. There are also more demanding routes for the experienced walker.

The guided walks explore the region around the Centre. This includes coastal, gorge and mountain walks, as well as exploring some of the mountain villages. Guided walking weeks are available from October to May, when the countryside is at its most colourful and interesting.

## Yoga, Meditation and Mindfulness.

### *Moving into stillness*

***Learn to cope positively with life's pressures?***

***Learn a 15 minute practice that will recharge and refresh you?***

***Learn how to concentrate your focus and attention?***

***Learn a practice that if practiced daily for ten minutes will profoundly improve your life.***

The week is suitable for those who have never meditated or practised yoga before as well as the more experienced practitioners. Mindfulness training or meditation is now used as a valuable medical tool that can even replace medication in cases of depression, stress or other psychological (and physical!) conditions. The practise of yoga is 'meditation' in action' and during the week we will explore this aspect of yoga.

There are many different ways to meditate The main reason why people are often discouraged from continuing a meditation practice is not having found a method that is right for them. During the week we will explore different meditative traditions, discovering a way that resonates with us.

During the week we will explore how meditation and mindfulness can be brought into the ordinary moments of life such as working, driving, shopping and even relaxing, so that all our daily activities become more enjoyable, and create little or no stress in our lives.



## Food the best Medicine

*Let food be thy medicine and medicine be your food.*

Hippocrates, the father of western medicine, recommended using food before resorting to any other medicine, and his principles are just as pertinent today. Letting medicine be our food and food be our medicine is all very well in principle, but what food, and what medicine? Cutting through the hype and fads around food, here is a clear and logical introduction to medicinal foods, ways of preparation and eating for optimum health, using material based on the latest nutritional research and a few thousand years of traditional experience.

This will be an enjoyable and informative week, with delicious healthy food.



Topics covered during the week will include:

- **The Dynamics of Diet**
- **Food Mood and Stress**
- **Optimum Nutrition for Optimum Performance**
- **Total Health**
- **Smart Nutrients**
- **Some Natural Approaches to Men and Women's Health.**



## Yoga and Wellbeing

*Bringing 'balance' to your life.*

### Yoga & Wellbeing' – what is it?

The Sol programme is our integrated health and wellbeing course. Yoga is more than just a series of physical exercises. **Yoga is about life.** During the week, we explore the interaction between the different aspects of our life and learn how to maintain the 'mind, body & spirit' balance that is essential to real and lasting health and happiness.

### Why come on the Sol Programme?

Time out from your busy life is not just an indulgent luxury but absolutely essential to wellbeing and happiness. Devoting time to yourself will benefit all aspects of your life and the lives of those who share it.

### What can I expect during the week?

- Energising and recuperative yoga.
- Vinyasa or flowing yoga.
- Breathing (pranayama) exercises.
- Learning about the eight branches of yoga practise.
- Food and nutrition – the healing and nurturing power of food.
- Visualisation for healing and personal growth
- Introduction to energy healing.
- Awareness and mindfulness training.
- *plus* plenty of opportunity for rest, relaxation and enjoying the sea and mountains of our beautiful location

### How will it benefit me?

You will acquire tools that can bring your life back towards a healthy balance with all aspects of your life being acknowledged and nurtured.

The path to optimum health and happiness that we take has to be right for us. It must fit in with our lifestyle, personality and our physical ability. We hope by the end of the week that you will have a better understanding of holistic health and how it relates to you.



Having a wonderful time. . . wish you were here. x



### Praise from our guests

*"I just wanted to say thank you for a wonderful week. I really enjoyed it, you have a beautiful place and made me feel extremely welcome." SR*

*"Thanks for a really great holiday - it was exactly what I needed - relaxing, good company, lovely place, great food, and I felt very well looked after..." AA*

*"First of all I will thank you for a wonderful visit at your Eden and for your open hearts. I felt like a queen." AH*

*"Thank you so much for a fabulous week. It was the most relaxing yet invigorating holiday I have ever experienced, and I am now home in the hurly burly but still very serene and my retina is still imprinted with memories of blue skies and sea." KB*

*"A big thank you for a wonderful week of soul feeding yoga, delicious lunches and hospitality well beyond the call of duty." L W*

*"The week did me the power of good." AH*

*"The holiday has transformed my life. I feel a tremendous peace and tranquillity." GH*  
*"It was one of the best weeks in a long time and in many ways." A B*

*"I just want to say I had a wonderful time doing your yoga course recently & find myself very much inspired to pursue this (Yoga) on a more regular basis." L M*

*"In a world where there is constant pressure to perform, to compete, to rush, to cram, it is almost a shock to discover somewhere to completely relax, and not only slow down but stop, and consequently gain so much. Set in the beautiful hillside above Agios Nikolaos is the Spirit of Life. A fully equipped yoga studio with wonderful sea views, and sunsets, fantastic freshly cooked food and inspirational teaching. "Neck & Spinal rehab specialist & personal trainer. Kate*

### Dream Healing Kindred Spirit

"Change is not the answer - simply add JOY"

### Daydream believer

#### - The Observer.

"...It's an astonishing experience, difficult to describe, impossible to forget"

### Heidi Fuller-love (award winning travel writer)

**Verdict?** After a week of hiking, swimming, yoga, meditation, stuffing ex-restaurant owner Kerry's succulent cooking and talking to the tortoises, I was so laidback they had to force me to leave. (They can't stop me coming back tho'..heheh)

### Harpers and Queen, spa edition

"The Spirit of Life Centre - They really do care here, and psychological change can be deep and possibly life changing. The food is divine - so fresh it's almost still growing."

### Top Sante

"Whatever you choose, a course here will make your holiday a more intimate experience, leaving you relaxed enlightened and able to deal with everyday stresses."

### Gulf News

**What's so good about it?** Kerry and Wendy's unfailing, but never intrusive, attention, combined with excellent teachers and ex-restaurateur Kerry's healthy, flavour-packed cooking, mean you may never want to leave.

### Jane Alexander (Author)

...Dreaming of a yoga and meditation break at the Spirit of Life in the beautiful Mani.

“...a place to pause, reconnect and be yourself.”

## How to Book

- i Please ring or email us to confirm availability for your chosen dates.  
Tel: 0203 2399237 UK  
Tel: 0030 27210 78240 Greece  
Email : [info@thespiritoflife.co.uk](mailto:info@thespiritoflife.co.uk)
- ii You can pay by bank transfer or safe and secure Credit card payments. You can also pay safely and directly through Paypal.
- iii Your booking will be confirmed once your booking form and deposit or full payment have been received.
- iv Extra copies of the booking form can be downloaded from our web site.

## Discounts -

**please note our generous discounts.**

**£50 per person** per week early booking discount for guests who book and pay in full 4 months or more in advance.

**Age :16 - 26 and 65+** 15% off.

**Extra weeks.** If you book more than 1 week, there is 15% off the second week and 25% off additional Weeks.

**Please note when multiple discounts apply only a maximum of £150 will be deducted.**

**Returning friends** - £50 off your holiday.

Additionally, if we receive a new booking (the guest has not booked with us before) through your recommendation there is an additional £50 discount off your next holiday, (e.g. 4 referrals will entitle you to £200 off your next holiday, 6 referrals £300 - there is no minimum amount of discount).

## HOW TO REACH US.

### Fly direct to Kalamata:

From end of March to November there are flights direct to Kalamata on Tuesdays, Thursdays, Saturdays and Sundays.

The following travel agencies provide flights and packages direct to Kalamata from London and Manchester.

[www.thomascook.com](http://www.thomascook.com) Tel: 0870 750 0119

[www.charterflights.co.uk](http://www.charterflights.co.uk) Tel: 0845 045 0153

[www.travelrepublic.co.uk](http://www.travelrepublic.co.uk) Tel: 020 8974 7200

[www.Easyjet.com](http://www.Easyjet.com)

### Fly To Athens:

There are regular daily flights from the UK, Republic of Ireland and Europe to Athens *El Venizelos* Airport.

**[www.Easyjet.com](http://www.Easyjet.com), [www.KLM.com](http://www.KLM.com) and**

**[www.BA.com](http://www.BA.com)** offer flights to Athens from Britain and Ireland.

**[www.aegeanair.com](http://www.aegeanair.com) and**

**[www.olympicairlines.com](http://www.olympicairlines.com)**

also offer daily flights to Athens.

There are also daily flights from Athens to Kalamata (45 minutes). [www.aegeanair.com](http://www.aegeanair.com).

From Athens there are coaches every hour direct to Kalamata.

### Fly to Thessaloniki

Another option for the experienced traveller is to fly to Thessaloniki (BA, Aegean, Olympic, Easyjet) and connect to Kalamata.

### Taxi Transfers

We can arrange taxi transfers direct from Athens Airport and Kalamata Airport to The Spirit of Life Centre. We can also sometimes arrange coach transfer from Kalamata Airport. Please contact us for further details.

**The price for our weeks include daily classes, accommodation, brunch and welcome / leaving dinners at the Centre.**

**The quoted price is based on shared accommodation. Single supplement is £100. Horse riding and yoga holidays are available from September until the end of June.**

**Non-participating partner £350.**

For more information, availability and booking  
ring us on (+44) 0203 239 9237 (UK) (+30) 27210 78240 (Greece)  
email: [info@thespiritoflife.co.uk](mailto:info@thespiritoflife.co.uk) or visit [www.thespiritoflife.co.uk](http://www.thespiritoflife.co.uk).