

Yoga Retreat at ZenZem Crete with Klara Burgess

Dates 30.7.-6.8. 2014, Price: 9990,- Czech Crowns (365,- euros)

Programme

Yin, Yang Yoga, Movement Meditation, Free Flow Yoga, drumming, creative workshops, healthy greek cooking class, trips to the beach, dinner out in local taverna, free time to rest and explore the island ☺

Book your place till 15.6. 2014 at: burgessklara@gmail.com

Deposit 1000,- Czech Crowns upon registration, full amount till 15.7.2014

Included in the price:

- 7 nights accommodation at ZenZem centre for Yoga and Art
- 3 vegetarian meals/day prepared from the yoga group (Sangha)
- 2 yoga, meditation or creation classes/ day (depending on schedule)
- A local recipe cooking class
- 3 transfers to the local beach for practicing yoga and/or swimming
Meditative walk and yoga around the monuments of Ancient Aptera and Koules Castle

Not included:

- Air tickets
- Transport to and from the airport
- Travel insurance
- Any meals consumed outside ZenZem (including the night eating out at a local taverna together)
- 'Rest'/free day activities/ food

About ZenZem Crete...

<http://www.zenzem.gr>

ZenZem house and garden is a space where free expression and any form of life manifestation can take place... We feel that this space is not ours but it is to be shared and to offer a home to friends, teachers and students, bringing them together and warming up the atmosphere in the spirit of togetherness. We are not a 'retreat centre' as such, but more of a home to those who are looking to retreat and express their Art freely!

During retreats at ZenZem, guests are invited to take part not as separated individuals but as waves of one Ocean, a Sangha. Part of this living experience is seva (karma yoga or selfless action) where we all contribute by helping to prepare healthy meals and performing light tasks around the house and garden in the essence of oneness.

Here is a brief description of ZenZem space: It consists of two renovated traditional stone houses, one bigger and one smaller. They have a capacity of up to 9 people in a shared type of accommodation, with three bathrooms and two kitchens in total. Rooms are equipped with clean sheets and towels offering simplicity and relaxation. For larger groups, or if it is one's preference, the garden has space for 4-5 medium tents (please let us know if you intend to bring your tent). In some occasions, depending on type of retreat and its demands, local accommodation facilities (rooms to let) may be arranged.

Aptera village

Aptera (or Megala Chorafia) is a quiet Cretan village located on a hilltop of Apokoronas area, with view both to the sea and the White Mountains (Lefka Oroi). The village inherited its name from the Ancient city built here, dedicated to the ancient greek goddess Artemis (Diana) 'the Aptera' (meaning the one without wings, the grounded and Earthly one).

Aptera has very good access to Chania town centre (about 15 km away). Hourly buses pass from the national main road or a taxi / car hire can be arranged.

Transport to and from the airport

Chania Airport (Daskalogiannis) is 23 km away. If you arrive at the airport, you could hire a taxi to get to ZenZem directly (about 35 euros). Alternatively, you may get the bus to Chania central bus station and then a second bus from there (departs hourly). Issue a ticket for Megala Chorafia (this option costs about 4,50 euros total).