

CRETE MAY 2022

ELEMENTS

RETREAT

YOGA | MEDITATION
KIRTAN | COMMUNITY



Soma Yoga

YOGA & THE ELEMENTS RETREAT TO CRETE



EXPERIENCE THE POWER OF NATURE THROUGH YOGA

When we retreat to seek connection with ourselves and the elemental forces it can reignite our lives with meaning, feeling and joy.

Ralf, Stella and Daisy offer you the unique opportunity to live the local cretan experience whilst diving deep into ones own practice on the magical island of Crete. Through yoga asana, pranayama, meditation and inspiring talks in the setting of both mountains and the sea whilst being surrounded by wild nature we can, unshackle ourselves from stuck mindset and deepen our understanding of ourselves whilst reconnecting to our own wild nature.

Come and practice, meditate, sing and celebrate nature together!

- 2 X DAILY YOGA
- DAILY MEDITATION
- CONSCIOUS WALKS
- SUNRISE YOGA
- KIRTAN & MANTRA
- PRANAYAMA
- LOCAL TRIPS
- RIVER & OCEAN SWIMMING
- LOCALLY SOURCED BREAKFAST
- TRADITIONAL CRETAN CUISINE (VEGETARIAN)

8 DAYS

FRIDAY 27TH MAY -
FRIDAY 3RD JUNE 2022

COSTS

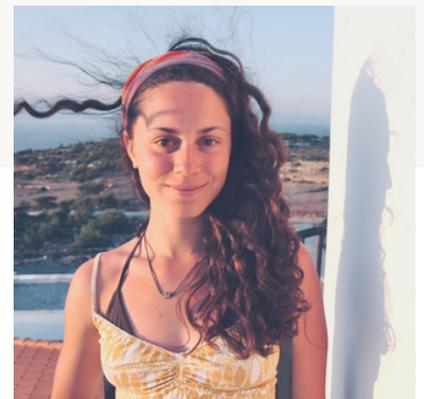
FROM 760€ PER PERSON
INCLUDING: FULL YOGA & THE ELEMENTS PROGRAMME,
ACCOMMODATION + HALF BOARD, PRIVATE POOL ACCESS



RALF SCHULTZ: MEDITATION, YOGA, PRANAYAMA, TALKS



DAISY BOWMAN: KIRTAN & MANTRA



STELLA KREMMYDA: YOGA



Soma Yoga

ZenZem, Crete

PROGRAMME DETAILS

Daily Schedule: (subject to change)

7:30 - 9 Pranayama, Yoga, Meditation with Ralf

9:30 - 10:30 Breakfast

11-12 Talk / Free time

13-14:30 Lunch

14:30-18:30 Free time

18:30 Evening Yoga with Stella

20:00 Kirtan/talk with Daisy & Ralf

20:45 - 21:15 - Meditation with Ralf

Special Events

- Sunrise Yoga Tuesday 6:00 -7:30
- Beach Kirtan Thursday Evening
- Group beach/river swimming trip
- Meditative walk to Ancient Aptera

Optional activities

- Beach (5 minute drive)
- Shopping (Chania City or local town)
- Visiting the local Ancient Aptera Ruins
- Pool swimming (shared pool for our group)
- Dinner at Local taverna or by the Sea.



PRACTICAL DETAILS



Yoga - This will take place in two locations - one overlooking mountains (zen zem) and the other overlooking the ocean at sculptures house. Both are within meters of the accommodation.

The retreat will be run in English and German. The yoga is suitable for mixed abilities.

Meals:

Breakfast: A simple, fresh, greek breakfast will be provided at Aptera hotel - (fresh fruits, yoghurt, honey, toast, tea, locally sourced)

Lunch: We have made an arrangement with a local taverna to provide vegetarian lunch daily.

Dinner is not provided, we recommend that you eat lightly in the evenings of your own accord. There are local tavernas, or since each apartment is fully equipt you can prepare your own food there.

Transport

Car hire is generally recommended when travelling to Crete and we have made an arrangement with a local business owner to provide shared car hire at discounted rates for our group.

This will cost approximately €50 additionally per person for the week (with car sharing 3-4 people). Options for individual car hire at the space rate are also available.

Nearest Airport:

Chania, Crete (CHQ) 20 km from Aptera.

We Have arranged for hired cars to be picked up directly from Chania airport.



ACCOMMODATION

APTERA HOTEL



We have organised special room rates for retreat participants at the family run, friendly and, tranquil Aptera hotel.

We will have access to a private pool overlooking the ocean and a shared space in which we can retreat to if the weather doesn't permit outdoor yoga.

The rooms are studios, and one & two bedroom apartments.



Available Studios, One & Two bedroom self catering apartments; as well as one luxury cottage next to the pool (one double bed + 1 single bed) all furnished in traditional Greek style yet equipped with all modern facilities.

All apartments are non-smoking and have private bathrooms with shower, fully equipped cooking corner and air-conditioning.

A small reception and a café are situated on the ground floor.

The business is part of the local Aptera community which includes Zenzem yoga school.

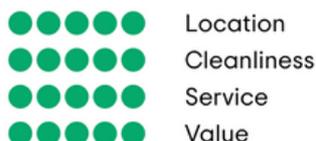


Room Sharing/Booking

Rooms are booked directly through Aptera Hotel. There are apartments for single or double occupancy or 3-4 sharing bedrooms. Prices vary from €760 to €1005 (total retreat cost) depending on occupancy and the type of room or apartment. Aptera Hotel's owner Nectarios will be happy to consider/accommodate any special requests that are made with sufficient advanced notice

5.0 Excellent 9 reviews

#2 of 2 B&Bs / Inns in Aptera



If you are interested in the retreat, please send an email to info@somayoga-freiburg and we will send you further information, exact prices and the registration form

