

A Transformational Yoga Holiday

on
the

Greek Island of Kythira

with Gloria Latham



Your Yoga Holiday Includes

- morning and evening yoga classes daily in seaside and village locations with spectacular views
- guided hikes that explore the history of the island as well as traditional culture
- three excursions that include dinner in local tavernas serving the freshest of foods
- 6 nights accommodation (price is based on double occupancy)
- shared car rental (one car per two people)
- transfers to and from the Kythira airport
- 24 hour access to our representative on the island

Join us for a Transformational Yoga Holiday on the magical island of Kythira, Greece.

Your Holiday Includes

- morning and evening yoga classes daily in seaside and village locations with spectacular views. Breathe in the pure salt air, and the scent of eucalyptus, rosemary, oregano and thyme. Classes will range from challenging to deeply relaxing. Transform your body and free your mind. Allow your body to get strong, stretched and sun kissed.
- morning meditation begins as the sun rises to dance on the water (or shortly thereafter if there has been a lot of Greek dancing the night before).
- opening ceremony dinner and Greek dancing to traditional music in a local taverna that overhangs the sea. Only a local could find this place. **OPA!**
- guided hike to the abandoned village of Paleohora, the medieval capital of Kythira during the Byzantine period. Paleohora is built on steep cliffs above the Kako Langadhi gorge. It was built to protect the villagers from the many pirates raids that plagued the island. Its inhabitants were finally captured by the terrifying pirate Barbarossa in 1537, and taken as slaves. The village was never reconstructed as it became known as a place of bad fortune. The gorges below form a small lake of great beauty and ecological value.
- guided hike to the village of Karava, and visit to the local bakery, and olive press. You have never tasted spinach pie like this before! We will walk down to Amir Ali and the springs of Portokalia. The springs are named after a huge orange tree that produced a staggering amount of oranges for the region.
- visit Milopotamos, one of the most beautiful medieval villages of Kythera, exhibiting architecture from the occupation of the Venetians, and English as well as exceptional Byzantine and post-Byzantine churches. From here, we will make our descent down to the caves of Agia Sophia. The entrance to the cave is covered in significant Byzantine frescoes. Inside the cave is a splendour of stalagmites and stalagmites.
- visit Hora and Kapsali. Hora is the capital Kythira. This town is dominated by a Venetian castle built in 1150. Within the castle there are preserved ruins of Venetian buildings and Byzantine churches with beautiful frescoes and icons. Hora is a great place to shop for jewelry, sandals, summer clothing, and local sweets and wines. End the day with yoga in a 16th century amphitheatre on the bay of Kapsali, and dinner in a local taverna.
- closing ceremony dinner.

Daily Events

- two transformational yoga classes daily that will cleanse, detoxify, energize and renew you
- meditation in breathtaking settings
- your holiday will be balanced between group events and time spent relaxing

Optional Daily Events

- daily swimming, sun bathing and relaxation on secluded beaches. Swim in the very waters that it is fabled the goddess Aphrodite rose from the sea
- hiking or gentle meandering strolls
- exploring traditional villages, and deserted historic sites
- enjoy traditional Greek music, dancing, and cuisine
- fall into the Greek rhythm of life

Flight Information

Kythira can be reached from Athens International Airport. It is a short 45 minute flight from Athens. There is only one flight almost daily and seats book well in advance. Kythira is a remote island and is an ideal setting to practice yoga and meditation.

Ground Transportation

All transfers to and from Kythira airport to your seaside hotel are included in the price of the retreat.

Weather on Kythira

Temperatures on Kythira in June and September range from 25-30°C. The evenings can be cool, as it is very windy on the island. We recommend bringing along more than just a light summer dress. Please bring long pants, sweaters, and a good pair of walking shoes.

About our Accommodations

Accommodations are selected from a handful of properties by our representative on the island. Early bookings ensure rooms with the best views. All properties are immaculate, and are run by locals.

We will be staying in the seaside fishing village of Avlemonas. Stare straight out your window onto colourful fishing boats bobbing up and down in the Mediterranean. The harbour is bordered by a Venetian fortress and is surrounded with colourful bouganveillia, as well as caper bushes that supply the caper berries for the best Greek salad you will ever taste.

Sample Daily Schedule

- 8:00am-8:30am: Meditation and Pranayama
- 8:30am-9:45am: Yoga
- 10:00am-6:30pm:
Free time or group hike to an archaeological site, local craftsmen, or traditional village
- 6:30pm-7:45pm: Yoga
- 8:00pm onward:
Free for dinner, exploring the island, dancing, and R & R



About Kythira

Off the southern coast of the Peloponnese bordered by the Aegean, the Ionian and the Cretan seas lies the beautiful island of Kythira. Although one of the larger Greek islands Kythira is relatively unknown, quite surprising when you consider that the natural beauty here surpasses many of the more popular islands. The coastline is over 50 kms in length and plays host to a plethora of secluded beaches, many only accessible by boat, whilst the interior holds the secrets of the island's many occupiers since antiquity.

There are many reasons for visiting Kythira not least amongst these is the opportunity to experience authentic Greece. Agriculture still vies with tourism as the number one source of income on the island, a fact which makes the locals very proud. The locally produced honey made with thyme is renowned throughout Greece, as are the rare Semperviva flowers (Latin for everlasting) which can only be found on the steep cliffs occupying much of the eastern side of the island.

Breathtaking landscapes are a prominent feature on Kythira, numerous gorges are home to a variety of wildlife and birds, and late in the season golden eagles can be seen circling the skies above the precarious cliff top monastery of Agia Moni. The diverse scenery on offer means Kythira is ideal both for walkers and nature lovers whilst the more artistic can spend days searching for the perfect subject amongst the deserted villages and impressive stone bridges, remnants of past empires. Although the attractions of the interior are many, the beaches are still a favourite for most. Whether secluded splendour or convenience and a sun-bed are priorities Kythira has something for everyone.

About Gloria

Gloria is the founder and co-owner of Semperviva Yoga and Lifestyle store. She has been teaching yoga for over ten years, and is the director of yoga teacher training. Gloria is from the island of Kythira and can give you a taste of Greece that only a local can.

About Scott

Co-owner and founder of Semperviva, Scott has a deep appreciation for the beauty of nature, history, and tradition. Having visited the island of Kythira many times, Scott is a perfect guide for your explorations. He will take you on tours through deserted villages and historic sites. He will help you discover the traditional flavour of Greece.



Your Yoga Holiday to Kythira

June 9th-June 15th. Cost \$1,899.00 + GST

August 29th-Sept 4th. Cost \$1,995.00 + GST



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