



Kythera is a little-known magical Greek island with few tourists. It makes a superb base for our yoga and gentle walking retreat.

Kevin has been leading wildlife holidays for over 25 years. He has good friends on Kythera who have helped organise the retreat.

He will be delighted to point out interesting birds, beautiful flowers and other aspects of the island's ecology during the walks and at any other times!

In this idyllic setting Denise will start each day with a morning yoga practice, offering a late afternoon session as well.

Suitable for all levels, modifications will be provided to fit all abilities and health concerns, as well as options to make postures harder for those who wish to have a stronger practice.

We will end each day enjoying good local food and wine in friendly tavernas!



Kevin is a conservationist and environmentalist with a special interest in birds, mammals and ecotourism.

He has led many projects linking nature and communities, including a Darwin Initiative on the taiga forests in Siberia and a programme to identify sustainable use of forest resources in the Ecuadorian Amazon.

Kevin was a Director of the Tree Council and ran National Tree Week in the UK for 13 years. He recently led a team providing access to the British countryside for hard to reach groups, and a project on eagles, vultures and other wildlife in Albania.

He is President of the Cambridge Natural History Society.



Denise is a Hatha Yoga teacher with many years experience in the UK. She has taught most ages and abilities in her varied classes including Parkinsons and Children's Yoga plus work with back conditions and stress related health problems.

Denise has run yoga retreats and workshops for many years. Denise's yoga uses postures for strength, flexibility and balance. Her sessions include breathing practices, relaxation and meditation.

ITINERARY

Tuesday September 24th

There are many flights to Athens, and from there daily flights to Kythera.

Group meets at Kythera Airport early afternoon. Transfer to Armonia Hotel close to the sea in the quiet village of Platia Ammos, for 7 night stay, in time for welcome dinner at our hotel.

Wednesday September 25th

Every day will begin with an optional morning Yoga session, followed by breakfast, and finish with a Yoga session before dinner. Walk to Karavas, lunch at Ali Ammos Springs cafe. Visit to special bakery in an old olive oil factory. Walk back. 6pm relaxing Yoga before our group dinner in a local family run taverna

Thursday September 26th

Yoga and breakfast then walk to lighthouse. Several options for lunch and swimming. Free afternoon til 6pm Yoga. Dinner in the village taverna.

Friday September 27th.

This day is free to relax or explore the island by local bus or taxi.

Saturday September 28th

Yoga and breakfast then drive by minibus to the historic village of Mylopotamos to walk down its famous river gorge, beside cool water and verdant trees. Lunch options at an excellent taverna in the village square. Yoga followed by dinner.



Sunday September 29th

Yoga, breakfast, drive and walk to ancient ruined hilltop city of Paleochora, with church frescos and stunning views. Visit Potamos market for lunch and souvenirs. Afternoon Yoga on the beach at sunset! Dinner in a local taverna.

Monday September 30th

Yoga morning and evening, Visit to Agia Pelagia, with a walk along the shore to a stunning gorge, Many lunch options in this village. Farewell dinner in a local taverna specialising in seafood.

Tuesday 1st October

Leave at lunchtime for the flight to Athens.



The cost of the tour is £848 per person, or £988 for a single room.

This includes breakfast and dinner with wine, all visits as detailed on the itinerary, and you are accompanied throughout the tour by naturalist Kevin Hand and Yoga instructor Denise Sibley-Moore.

Not included:

Flights, lunches, other drinks and travel insurance. Bring your own Mats. If you require the use of a block or yoga belt, please bring it with you.

We will advise on suitable flights nearer the time. Some may want to extend their trip, perhaps with more time in Athens or on Kythera.

If enough people are on the same flights it may be possible to arrange shared return transport to the UK airport.

All walks take about 2, 3 or 4 hours, at a leisurely pace.

Yoga and walks are not compulsory! All are welcome to opt out .

To make a reservation together with your deposit

please complete a booking form and return to Denise (£300per person) denise@sibleymooreyoga.co.uk

