



Iyengar Yoga, Crete

led by
Marios Argiros



With these holidays Marios brings together two of his greatest passions, Iyengar yoga teaching and the island of Crete, which he has been visiting for over twenty years.

The yoga holidays take place at Hotel Leonidas, a small, friendly place owned by the warm and welcoming Mylonakis family. The hotel is situated by the beach in Drapanias Bay near the quiet coastal town of Kastelli in the Kissamos area of Crete. It is about half an hour from the historic city of Chania and about forty-five minutes from its airport.

Between the hotel and the beach there is a tiled and covered area which serves as an ideal yoga space. This is the venue for a two hour morning class and a ninety minute early evening class (including some pranayama) which are accompanied by the relaxing sound of the sea washing the beach. The yoga holiday is suitable for all levels from beginner upwards. There will be one free evening during the week (usually Friday or Saturday) to allow for more extended trips.

There is a generous brunch prepared by Niki and family after the morning class, and then your time is your own, to go off exploring - on foot, bike or car (hire can be arranged), to enjoy time on the beach swimming or sunbathing, or to just relax away from the usual hectic pace of life.



				1 week	2 weeks
May 23rd	May 30th	Iyengar Yoga	Marios Argiros	£375	£695
May 30th	Jun 6th	Iyengar Yoga	Marios Argiros	£375	£695
Jul 4th	Jul 7th	Iyengar Yoga	Marios Argiros	£375	£695
Aug 22nd	Aug 29th	Iyengar Yoga	Marios Argiros	£375	£695
Aug 29th	Seo 5th	Iyengar Yoga	Marios Argiros	£375	£695
Sep 5th	Sep 12th	Iyengar Yoga	Marios Argiros	£375	£695
Oct 24th	Oct 31st	Iyengar Yoga	Marios Argiros	£375	£695
single rooms are £440 for one week and £800 for 2 weeks					
non participant sharing participants room £245 for one week £445 for two weeks					

Marios Argiros is an Iyengar Teacher who combines teaching yoga with his work as a classical musician. He came to yoga originally through neck and back problems he had been unable to solve with other therapies and found that Iyengar yoga had a transforming effect on his life and his work as a musician.

He has studied and practised yoga for many years, completed his teacher training at the Manchester and District Iyengar Yoga Institute and has studied with many eminent teachers, including the Iyengar family at the Ramamani Memorial Institute in Pune,



Includes: all yoga tuition and equipment, en-suite accommodation with a fridge, brunch after the morning class each day, evening meals on the first and last nights, transfer by taxi from Chania airport.

Not included: flights, transfers from airports other than Chania, travel insurance, meals other than as specified.

please ask Jilly for full details on this wonderful holiday as she has been there : 01273-564230

Leonidas Hotel has double and single en-suite rooms which are simple, clean and airy but not luxurious.

Evening meals on the first and last nights are included, but on other evenings you can do your own thing or eat at Leonidas taverna where they will happily cook to order what you feel like. The owners farm in the area and use a lot of their own produce including fruit, vegetables, olive oil and yogurt.



There is a campsite next door which has a minimarket, bar and taverna and if you walk further along the beach there is another campsite where you can use their exquisitely situated pool (see above).

The area around the hotel is quiet and rural, the peace disturbed only by the sound of early morning cockerels. The village of Drapanias is a ten minute walk and from there you can catch buses to either Kastelli or Chania. Taxis (reasonably priced) can always be arranged by the hotel owners for trips if you prefer not to hire a car.

This part of Crete is a wonderfully varied area, known for its olive oil since antiquity, and there are many brilliant places to visit within easy reach.



Falassarna (left) is a beautiful long sweep of yellow sand facing west which has the most stunning sunsets - it's only 15 mins drive away.

Boat trips can be arranged to Balos Bay and the Gramvousa peninsula which are inaccessible by road but offer fabulous swimming, snorkelling and sunbathing.

Nearby Kastelli (also known as Kissamos) is a quiet untouristy sort of place, with plenty of shops, tavernas, bank, post office etc.

The evocative city of Chania is a wonderful place to spend a few hours (or days) exploring. It was first settled by the Minoans and remains one of the longest continuously inhabited city sites anywhere in the world. The area around its Venetian harbour is full of interesting shops, cafes and restaurants, and the covered food market is worth visiting for its huge variety of local produce. It also has a richly stocked archaeological museum housed in a building that was once a Venetian church and then a Turkish mosque.



What to bring: we provide the yoga equipment so bring your normal holiday requirements and yoga clothing. Include a pair of trainers if you wish to go walking in the countryside and a hat.

Travel Information (flights and insurance are not included in the price) The courses run from Tuesday to Tuesday to fit in with charter flights to Chania from the UK. Direct flights to Chania are available from Gatwick, Manchester or Newcastle.

Easyjet do budget flights into Athens where you can take one of the many daily domestic flight to Chania. British Airways have recently started a new scheduled service from Gatwick to Heraklion (which is two and a half hours from our venue so expect to pay £45 upwards for your taxi). Free Spirit Travel can help you find direct flights if you wish **01273-564230**

to book please telephone Free Spirit Travel

Free Spirit Travel

Phone: 01273-564230

Email: info@freespirituk.com website: www.freespirituk.com