

YOGA RETREAT IN GREECE with Billy Doyle
Hotel Delfinia, Molyvos, Isle of Lesbos



21 – 28 July 2018

During the week we will explore postures, breathing, relaxation and meditation in a subtle sensitive approach.

The retreat will take place just outside Molyvos, in the north of the island, at Hotel Delfinia. It's set in 87 acres of grounds with a rich variety of trees and plants and shady pathways by the beach. It's completely immersed in nature and has a quiet and peaceful atmosphere.

We will meet twice a day for yoga and on occasion for self-enquiry and discussion.

There will be one day without yoga when it will be possible to take a boat trip or visit other parts of the island.

Non-yoga participants and children are welcome to join the group.

Accommodation is either in the main hotel building or in bungalows scattered among trees and gardens. All rooms are en-suite, air-conditioned and have their own balcony or terrace.

Delfinia has its own swimming pool with a restaurant next to the beach. From here there are magnificent views of Molyvos and its ancient castle.

Molyvos is a short walk along the beach; it's a small atmospheric town built on a hillside between its picturesque harbour and castle.

Accommodation: This is paid separately to Delfinia Hotel. Please book your room or bungalow directly with the hotel through their website, email or telephone. Early booking recommended. www.hoteldelfinia.com info@hoteldelfinia.com Tel: + 30 2253071315

Cost for Yoga tuition: £320

To book for the yoga send £120 non-returnable deposit with booking form. You can either pay through bank transfer (contact me for bank details) or by cheque (payable to W Doyle) sent to: 35 Nassington Road, London NW3 2TY.

The booking form can be sent by email or post.

Balance due 26 May For cancellations after 9 June there will be no refund.

After booking you will receive further information including transfers from Mytilene airport to Delfinia.

If you have any other questions please contact me: 020 7794 0773 / 07875 979236

billydoyle@clara.co.uk

www.billydoyle.com

Getting there:

There are direct charter flights with Thomas Cook from UK to Lesbos on Saturdays.

You can also fly via Athens or Thessaloniki, or take a boat connection.