

Light house Retreat Program

Dates

6 – 11 September (no moon)

20 -25 September (full moon)

Location

Amorgos Island, Cyclades Greece

Retreat Pillars

- 7 sessions of Pilates, Feldenkrais and Alexander Technique
- 5 Blue Paths hiking guided tours
- Shiatsu (upon request)
- Stone Balancing (with sea time)
- Meditation (with sea time)

Info and booking: Cristina Mosora

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Organiser: Theodore Tarkazikis

Program per day follows (indicative, subject to change)

Monday

9.00 pilates mat flow (Iris Studio)

Sea time Psili Ammos

19.00 pilates mat analysis (Iris Studio)

Tholaria Village-Seladi (please see map below)

Tuesday

9.00 pilates foam roller (Iris Studio)

Hiking to Chalara Asfondilitis (please see map below)

Wednesday

9.00 pilates mat1 - advanced exercises analysis (Iris Studio)

Hiking to Agia Anna - Monastery - Profitis Ilias - Chora (please see map below)

Thursday

10.00 pilates with Anna (Peters balcony)

Visit to Chora - Agios Mamas - Aigiali (please see map below)

Evening session of stretching, shiatsu, meditation (upon request)

Friday

10.00 pilates, Feldenkrais, Alexander (Iris Studio)

Katapola, Ancient Arkesini, Lefkes, Lighthouse (please see map below)

Visit to Antoni and Nontas Fresh Garden

Saturday

10.00 pilates class integration (Iris Studio)

Hiking to Kalotaritissa, Mouros, Ancient Arkesini, Broutsi

Prices per person per day

Accommodation: from 40euro/night/single room (Details soon)

Pilates: 25euro/session

Local shared transportation: 10euro

Transportation to the island (airplane, ferry) and meals are not included.