



# GREECE

## YOGA RETREAT

### KARPATHOS

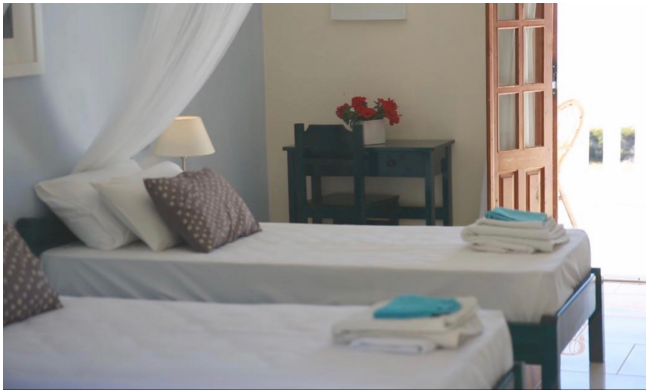
#### JUNE 2-9, 2024

Join Christine for another unforgettable week on Karpathos, where every room has a view. You are invited to begin your day with an invigorating Vinyasa Flow class. All levels are welcome but some yoga experience is recommended. Each practice will progressively build on the previous one and you will develop strength, gain flexibility and grow your yoga practice.

In the early evening you will be guided through a Yin Yoga practice which will calm the body and the mind and aim to increase mobility in the body.

2 excursions are offered during this retreat but there is also plenty of free time to explore the hiking trails or simply rest in a hammock or lounge on the beach.





**Cost:** all prices in CAD

**Double occupancy:** \$1,895.-CAD early bird (\$1,995 after Jan 2, 2024)

(if you are traveling solo and wish to share a room, we'll do our best to pair you up with a suitable roomie / all shared rooms have 2 single beds)

**Single occupancy:** \$2395.-CAD early bird (\$2495.- CAD after Jan 2, 2024)

Space for this retreat is limited, reserve your spot!!

1. A non refundable \$400.-CAD deposit upon booking is required to reserve your spot.
2. 50% of the total (minus deposit) is required by Jan 2, 2024 (non refundable)
3. Remaining balance is due 3 month prior to retreat start : March 2, 2024)

\*All payments are made directly to Christine Eberle via etransfer

(yogaretreatadventures@gmail.com) cash or cheque.

All fees incurred with payment are the payer's responsibility and payments are non refundable.

#### Included:

Accommodations  
Airport transfers  
3 meals  
Yoga classes  
2 excursions

#### Not included:

Flights  
Travel Insurance  
Alcoholic beverages  
Massages

#### What to bring:

Bathing suit  
Towel  
Sunscreen  
Bug spray  
Yoga clothes  
Yoga mat (if you prefer your own -)

## Venue

We will be staying on the island of Karpathos at Kathy's Island Retreat. Karpathos is the second largest of the Greek Dodecanese islands, in the south-eastern Aegean Sea, between Crete and Rhodes. It boasts 160km of coastline and has not surrendered yet to mass tourism and therefore still retains a genuine, natural and authentic beauty.



## Meals

Three delicious, healthy lovingly prepared meals will be offered using local ingredients. The chef uses fresh local herbs and produce to prepare creative menus tailored specifically to meet your dietary requirements. Upon booking please specify any dietary restrictions or allergies. Please also advise if you prefer vegetarian, seafood or meat options.



## Yoga Classes



There will be 2 daily optional yoga classes on a “beach day”. On excursion day, we might alter the schedule to accommodate the activity. There will be a vinyasa style practice in the morning and a yin class in the evenings. All levels are welcome and modifications will be given. Props are available. Some yoga experience is recommended.



## Christine Eberle

Originally from Germany, Christine lives in Canada and has been teaching yoga since 2006. She has taken several teacher trainings (Vinyasa/Power/Yin Yoga) and many continuing education studies and has a deep understanding of the struggles students may face in class and she hopes to help them break through their edge, grow and feel empowered by trying new things. Her classes are challenging yet light hearted and infused with humour and possibly a very slight German accent. She has previously lead retreats in Central America and Europe. This retreat will be held in English.



Christine is grateful to her many amazing teachers: Michelle Cormack /Shiva Rea/Shawn Corne (Vinyasa Flow), Kinndli McCollum/Baron Baptiste (Power Yoga), Hart Lazer /Ramanand Patel (Iyengar (alignment based) Yoga), Bernie Clark/Diana Batts, Annie Au (Yin Yoga) and more ♥

Everyone and every level is welcome !

To find our more please got to [www.christineeberleyoga.com](http://www.christineeberleyoga.com)