



## 2008 YOGA COURSES IN LESVOS, GREECE

**THE COURSES:** The Courses are held in the Yoga Hall in Eftalou, a quiet valley about 4 km from the village of Molivos on the Island of Lesvos.

On the first day of the Course, class begins at 10:00 AM to help overcome jetlag; the last class ends about noon on the final Saturday. Saturday morning classes are practice sessions. Saturday evenings and Sundays are your days off. 3-hour morning class for asana and movement: 9:30 AM - 12:30 and 1.5 hour evening class for breathing and sitting: 6:00 PM - 7:30 PM

**Note: Please bring your own sticky mat**

### CLASS SIZE IS LIMITED - PLEASE REGISTER IN ADVANCE

#### **COURSE SCHEDULE:**

May Course: May 12-24, a 2-week course  
June Course: June 9-28, a 3-week course  
Sept. Course: Sept. 15-27, a 2 week course  
Oct. Course: Oct. 6-18, a 2 week course

#### **INSTRUCTION FEE:**

\$1000  
\$1300  
\$1000  
\$1000

**If you attend a Course for only two weeks, please come to the May, Sept, or Oct. Course.  
The course in June is intended to be a 3-week course.**

**If you can only come for a partial course, the cost is the same as for the full course.**

#### **THE NEARBY VILLAGE OF MOLIVOS:**

Molivos, on the Island of Lesvos, is a small picturesque town situated on the north coast, with spectacular views of the Aegean Sea, the coast of Turkey, olive groves and mountains. Built on the side of a hill, it is crowned with a medieval castle. The narrow cobblestone streets, many overhung with wisteria, lead up through the Agora, or marketplace, and down to the sheltered harbor where colorful boats nestle alongside the open-air tavernas. There is sea bathing, water sports, and good walking in the hills.

**THE EFTALOU VALLEY:** A beautiful, fertile and peaceful valley with landscapes of the mountains, olive groves, the sea, and the Turkish coastline - about 4 km from Molivos. There is a therapeutic natural hot springs on the sea, sea bathing on beautiful rocky beaches, several hotels and tavernas on the sea. The Yoga Hall is in this area, set in a quiet olive grove with gentle breezes and nature sounds.

There are hotels and restaurants in the Eftalou area and many more in Molivos. Transport between Molivos and Eftalou is easy and inexpensive: taxi shared with students, motor scooter, bicycle, hitchhiking, car rental and walking; some hotels in Eftalou have free shuttles to Molivos.

#### **ACCOMMODATIONS AND MEALS:**

There are several reasonably priced Hotels in the Eftalou area, a short walk to the Yoga Hall. Molivos (about 4 km away from the Yoga Hall) provides many alternatives - hotels, studios, guesthouses, rooms in local homes and apartments. Rooms in homes are simple but clean, most include private showers and some have cooking facilities. If you plan on spending the full Course staying in a hotel or private home, ask for a price reduction; most will usually bargain a lower price if you stay for the full Course. We recommend arriving 2-3 days early, if possible, to acclimate.

A good variety of groceries, fresh fruits and vegetables are available in local stores. There are also hotel-restaurants and Greek tavernas, coffee bars and bakeries. If you have any special dietary needs, we recommend you bring what you require with you. Vegetarians are very happy in Greece and there is plenty of fresh fish.

**NOTE: Taxi and room prices can vary yearly with the rise & fall of the dollar/euro.**

#### **TO BOOK A ROOM:**

If you want to reserve a room in advance, please request the list housing possibilities.  
To phone Greece: 30 (Greece) 2253 (Lesvos), 071 (Molivos). i.e., 30-2253-071----

**Housing List:** We have compiled a list of housing options. Please contact Patricia Schneider (937) 767-7727; email: [patricia@brainfingers.com](mailto:patricia@brainfingers.com)

Yoga students are made very welcome in Molivos and Eftalou!!!

#### **TO TRAVEL TO MOLIVOS/Eftalou:**

Most of the major airlines serve Athens.. Book early for best fares...but sometimes-good fares do come available at the last minute. From Europe there are charter flights available from several cities directly to Mytilene, the port city of Lesvos.

**Continued on Page 2**

**To reach Molivos/Eftalou from Athens:** Olympic Airlines and Aegean Airlines operate from Athens to Mytilene, the port city of the Island of Lesbos. Some travel agents and the airlines themselves only use Mytilene, not Lesbos, as the destination. (Mytilene can also be spelled Mytilini or Mytileni.) Aegean usually has the cheapest and more reliable flights. MJT is the airline abbreviation for Mytilini, Lesbos.

If you have a long layover in the Athens airport, the Sofitel Hotel directly across from the airport has a nice restaurant and lounge...good food, quiet and smoke-free areas. Overnight rooms are expensive (\$250) but bargains can be found booking on Internet. There is a Holiday Inn very near the airport and is about half the cost of the Sofitel, with a free shuttle from the airport. There are many other hotels a train ride away from the airport in Athens. In the Airport there is a chapel, a nice restaurant (The Olive Tree) and an archaeological museum on the second floor.

**Ferries:** There is also a sea route and you can take a 12-hour overnight ferry trip from Piraeus (the harbor for Athens) to Mytilene. Check with the Port Authority in Piraeus about sailings and prices. (30-142-86-9120). [www.hellasferries.net](http://www.hellasferries.net)

**To reach Molivos/Eftalou from Mytilene airport:** A 1 hour taxi ride around 50 Euros (2007 price). If you carry your yoga mat, fellow yoga students may spot you and share a taxi with you. Set the price with driver at the start. Your hotel can book a taxi for you, or you can call our friend Yorgos Stamatis. There is a bus that runs from the bus station in Mytilene to Molivos for 5 euros...usually every other hour or so. You will take a taxi from the airport to the bus station.

**Weather:** You can search on [weatherunderground.com](http://weatherunderground.com) for weather trends. Generally speaking, weather is similar to Northern California. May is warm, but can be cool days and sometimes rain. June can be warm to hot. Sept. can be warm to hot with cooler evenings and October is beautiful and usually sunny with cool evenings. Something warm for evening is always good. Molivos stores have a reasonable selection of clothing, sweaters, etc. Weather is similar to Northern California. May is warm but there can be cool days and sometimes rain. June is warm to hot. September is warm to hot with cooler evenings and October is beautiful and usually sunny with cool evenings.

**Baggage:** Check with your airline or travel agent regarding baggage weight limits. Take some toiletries and essentials in a carry-on bag, just in case.

**INTERNET: Some Hotels. Also Internet cafes with easy access ATM:** Work well...most of the time

**CHECK OUT THE MOLIVOS PHOTOS ON OUR WEBSITE: [www.angela-victor.com](http://www.angela-victor.com)**  
**Click on "workshops", scroll down to 2006, then to Eftalou Courses.**

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### REGISTRATION FORM

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Please enroll me in:  **May Course** (Please check to enroll)  
 **June Course**  
 **Sept. Course**  
 **Oct. Course**

**Please enclose a non-refundable deposit of \$200.00 for each person for each course.**

**PLEASE NOTE:** Final payment of the full balance is due 30 days before the first day of your course.

**CANCELLATION POLICY:** For cancellations with less than 30 days notice, there is no refund; however we will credit any payments over the \$200.00 non-refundable deposit to another Course in 2008 or 2009. For cancellations with less than 2 weeks notice before the start of your course, class there is no refund and no credit. The \$200 deposit is non-refundable and non-transferable. A Course may be transferred, less the \$200 deposit to another person who can take your place in that Course. It is your responsibility to find a replacement if there is no one on our waiting list. Cancellations must be received in writing. All refunds will be remitted within 30 days of receipt. Our cancellation policies are firm therefore we recommend that you purchase travel/cancellation insurance.

Please make DEPOSIT CHECK payable to: Patricia Schneider, 1350 President St., Yellow Springs, Ohio 45387 USA  
Phone: 937-767-7727; email: [patricia@brainfingers.com](mailto:patricia@brainfingers.com); website: [www.angela-victor.com](http://www.angela-victor.com)

NOTE: As a convenience to students who have difficulty in securing U.S. funds, we can now take Visa/Master credit cards. There is a 5% service charge.

**\*\* ATTENTION NON-USA STUDENTS \*\* PLEASE BE CERTAIN YOUR PAYMENTS ARE AN INTERNATIONAL BANK DRAFT IN U.S. DOLLARS.**

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