

Slip Gently into Winter ...



October 28th until November 3rd, 2012

A Women's Yoga Retreat  
with Angela Farmer

Eftalou Yoga, Lesvos, Greece

design www.frauwoehrmann.de



#### THE CONTACT

For US-students please contact [patricia@brainfingers.com](mailto:patricia@brainfingers.com)

For all other students please contact [sabina.glas@glasgmbh.de](mailto:sabina.glas@glasgmbh.de)

[www.angela-victor.com](http://www.angela-victor.com)

We invite you to join us  
in Eftalou!

Looking forward to being with you here

Angela, Patricia and Sabina

Eftalou, Lesvos.



#### THE TRANSPORTATION

Panselinos Hotel can arrange transfers to and from Mytilene airport which has to be coordinated once all flights are booked. Further we can recommend our taxi driver friends Yorgos and Mike that could transport up to four persons each.

By October 2012 you will get a group email and can coordinate transport with each other.

Yorgos mobile no. is 0030 -693-2442197

Michael mobile no. is 0030 - 697-4463299



## THE RETREAT – A VERY SPECIAL WEEK FOR WOMEN ON THE ISLAND OF LESVOS

... home of Sappho and many other wonderful women!

We shall gather together in the beautiful valley of Eftalou to celebrate the experience of being ... each one of us ... unique and extraordinary yet knowing, feeling and sharing the Divine and Universal essence of Femininity

It is time to let go of the 'Pretty' and the 'Perfect' and to dance, sing, laugh or cry as this gloriously unpredictable, wild and wonderful woman you are!

Let us see how Yoga began ... not as a tradition, religion or set of ethical rules but as it does each day, within this moment and with this **ME**.

Asanas may unfold but only because we find our roots, our core and evolve through forms and movement unleashing the rivers and 'snakes of energy' held deep in control for so long. Now we may slither, stretch, curl, unfold or sway in the wind like trees ... no longer forced to be a perfect shape or pose!

Although we have moved on from the past there is still value and healing through telling our story in the exquisite form of myth and imagery. **Bring paper and colours, musical instruments, long scarves if you wish in case you break out into Art, Dance or Song!** May we spread our wings, unwind and return to the **'SHE'** that we always were!

## THE POSSIBILITIES + ACCOMODATION

**Molivos** has been called , the most picturesque town in the Aegean'. Built on a hill rising from the sea its narrow, cobbled streets wind their way up through the Agora (market-place) to the ancient Byzantine castle offering amazing views across the Bay and the coast of Turkey.

Down below the old harbour has its own charm with colourful fishing-boats, cafes, shops and restaurants. Some of these will open especially for us in this , out of season' time.

People are friendly and helpful and mostly speak some English.

**Eftalou** is a beautiful valley, 5km further along the coast with olive-terraces and mountain behind. Classes are held here at the Yoga Hall in Angela's and Victor's home - just 5 min walk to the sea and Manolis' welcoming taverna.

Panselinos Hotel is a 20min. walk along the sea-side and offers breakfast, a restaurant and a mini-market, internet access and a bus into Molivos can also be arranged.

[www.panselinoshotel.gr](http://www.panselinoshotel.gr)

The old Haman - a natural hot - spring - is just a few minutes walk and sits next the sea. Weather permitting we shall arrange a night-swim and soak by candle-light!

## THE SCHEDULE

We begin on Sunday evening, October 28th at 17:00h until 18:30h with a short restorative class and meditation with **Angela** and then gathering all together for a group dinner at 19:00h, at Manolis' Taverna on the sea.

We conclude on Saturday, November 3rd with a practice and a closing circle from 10:00h to 12:30h followed by a group lunch at Manolis' Taverna at 13:00h.

Monday through Friday there is a 3 hour morning class from 10:00h to 13:00h and a 2 hour evening class from 17:00h to 19:00h.

## THE BODYWORK

Bodywork will be available during our retreat. You will get a separate list of all available body workers.

## VERY IMPORTANT

**Angela** is teaching in English. She is working with a lot of visualizations and subtle explanations. It is her language that helps you dive deeply into your inner spaces.

**This is why this time she has to require that all students understand fluent English.**