

*Slipping Gently into Winter ...
A Women's Yoga Retreat with Angela Farmer
Eftalou Yoga, Lesvos, Greece
October 31-November 6, 2010*



Last November Angela held her first Women's Retreat in Eftalou. It was a joyful and beautiful experience. By popular request we are creating another opportunity for women to gather together at this sacred time of the year; a time for releasing and peeling down to the core, like the trees in winter, diving inside to find our truth, our power, and our treasure.

Classes will be held each morning and evening opening the way for new exploration of the poses, unwinding of tension and old trauma and re-finding a sense of freedom, lightness and fun. Angela creates a safe environment for whatever may evolve or need to be released in each woman's process of discovering herself on an ever-deeper level.

With yoga to guide us inwards to discover our deep source of feminine power, time for reflection and meditation among the olive trees and beside the sea, the healing waters of Eftalou's natural hot springs, bodywork from world-class body workers, and the supportive company of women...this retreat can be a healing, transformative and unforgettable experience. Women from all over the world, of all ages and walks of life come together to create the warmth and support of a caring community based around their Yoga practice and a sense of nurturing the Feminine within us all.

We invite you to join us!

The Details:

We begin on Sunday evening, October 31 at 5PM with an opening circle with Angela and group dinner at 7 at Manoli's Restaurant on the sea. We conclude on Saturday, November 6 with a practice and a closing circle with Angela, followed by a group lunch at Manolis Restaurant on the sea. Monday through Friday there is a 3 hour morning class for asana and movement, and a 2 hour evening class for restoration, breath and meditation,

Panselino's Hotel is walking distance to the Yoga Hall and provides good rooms with heating possibilities; with restaurant for meals.

Lela's House (apartments and studios) is also within walking distance to the Yoga Hall. The Village of Molivos is a short taxi ride away for further lodging and restaurant options.

The retreat will be limited to 30 students and is sure to fill; please register early to avoid disappointment.

Further Info: Please contact Patricia Schneider ~ patricia@brainfingers.com ~ www.angela-victor.com

