



# Di Sa Travel

Mobil 0049 172 8022147 (auch Whatsapp/Viber/FaceTime) / Mobil 0030 698 6637872 / Email: [disa-travel@web.de](mailto:disa-travel@web.de) / Skype: woelffe3006 / Facebook: [DiSa-Travel Lesbos](https://www.facebook.com/DiSa-Travel-Lesbos)

## Yoga weeks – find yourself on Lesvos

### General information regarding all Yoga holidays:

The Yoga week includes flexible half-board with breakfast (B), lunch (L) or dinner (D) and wine, beer or water with meals at your accommodation, in traditional tavernas or ouzeries. The guided trips and hikes as described in the programme, entrance tickets and all mentioned transfers are included. Transport to Lesvos and transfer from the airport/port to your accommodation is at your own expense - DiSa-Travel can assist you in finding an appropriate flight or ferry and organize the transfer.

All Yoga tuition is included in the cost of the week and will be based on 15 hours of yoga over 6 days. There may be more than one session per day and some may be held in different places.

Yoga sessions will be suitable for all adults (over 16) and we cater for the total beginner as well as the more experienced Yogi. No previous knowledge is required; everybody can benefit from Yoga. If you do have your own Yoga mat/equipment please bring it with you. We have a limited number of items available for use; please indicate when booking whether you have your own.

You will need to wear loose comfortable clothing (no jeans or tight belts) for the Yoga sessions and warm layers for relaxation and meditation. Some Yoga and meditation sessions may be held in the open air, in special places or on the beach, depending on the weather conditions at the time. Some of the places we will visit require sensible footwear. Please bring an open mind and prepare to be gently and supportively challenged.

Our Yoga will be led by Barbara Lyndley, a qualified and experienced teacher of Kundalini Yoga, trained at the International School of Kundalini Yoga (i-SKY) in the UK. Barbara has led Kundalini Yoga holidays in Greece since 2011 and now lives on Lesvos island, bringing her own warmth and wisdom to teach in this tranquil setting.

Overnight you will stay in hotels or guest houses (good Greek standard) in double or single rooms with private toilet & shower facilities as required. Prices are calculated on the basis of two persons sharing one room, a room for single use costs 100 EUR extra for the week.

If necessary we reserve the right to change the hotels or the programme – but we will provide at least similar replacement.

Transport is in minibus or car / jeep (depending on the number of passengers).

Prices are per person from 6 people (for larger groups or for only 1 to 5 persons please contact us). The maximum group size is 10 persons.



# Di Sa Travel

For the Yoga week we ask for a deposit of 50% of the price at the time of booking, the balance being payable latest 8 weeks before the holiday commences. Furthermore, a special cancellation policy applies. For further details please contact us.

Perhaps you, your partner or travel companion is not so interested in Yoga or some of the activities: all sessions and trips are optional and you only get yourself involved as much as you want. Also non-participants are very welcome to join the holiday!

If you want to stay longer on our beautiful island or arrive earlier, please contact us for a special offer or join one of our activity packages.

Last but not least: for all tours and programmes we recommend you have travel insurance including health or accident cover and additionally for all hikers that you ensure your insurance covers this activity, since DiSa-Travel cannot accept any liability in this respect. The EHIC (European Health Insurance Card) covers you only for medical care at the same level as local people, which may not be the same as you are used to at home.