



Di Sa Travel

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Yoga Holiday Itinerary 14 – 21 October – from 960 EUR

Day 1 (D)

Arrival at Mytilini / Lesvos Airport or Port (Client to arrange own travel to Lesvos and transfer to the hotel. DiSa-Travel will gladly help provide details for flight/ferry booking and the transfer). Check in at The Olive Grove, Perama on the Gulf of Gera and settle in.

Optional: Orientation walk through the village of Perama for some local shopping or a coffee at the harbour.

Welcome dinner with meze (traditional Greek specialities) at The Olive Grove. Presentation and coordination of our weekly program.

Day 2 (B/L)

Yoga session in the morning, followed by a breakfast at The Olive Grove.

Tour along the Gulf of Kalloni to the ancient sites of King Makar and Issa. Yoga session at one of the sites. Late lunch in a local taverna.

Day 3 (B/L)

Breakfast at The Olive Grove. Drive to the Gulf of Kalloni to meet Captain Mitsos and join him on a boat trip on the Gulf. Yoga session at a remote beach. Back to the harbour, a little cooking course and a late lunch at Janula's taverna.

Relaxing evening yoga session.

Day 4 (B/D)

Yoga session in the morning.

Enjoy some free time (optional: go on a hike or a tour with DiSa-Travel – not included in the package).

Relaxing evening yoga session (optional).

Dinner at The Olive Grove or a nearby taverna.

Day 5 (B/L)

Yoga session in the morning, followed by breakfast at The Olive Grove. Drive along the Gulf of Gera and visit the Roman aqueduct at Moria and the Hot Springs of Gera. Enjoy a late lunch in one of the fishing villages of the gulf coast.

Relaxing evening yoga session.

Day 6 (B/L)

Yoga session in the morning, followed by breakfast at The Olive Grove.

Drive to the North to visit the beautiful villages of Petra with its rock chapel and Molivos and its castle. Late lunch in one of the local Kafenions.

Relaxing evening yoga session.

Day 7(B/L)

Breakfast at The Olive Grove. Drive to Papados to visit the Olive Oil Museum and to the beautiful bay of Tarti. Yoga session at a rural chapel.

Farewell Dinner at The Olive Grove or at a local taverna.

Day 8 (B)

End of the Yoga Holiday. Check out of The Olive Grove, leave for the airport or start of your continuation holiday.

Included meals indicated per day – B- Breakfast, L – Lunch, D - Dinner