



# Yoga with Lisa Retreat Kissamos, Crete

2<sup>nd</sup> – 9<sup>th</sup> May 2023 & 18<sup>th</sup> – 25<sup>th</sup> June 2024

Kissamos, also known as Kastelli, is a small town which mostly sells tractors to the local farming community. There is a network of cobble streets where you can find shops and cafes, and an area overlooking the sea with traditional Cretan seafood restaurants. Kastelli is a seaside resort which attracts Greek tourists. Behind this coastal plain is a mountainous backdrop of gorges and craggy peaks. This provides for many easy grade walks, the chance to see birds of prey, and wildflowers, and old rural ways like treading grapes.



Our yoga venue is on the outskirts of the town. Here the sea is clean, warm and shallow, making for easy swimming with a long quiet strand of golden sandy beach with occasional shingle. Our beach is called Mavros Molos, and the yoga space is above the beach looking out to sea.

Apart from sunbathing, swimming, snorkelling and yoga, you can visit ancient ruins, take a day cruise, explore the Venetian town of Chania, walk gorges, or be still and simply enjoy the ocean.

## To book please contact:

[www.freespirtityoga.co.uk](http://www.freespirtityoga.co.uk) or 01273 564230

[www.hathayogawithlisa.co.uk](http://www.hathayogawithlisa.co.uk) or 07958 299706



Our hosts Mike and Maria own the beachside taverna. They will be feeding us after the morning yoga class and on selected evenings during the week, with some evenings kept free to visit the local seafood restaurants. Maria is a fantastic cook, and during the week there will be the option of attending a cookery class to learn how to prepare traditional Greek vegetarian meals, which we will then eat!



Yoga will take place twice a day on the yoga deck overlooking the beach with its sea views. There will be no yoga on one day, allowing you to travel further afield; explore some of the re fantastic nearby walks and gorges. We can either arrange official group walks, or you can go off and explore on your own, and there will also be an option of a boat trip, all depending on the group's preferences.



Our rooms are simply furnished in Cretan style, with air conditioning and ensuite facilities. Located immediately behind the venue, although the rooms do not have sea views, they are perfectly situated only a stone's throw / few steps walk from the beach. Sun loungers and beach umbrellas are provided free of charge, and there are comfortable chairs and a settee on the veranda above the beach for relaxing.



Meals – each day after your morning yoga class, you will be served a delicious breakfast with milk, eggs and cheese all from the owners' small-holding. Your vegetarian group dinners will be onsite. Five group evening meals are included in the cost of your holiday. Special diets cannot be accommodated however milk alternatives are supplied.



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