

GREECE IS THE WORD

Yoga is a powerful practice – and when practiced in breathtaking natural surroundings it can be transformational

By Deborah Peniuk

TAKING A YOGA-CENTERED VACATION is a wonderful way of melding experiences and ananas. A yoga retreat can inspire lasting changes in your personal health and wellbeing by integrating health, fitness, nutrition, personal growth and adventure with relaxation and diverse cultural experiences.

And a yoga retreat in the ancient land of Aphrodite, Venus and Zeus is not all work and no play. It's also an opportunity to indulge in local cuisine, dance, explore: to open your heart, tap into your divine essence, to feel the energy of the land, village life and the warmth of the locals.

Most yoga classes on retreats are held in the privacy of the lodging's courtyard, but some may offer classes on the beach or in other natural surroundings. Imagine gazing out onto the bluest of seas, your body warmed by the sun, and caressed by ocean breezes. Yoga here is scented with the fragrance of wild thyme, which grows in abundance throughout the Grecian Islands.

Being in the company of upbeat, like-minded people is a great way to focus on oneself, relax and engage in positive personal development. And on a Grecian yoga retreat the days and nights will be filled with culture, history, fun, the freshest of local foods and rejuvenation. **JE**



Deborah Peniuk is the owner of AYA Life, a travel consulting company that brings dreams to life; and she is @TraveliciousDee, a creative outside-the-box travel planner & retreat builder who has empowered clients to travel since the 1990's. Specializing in small group travel she creates retreats for all doctrines of health and wellness. Her team spirit and limitless imagination are key to anyone planning a memorable "outside the lines" experience. aya-life.com



WHAT TO PACK

Casual summer clothing, light, loose, comfortable clothing for yoga, a light jacket or sweater for evening, a Yoga mat (if you prefer to use your own), hat, swimsuit, sandals and walking shoes, an adapter for electronics, a camera and most importantly, don't forget your sunscreen.



OTHER ACTIVITIES

Hiking, massage, discover the history and mythology of the region, visit neighbouring villages and ancient archaeological sites, explore the different beaches, local museums, art galleries, enjoy music and dining, Island boat tours and ferry rides to neighbouring islands. Journey to any one of these islands: Crete, Kythira, Lesbos, Paros, Milos, Nysiros, stop and take part in the ritual of sipping a coffee whilst overlooking the shimmering azure sea, or go swimming in the salty, clean, clear water.



Photo: Andrew Meade