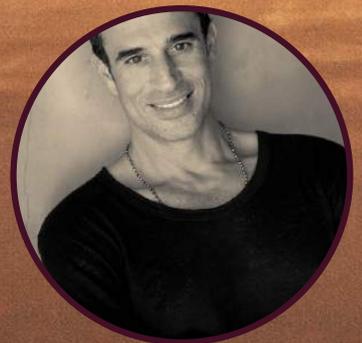


Fire & Nectar -Yoga Retreat

24 Sept - 1 Oct, Greece



www.globalflowretreats.com

Fire & Nectar – Yoga Retreat

with **Barbra Noh, Soham Johansen, Christy McKenzie & Konstantinos Charantiniotis**

24 Sept - 1 Oct 2017 - Paros, Greece

The Retreat

Tend the fire of your body and heart and bathe in the cool ocean and the nectar of the breath. Come gather with four acclaimed and playful Yoga teachers. Their unique teachings will harmonize into one heartfelt, sun-drenched, ocean-kissed offering. This retreat will be like no other, with the masterful offering of a variety of practices to help you attune to the exceptional healing environment of the Island of Paros, Greece. Dive deep into the sweetness of conscious embodiment. Yoga, meditation, philosophy, laughter, movement medicine, soul connection, nourishing rest, sea side living, delicious cuisine and Greek island explorations will harmonize into a powerful elixir that will leave you deeply replenished, reinvigorated, restored and refined.

Accommodation

You will be staying at Okreblue Seaside Yoga Retreat Centre on the beautiful Greek island Paros. Managed by a couple with a love for yoga, nature and healthy living that is visible in everything they do. Okreblue is located at Filizi beach, an area with exceptional natural beauty. Sand dunes, aged cedar forests, "secret" coves with sandy beaches and clear waters, and the long sandy beach of Santa Maria will surround you. The apartments comfortably accommodate up to 3 guests per room and different size rooms and studios, among which double and triple rooms with single beds, and single rooms. Each room or apartment has a private bathroom.



The Teachers

Barbra Noh

Barbra is a certified Anusara® yoga teacher and co-founder of an innovative and intelligent system of yoga, Ayurveda and bodywork: ThaiVedic Yoga.

Her classes are physically challenging, mentally stimulating, and emotionally uplifting. Her warmth, humour and love for yoga will inspire you to new heights. After many years as a dancer and yoga practitioner, Barbra will be bringing you her personal ideas and insights on how to create a safe and sustainable yoga practice.

Barbra is passionate about sharing the transformational techniques of yoga and supporting students in their quest to discover and live their full potential. Her book "Yoga – mit Kraft und Anmut Leben" (Theseus Publishers) was published in 2015.

www.barbranohyoga.com



Soham Johansen

Soham Johansen is a force to be reckoned with when it comes to building, shaping and supporting the Danish Yoga scene. For almost 20 years he has been teaching his heart out and is known for constantly bringing a new perspective to a time old tradition.

Soham is the Founder and sole owner of Hamsa Yoga Studio, a passionate lover of 5 star Hotels and all things with cream and butter. With a heart that is even bigger than his luscious proportions he tenderly mixes biomechanics, poetry and healthy self-effort into a wonderful dish.



Christy McKenzie

Christy McKenzie, a certified Anusara yoga® teacher and ERYT 500, has been practicing yoga and meditation since 1988 and teaching since 2000. She infuses her upbeat and flowing classes with poetry, precision and playfulness, encouraging students to explore the depths of their own potential. Christy is committed to mindfulness, skilfully and practically, into everyday life.



Based in Miami, Florida, she is an internationally recognized



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teacher's teacher who leads classes, trainings and retreats all over the world and has presented at international events like Yoga Journal and Korea Yoga conferences and Wanderlust festivals.

Her gratitude for life and connection to spirit is palpable and her teachings leave students feeling grounded, joyous and inspired.

www.christymckenzie.com



Konstantinos Charantionotis

As a Yoga & meditation Teacher and a Holistic Wellness Coach, Konstantinos has devoted his life to personal transformation. Teaching since 1996, he is known for his playfulness as well as his intelligent, impassioned instruction. He has helped thousands of students navigate their body, mind and daily life with more ease and effortlessness.

He incorporates yogic philosophy into his teaching, inviting his students to evolve with awareness, both internally and externally. He is dedicated in showing them a world that blends modern science and timeless wisdom in practices that explore the deepest corners of the inner mind. His classes encourage students of all levels to work deeply and safely, physically and emotionally, with joy and trust.

Through his private coaching sessions he invites people to explore the inner aspects of the body-mind and cultivate more balanced lives.

He is a widely renowned international teacher, the founder and director of studies at Bhavana Yoga Centre and is living and practicing in Athens. He travels, leads trainings, workshops, retreats and serves to a worldwide community.

www.konstantinosc.com

Meals

Part of the retreat center is Caretta Healthy Restaurant & Café, where you will have brunch and dinner while enjoying the sea view. The meals are prepared using organic products, the majority of which are picked fresh daily from Okreblue's organic garden. The menu includes Caretta's famous rich brunch, salads, cold plates, smoothies with super foods, raw vegetarian & vegan sweet delights, herbal teas and more.



The restaurant is a communal space where you can relax, listen to

lounge music, lie in the hammocks under the cedar trees, read a book and enjoy the tranquility.

Caretta Restaurant Café is open all day long and free Wi-Fi is available. Please inform us of any food allergies or dietary needs when registering. You can do so on the registration form.

The Schedule

SUNDAY 24 SEPT. | ARRIVAL DAY

Check in from 4 pm 5 – 6:30 pm | Welcome gathering & Arrival class
7:00 pm | Dinner



MONDAY 25 – WEDNESDAY 27 SEPT.

8:00 am | Meditation (tea available)
8:30 am | Morning snack
9:00 – 11:00 am | Yoga class 1
11:30 am | Brunch
2:30 – 4:00 pm | Yoga class 2
4:00 pm | Afternoon snack
4:30 – 6:00 pm | Yoga class 3
7:00 pm | Dinner



THURSDAY 28 SEPT.

(Free day) 8:00 am | Meditation (tea available)
8:30 am | Morning snack
9:00 – 11:00 am | Yoga class 1
11:30 am | Brunch
4:00 pm | Afternoon snack
7:00 pm | Dinner

FRIDAY 29 – SATURDAY 30 SEPT.

8:00 am | Meditation (tea available)
8:30 am | Morning snack
9:00 – 11:00 am | Yoga class 1
11:30 am | Brunch
2:30 – 4:00 pm | Yoga class 2
4:00 pm | Afternoon snack
4:30 – 6:00 pm | Yoga class 3
7:00 pm | Dinner



SUNDAY 1 OCT. | DEPARTURE DAY

8:30 am | Breakfast
Check out 12 pm

The Value

Triple Room: € 1099

Double Room: € 1199

Single Room: € 1399

The Package includes:

- 7 Nights' accommodation • Daily Brunch • Daily Dinner • Morning & Afternoon snacks • Daily Meditation sessions • 3 Yoga classes a day / 17 classes in total

Booking & Cancellation Policy

To secure your booking at we require a €600 deposit and a balance payment by 1 Augustus 2017.

Bookings made after 1 August 2017 need to be paid in full to secure your booking.

You can cancel your booking at any time and notification must be given to Suze (suze@globalflow.org) in writing.

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:

- Notification received more than 60 days before the start of the retreat: 30% of the full fee + €25 administration fee
- Notification received 31-60 days before the start of the retreat: 50% of the full fee + €25 administration fee.
- Notification received less than 30 days before the start of the retreat: 100% of the full fee

How to Get There

OkreBlue - Seaside Yoga Retreat

Center Filizi - Santa Maria

Naousa Paros 844 01, Greece

You can get to the island of Paros by boat from Athens or by plane or have us arrange an airport pick up for you from the airport or the port of Paros.

By plane:

With Aegan Air you can book a flight to Paros island. Make sure you book your tickets well in advance because it's difficult to find availability during the summer months. For information, visit Aegan Air.



Another option is a charter flight to Mykonos island and then a 45-minute boat ride to Paros.

By boat from Athens:

Coming by boat from Athens there are two options:

- 1) Rafina port is closer to the airport and you can get there either by taxi or bus. By bus will take you about 45 minutes and it costs 3 Euros. By taxi it will take you less time but more money.
- 2) Pireaus port is further from the airport than Rafina and you can get there by bus, metro or taxi. The metro and bus are both very convenient because they will leave you just a few meters from where you get the boat to Paros.

Both the bus and the metro take about one hour (the bus a little longer maybe depends on the traffic) to get to Pireaus and cost 10 Euros.

The 2 companies that sail to Paros are Blue Star Ferries and Hellenic Seaways.

BlueStar ferries takes about 4:30 hours and runs twice a day with tickets starting at 33 euros.

Hellenic Seaways takes about 2:45 hours with tickets starting at 45-50 euros.

When you arrive in Paros, you can either catch the bus from Parikia (port of Paros) to Naousa and then a taxi to Okreblue, or a taxi straight to Okreblue.

Airport pick up or pick up from the port of Paros (Parikia) If you prefer to have a pick up arranged for you, either from the airport of Paros or the port of Paros, you can send your flight details to Suze Retera (suze@globalflow.org).

The costs for a pick up from Paros airport is €42 per car, with a maximum of 4 persons per car. The costs for a pick up from the port of Paros is €30 per car, with a maximum of 4 persons per car.

What to bring...

Paros has a beautiful climate and in September the summer is just coming to an end, bringing the temperatures to a comfortable average between 20C and 26C. During the evening it cools off to around 17C.

We recommend you to bring:

- * Yoga mat
- * Water bottle to refill
- * Cool clothes for the warm days and warmer clothes for the mornings and evenings
- * Sunscreen and a hat
- * Swimming clothes
- * A scarf or a large shawl (nice to have for meditation and savasana)
- * Notebook and a pen
- * Camera
- * Slippers and good walking shoes if you like to go for walks in your free time.
- * Beach towel

