

Join us for a weeklong retreat in Crete at Triopetra Retreat Center, or two full weeks including Minoan excursions in Heraklion and onwards to experience the stark beauty of the island of Santorini. All accommodations are oceanfront, and within walking distance of beaches.

A weeklong retreat intensive is offered at Triopetra Retreat Center, located in the southeastern part of Crete, faces the Libyan Sea. Triopetra has a Yoga room overlooking the ocean, beachfront tavernas, with many options for play and relaxation including swimming, snorkeling, scuba diving, and massage!

The two-week trip begins in Heraklion, Crete. We ferry on to Santorini for four days of exploring daily practices of Yoga, and the Minoan and Hellenistic settlements on the south tip of the island. We will also visit a volcano and hot springs in Santorini by boat. We return to Heraklion again by ferry and continue to Triopetra for another full week. At the end of the trip we will visit the Minoan Palace of Knossos, and the National Archaeological Museum, departing on the 30th from Heraklion Int'l airport.

Yoga Journey to Southern Greece: Crete and Santorini With Phoenix Artemisia



Sharing Ashtanga Yoga practices and ancient Minoan history

Two Weeks in Crete & Santorini
June 16-30, 2008

One Week in Crete
June 21-28, 2008

Deepen Your Practice and Rejuvenate your Spirit!

- *2 Asana classes a day on Week 1, daily practice Week 2
- *Specialty workshops
- *Group meditation practice daily
- *Guided tours to local villages, beaches, and Minoan sites of interest
- *Enjoy wonderful organic Greek vegetarian meals on-site
- *Seafood options and locally made Greek wine and spirits available at nearby tavernas
- *Relax at the beach and immerse your awareness in the rhythmic ocean waves

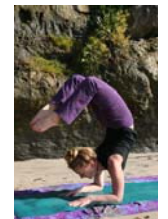
Sample Daily Schedule:

7:30-8:00a	Pranayama & Meditation
8:00-9:30a	Asana
9:45-11:00a	Breakfast, free time
1:00-3:00p	Optional lunch or free time for a massage or swim
3:00-4:00	Beach circle discussing Minoan and Crete History
4:30-6:00p	Asana
6:00p-	Dinner
9:00pm	Optional group meditation

On excursion days we will leave the center after practice and breakfast.

For more info and links to photos of our accommodations, please visit

phoenixyoga.net or astanga.gr



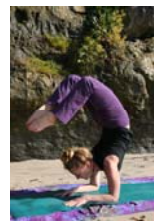


About the Facilitator

Phoenix Artzmisia is an Ashtanga Yoga teacher who has traveled extensively throughout the world with a focus on reigniting her spirit at the sacred confluences of geographical and ancient sites. She enjoys sharing the practices of chanting, pranayama and the Vinyasa method of Yogasana in most of her classes. She has maintained a dedicated practice for 14 years, studying with teachers from California and India in the classical Ashtanga and Iyengar methods. She is a graduate of three teacher trainings with the Ashtanga Yoga Institute of Mount Madonna, the Kali Ray Tri Yoga Academy, and Parmarth Niketan Ashram of Rishikesh, India. Phoenix has been leading Yoga retreats in California, India, and Greece for the last three years. She views teaching as a service to others and a source of deep creative inspiration.

Phoenix has a B.A. in Psychology and continues her lifelong studies in herbalism, yogic philosophy, women's spirituality, and indigenous traditions for natural healing and ceremony with native elders. Her classes are marked by an integration of philosophy and precision instruction in pranayama, asana, and bandha with a focus on breath awareness. She is committed to transmitting the classical aspects of Yoga practice including the importance of meditation and knowledge of subtle anatomy, as well as the history and mythology behind the various postures.

She fell in love with Crete on a women's spiritual pilgrimage to Minoan sites in 2003, and is grateful to be able to share the beauty of Crete and Santorini with her new and returning students.



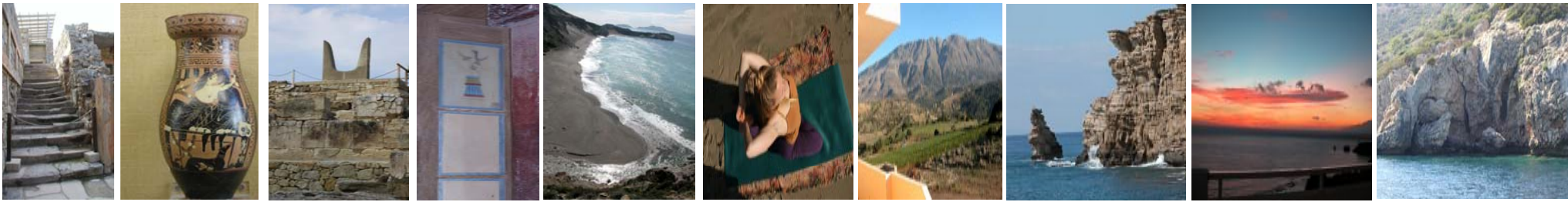
Yoga Classes

Each class begins with chanting traditional invocations and prayers for blessing in our practice. We seal our commitment to mindfulness by caring for the physical level of the nervous system with pranayama, moving into warm-up postures that integrate core body and spinal alignment. We always do several types of Surya Namaskar--the Salutation to the Sun-- which increases overall flexibility, encourages concentration on the breath, and lends a devotional element to the practice.

The basic method of Yoga asana being taught is called Vinyasa, which is distinguished by breath-to-breath linkage between the postures which are sequentially choreographed, unfolding from one to another. "Vinyasa" is a word comprised of two participles, "vi" or movement and "nyasa" or the conscious placement of energy in the body for blessing, healing, and spiritual strength.

Through intent, mudra, breath awareness and posture this conscious direction of focus at various points of bodily alignment allows the mind to surrender to a naturally arising meditative state. Students are guided through moderately paced sequences of standing, seated, reclined and --for Level 2-3 and up-- inverted asanas with an emphasis on rhythmic, deep breathing and precise alignment, combining longer holding periods with dynamic transitions between the postures. This cultivates a cleansing internal heat and raises the body's healing energy by bringing blood flow to rejuvenate internal organs and tissues, strengthening the respiratory and cardiovascular system, increasing lymphatic drainage, and reducing blood pressure. Flexibility, strength, coordination, and emotional balance increase as concentration on the breath and body expand the mind's capacity to rest in the present Moment.





About Triopetra Yoga Retreat

Triopetra Retreat Center, located in the southeastern part of Crete, faces the Libyan Sea and has a Yoga room overlooking the ocean, with many options for play and relaxation including swimming, snorkeling, scuba diving, and massage!

Gourmet vegetarian and traditional Greek foods as well as homemade wines are available at Triopetra's own beachfront tavernas. Some special diets can be accommodated-- please specify your needs so that we can best serve you.

Triopetra Yoga Retreat is also an atmosphere for personal growth and self-exploration, incorporating expressive art, bodywork, and creative movement in a community setting.

For more info and photo gallery, please visit

www.astanga.gr

Excursions in Crete and Santorini

Week one:

Rethymno is a lovely Venetian-influenced port town in northwest Crete one hour away from Triopetra. We will spend a day in the middle of the week enjoying the spirit of this area by the sea and visiting the fortress ruins.

Preveli River is a lush, greenbelt feeding into the ocean with abundant hiking and swimming opportunities, a short drive from Triopetra Center.

Spili is a well-preserved Cretan village where the local arts of ceramics, textiles, and authentic Cretan cuisine flourish in tune with traditional life.

Week Two:

Knossos was the main center of Minoan government, art and religious activity. It is an architecturally outstanding palace complex, which largely survived an earthquake and a fire in separate incidences in its history before finally being destroyed by a tsunami—which resulted from the explosion of the Nea Kameni volcano, on what is now Santorini. Frescoes, murals, and ceramic art abound and the sacred bull-leaping sport flourished at Knossos. Knossos was the home to the Minotaur, who is at the center of a famous love story and metaphor for the journey of the Divine Soul embattled with its' animal nature. We will also see the fabulous National Archaeological Museum, which houses statues, metalwork, pottery and religious items of the Minoan people.

Akrotiri is a complex of Minoan ruins that are much smaller but rich in archaeological findings. The small settlement existed on the southern part of the island of Santorini, which was once called Callisto, "the Beautiful", for its' perfectly round shape and abundant natural resources, stunningly positioned in the middle of the Aegean and Mediterranean waters. The site has been closed for several years but is projected to open in 2008. If it is not open to the public at the time, we'll see the 9th century ruins of Thera above Kamari in the south of the island. The island's still-active volcano, **Nea Kameni**, erupted in the 17th century BC, destroying most of the island and leaving its' current crescent shape, which gives rise to breath-taking cliffs that overlook the deep blue sea. We will take a day to visit the varied and colorful rocky **beaches** and swim in the jewel-colored sea on almost every part of the island. On a daylong trip we take a **boat ride** around the island stopping to hike at the volcano at the center of Santorini, and later stopping to swim in a hot springs that emerges from the ocean alongside the caldera.

