


Join us for a weeklong retreat in Crete at stunning Triopetra beach. Located in the southeastern part of Crete, Triopetra is a pristine, beach area surrounded by exhilarating mountains, and faces the Libyan Sea. Triopetra has a Yoga room overlooking the ocean, beachfront tavernas, with many options for play and relaxation including swimming, snorkeling, bodywork and massage! All accommodations are oceanfront, have private bathrooms, A/C and refrigerators, and are within walking distance of beaches.

Register now at www.astanga.gr

*Yoga Journey to
Southern Greece:
Triopetra, Crete*
 With Phoenix Artemisia



Sharing Ashtanga and Hatha Yoga practices, the wisdom of the land and sea, and ancient Minoan and Greek history

June 6-13, 2009

Deepen Your Practice and Rejuvenate your Spirit!

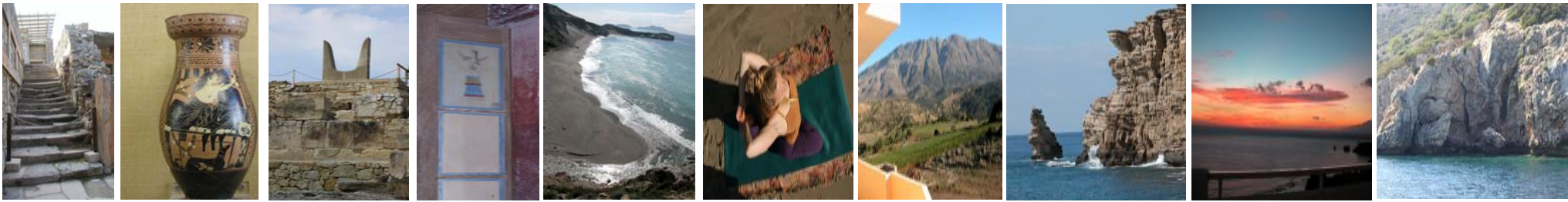
Two Asana classes a day *Specialty workshops *Group meditation practice daily *Guided tours to local villages, beaches, and sites of interest *Enjoy wonderful organic Greek vegetarian meals on-site *Seafood options and locally made Greek wine and spirits available at nearby tavernas *Relax at the beach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

Sample Daily Schedule:

- 7:00-8:00a Pranayama, Chanting & Meditation
- 8:00-9:30a Vinyasa practice
- 9:45-11:00a Breakfast, free time
- 1:30-3:00p Lunch and free time for a massage, swim or acupuncture treatment
- 4:30-6:30p Chakra Yoga: blending Chakra awareness and Yoga practices
- 7:00p- Dinner

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





About the Facilitator

Phoenix Artemisia 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 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 with her new and returning students. She enjoys sharing the practices of chanting, pranayama and draws from the Vinyasa and Iyengar methods of Yogasana in most of her classes. She has maintained a dedicated practice for 15 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 four years. She views teaching as a service to others and a source of deep creative inspiration.

Phoenix has a B.A. in Psychology and is registered at the 500 hour level teacher 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.

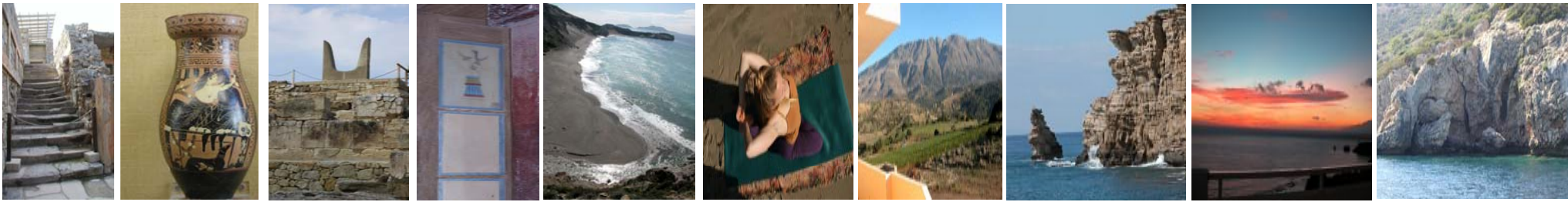
Yoga Classes

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.

Some of the class is dedicated to method of Yoga asana 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 around Triopetra, Crete

Rethymno is a lovely Venetian-influenced, old Minoan port town in northwest Crete one hour away from Triopetra. We will spend 5-6 hours on one 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 freshwater 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.

