

Namaste~

Thank you for your interest in joining us this year on the Yoga Journey to southern Greece! The 2008 trip takes its form in two sessions: for those who like to travel independently thereafter or have limited vacation time, one weeks' journey to Crete only during June 21<sup>st</sup> -28<sup>th</sup> is offered, or you may join us for two weeks total for immersion in Yoga and sightseeing on both Santorini and Crete during June 16<sup>th</sup>-30<sup>th</sup>. The two weeks' inclusive trip is a wonderful way to treat yourself to daily practice, with a more sightseeing-intensive program through Santorini at the start of the trip, and an experience of the relaxed pace of southern Crete in the second week. The two weeks' trip portion concludes with local sightseeing in Crete at the Minoan Palace of Knossos and the National Archaeological Museum.

This is a transformative journey that will bring your soul home to an experience of the riches of Mediterranean culture, geography, and history-- while connecting your body, mind and heart to the healing wisdom of Yoga sadhana (practice) rooted in the Vinyasa and Iyengar methods of Asana practice, as well as instruction in traditional techniques of pranayama, chanting, mudra and Indian philosophy.

Both the one-week and two-week trip begin in Heraklion. You can fly directly to Heraklion in the capital city of Crete, connecting from the mainland in Athens. For those taking in the full two weeks' inclusive journey, we will arrive and stay overnight in Heraklion on the 16<sup>th</sup>, and ferry to Santorini the following morning. Retreatants who sign up for one week only at Triopetra are met by the group in Heraklion on the 21<sup>st</sup>. Pre-arranged taxis take us on the two-hour journey to the south part of the island. The retreat intensive from the 21<sup>st</sup> to 28<sup>th</sup> begins in the evening at the oceanfront Triopetra Yoga Center with an opening circle and shared dinner. The one week trip ends on the 28<sup>th</sup> in Heraklion in the afternoon, and those who attend the two-weeks inclusive will stay on an extra two days in Heraklion to take in a guided tour of the Minoan Palace of Knossos, and Heraklion Museum in Crete, departing on the 30<sup>th</sup>.

On most days we will start with a 2-hour practice of pranayama, meditation, and asana. At Triopetra in Crete, there will be specialty seminars given in the afternoon deepening our understanding of the body through asana from the perspective of Samkhya and Ayurvedic philosophical schools, and a Vedic chanting workshop in which you will be introduced to Sanskrit---the language of the ancient Rishis (sages) and Yogis.

During the two weeks' journey there are many enriching excursions. We visit most of the island of Santorini on day trips by van: beaches throughout the crescent perimeter of the island, the Minoan Akrotiri site, and Pre-Historic archaeological museum. The group also takes a daylong boat trip to the Nea Kameni volcano for a hike around its smoldering lip, and an afternoon swim in its' hot springs, and lunch on the neighboring island of Therasia. The week at Triopetra will allow you to take in the timeless flow of the island of Crete and immerse yourself in depth-studies of Yoga.

The week at Triopetra includes seminars on Minoan culture and ancient Greek history in an informal circle-setting on the beach, after our morning practice and breakfast. We will learn about the Minoan people's history, architecture, art, and religion, which exemplify a culture that revolved around the reverence for nature and the mysteries of the Great Goddess. The legacy of Minoan civilizations become apparent for our witness through history revealing a society that deeply valued creativity, the erotic, and nature, expressing itself through Minoan pottery, metalwork, frescoes, religious and practical aspects of life. We also visit the lush river Preveli that meets the sea near our retreat center, where many gorgeous trees and birds reside and freshwater swimming is enjoyable. Another day trip takes us to Rethymno, a Venetian influenced town with an ancient fortress, wonderful local artists' shops and tavernas; and to beautiful Spili, a traditional Cretan village.

