

## **Corfu, Greece and Yoga Classes with *Rebecca & Dean Lerner***

For centuries humans have sought refuge by the sea. This “retreat” process is naturally therapeutic; it restores our enthusiasm for life and creates clarity and perspective.

**Corfu, our location** for *Dean and Rebecca's week of Yoga classes*, is considered by many the most beautiful of the Greek Islands.

Located between the heel of Italy and the west coast of mainland Greece, the island is very green and mountainous, and covered with cypress trees poking up out of olive groves.

Corfu is known for essentially three things: beautiful beaches; a lush interior with simple villages and farms; and elegant Corfu Town or Kerkyra; a fascinating small city with a mix of British, Italian and French influences.

Our retreat takes place at the Alexis Zorbas Retreat Center situated in the tiny farming community of Arillas on the northwest coast. The peaceful center, minutes from the beach and set in a shady olive grove, overlooks the crystal clear sea.

### **Climate**

June weather in Corfu is predictably beautiful. The sun rises just after 6 AM and sets after 9 PM -- that's 15 hours of sunshine a day !! Daytime temperatures average in the low 80's and nights drop to the low 60's for comfortable sleeping. There is always a gentle sea breeze. Rain is highly unusual for this time of year.

### **Accommodation & Meals**

Alexis Zorbas guests are housed in holiday apartments clustered around the center's main buildings and garden. Spotlessly clean, the simple apartments have 2 bedrooms, kitchenettes and shared baths. Most have balconies with views of the ocean. Single room supplements are available. ( <http://www.alexiszorbas.com> )

The food is delicious and plentiful! Breakfast fare in June includes enormous bowls of cherries and fresh apricots, yogurt, granola, loaves of bread, coffee and tea and -- of course -- feta, olives and tomatoes.

The several course dinner offers a lovely selection of salads and vegetarian entrees, and a tasty dessert. Relaxing meals are taken under the olive trees in the beautiful dining garden with its giant hollyhocks, geraniums and other flowers. Lunches can be enjoyed at one of the many tavernas in Arillas or prepared in your apartment.

### **Included**

- \* 7 nights' shared accommodation (single supplements available)
- \* 2 delicious vegetarian meals/day
- \* 2 Daily yoga classes (sunday - friday)
- \* Access to the beach & local pools

### **Beach & Pools**

Arillas beach has won the Corfu award for most beautiful beach.

The crystal clear water is very clean and quite warm with gentle waves. There are two sandy beaches within walking distance of the retreat center (about 8-20 minutes down a gentle slope). At the beach closest to town, you can rent lounge chairs, umbrellas and floating tubes. There are also opportunities to parasail and waterski.

The other beach, a short walk to a secluded cove and a bit more rustic, is clothing optional. The atmosphere is laid back with families, couples and singles frolicking and relaxing in the sun. Here you can dig natural clay and create your own cleansing mask.

Many of the neighboring hotels offer free use of their pools. If you wish to spend the day lounging by the pool, it is local custom to buy a beverage or snack, but there is no pressure at all to do so.

There are a number of nearby walks through the cool olive groves. The olive trees on Corfu are a different variety than those found on other Greek islands or those in Tuscany. They are very big and gnarled, and according to one of our hosts, Satyaa, they have many stories to tell...

### **Excursion**

Elegant Corfu Town/Kerkyra, located right on the sea, is fantastic and quintessentially Greek.

In Corfu Town you will wander cobblestone streets past Georgian mansions and Byzantine churches.

There are many unique shops to explore, as well as chic cafes and restaurants, good quality museums, two forts and even a cricket ground. Corfu Town is an easy 50minute drive from the retreat center.

### **Not included - Optional Excursions**

There are a few small islands easily accessible by boat from Arillas. Transportation to them can be arranged at one of the travel offices in town. Most of the Zorbas guests spend at least part of a day exploring their beaches and enjoying lunch at a taverna.

In other nearby villages there are beaches and fun restaurants that require transportation to get to. Many people rent cars or motorbikes to explore the surrounding area during their stay at Alexis Zorbas.

A variety of health and wellness services including massage, Thai Massage and cranial sacral balancing are also available. Appointments may be scheduled upon arrival.

Airfare to Corfu and ground transportation to Arillas are not included.

Arrival Day and Orientation - June 14, 2008 Saturday

Departure Day - June 21, 2008 Saturday