

PAROS ISLAND GREECE RETREAT

WITH JAMES HIGGINS - JUNE 2-10, 2018

ENJOY A BEAUTIFUL YOGA AND MEDITATION RETREAT ON THE SERENE BLUE WATERS OF THE AGEAN SEA. A SPIRITUAL EXPLORATION FOR EIGHT NIGHTS OF REJUVENATION AND RENEWAL. THIS WARM WELCOMING CYCLADES ISLAND OFFERS SECLUDED BEACHES, OPEN WATER SWIMMING, GREAT RESTAURANTS, AMPLE SHOPPING AND NIGHT LIFE IN THE NEARBY WALKABLE TOWN OF NAOUSA,

THE RETREAT IS DESIGNED TO SUPPORT THE DEEPENING OF YOUR YOGA AND MEDITATION PRACTICE AND HELP YOU GAIN STABILITY AND STRENGTH. BY TAKING TIME FOR PERSONAL REFLECTION AND GROWTH, YOU WILL FURTHER DEVELOP IN SPIRIT AND SOUL AND ESTABLISH A DEEPER FOUNDATION IN THE MEDITATIVE QUALITIES OF LOVE, CARE, KINDNESS AND COMPASSION .

THERE WILL BE DAILY 2.5 HOUR MORNING PRACTICE AND 1 HOUR EVENING MEDITATION & LIGHT ASANA SESSIONS LED OUTDOORS NEAR SUNRISE AND SUNSET. TWO NIGHTS WILL BE FREE TO ENCOURAGE EXPLORATION OF THE ISLAND.

ST ANDREA IS A LOVELY RESORT IN A QUIET SEA SIDE AREA, DELICIOUS GOURMET BREAKFAST, SWIMMING POOL, GREAT ROOMS, WITH SUPPORT RENTING CARS AND PLANNING DAY TRIPS ARE ALL INCLUDED.

SPACE LIMITED TO 12-20 PARTICIPANTS AND WILL SELL OUT.

DOUBLE: €1395 PER PERSON SINGLE: €1795 - FIRST COME FIRST SERVE.

EARLY BIRD - €1295 & €1695 TO BE PAID IN FULL BEFORE FEBRUARY 1ST

SEND €650 DOUBLE OR €850 SINGLE DEPOSIT TO SECURE YOUR BOOKING BY PERSONAL PAYMENT ON PAYPAL TO JAMESHIGGINSX@GMAIL.COM OR VENMO JAMESHIGGINSX TO SECURE YOUR SPACE. ADD 6% FOR ALL CREDIT CARD PAYMENTS. PERSONAL CHECKS TO JAMES HIGGINS PO BOX 2562 SAN ANSELMO CALIFORNIA 94979. FURTHER INQUIRY OR INTERNATIONAL TRANSFER INFO EMAIL JAMESHIGGINSX@GMAIL.COM OR FACEBOOK PERSONAL MESSENGER ME.

DEPOSIT IS NON-REFUNDABLE AFTER APRIL 01, 2018/ FULL PAYMENT DUE ON OR BEFORE APRIL 01, 2018/ RETREAT NON REFUNDABLE AFTER MAY 01, 2018

WWW.JAMESHIGGINSYOGA.COM