



Kissamos near Khandia, Crete
Free Spirit Holidays
Tues 24th April – Tues 1st May
2018
Iyengar Yoga with Angela Hulm



Yoga classes will be at 7:30am and 6pm on the yoga deck overlooking the beach with its sea views.

This venue is fully equipped for up to 25 yoga students, however most groups are limited to 15 - 20 participants

There will be no yoga on Thursday so that the group can travel further afield if they wish - there are fantastic walks and gorges to explore and we can either arrange official walks, or you can go off and explore on your own. There will also be an option of a boat trip.



Adventurous groups can travel to the other side of the island on one evening and have their class on the huge beach. This can be followed with dinner at the beachside taverna.

Venue Kastelli-Kissamos by the Mavros Molos Beach; Beachside yoga taverna, yoga deck with sea views, great food and lovely owners – bliss!

Meals All breakfasts included and five group evening meals.

Cost Shared accommodation from £470; Single accommodation from £570



Cost Includes: Accommodation, yoga, large vegetarian breakfast and five group evening meals. Not included: Flight, transfers and Insurance.

<http://www.freespiritryoga.co.uk/page/kissamos-crete-greece> for full details and bookings



Kissamos, also known as Kastelli, has a network of cobbled streets with traditional Cretan fish restaurants.

Our yoga venue is on the very outskirts of the small town. Here the sea is clean, warm and shallow making for easy swimming with a long quiet strand of golden sandy beach with occasional shingle. Our beach is called Mavros Molos and the yoga space is above the beach looking out to sea.

Kastelli is a seaside resort which attracts Greek tourists. Behind this the backdrop is mountainous. This provides for many easy grade walks, the chance to see birds of prey, vultures and wild flowers and old rural ways like treading grape

Apart from sunbathing, swimming, snorkelling and yoga you can visit ancient ruins, take a day cruise, explore the Venetian town of Chania, walk gorges or just be still and enjoy the ocean.



Our hosts Mike and Maria own the beachside taverna. They will be feeding us after the morning yoga class and on selected evening during the week - we are keeping some evenings spare so we can visit the fish restaurants mentioned above.

Maria is a fantastic cook and during the week there will be the option of attending a cookery class where you will be taught how to prepare traditional Greek vegetarian meals. - which we will then eat!

There will also be an optional excursion to the organic olive oil mill at Astrikas, this is world famous olive oil which you can purchase on site if you wish. It is fantastic and includes both organic lemon olive oil and organic orange olive oil. To find out more go to www.biolea.gr

We are on the edge of Kastelli by the Mavros Molos Beach.

Our rooms are simply furnished Cretan style, all have air conditioning and en-suite facilities.

They are in the area immediately behind the venue and whilst they do not have sea views it takes only a few steps to be actually on the beach.

All of the rooms at this venue (upstairs and downstairs) are along the side of the building, none face the sea.



There are three upstairs rooms which share a balcony and which carry a superior room supplement. Please note this is a taverna and not a hotel, rooms and furnishings are appropriate to that. All rooms have a fridge and a kettle.

Sun loungers and beach umbrellas are provided free of charge and there are comfortable chairs and a settee on the veranda above the beach for relaxing. You are also welcome to use the yoga space at any times that it is not being used for teaching.

There is a tiny super-market close by and a small boutique selling clothes. A short walk takes you to the small central village area with its cafes and shops - avoid the main road at the top of the village as this is the area where they sell tractors and industrial goods to the farmers!

Meals - each day, after your morning yoga class, you will be served a delicious breakfast with home produced milk, eggs and cheese from the owners small-holding. Your 5 group dinners will be on-site, on other nights we will eat out at the wonderful restaurants on the seafront. On some nights a fish option is offered.

Five group evening meals are included in the cost of your holiday.

Special diets cannot be accommodated however soya milk is supplied.