

# Yoga Holiday in Paros

## Asanas & Tales

with Nefeli Makri  
Anusara Inspired Yoga teacher RYT-500

# 17-21

June 2013

## Yoga and Program

**13hrs of Anusara Inspired Yoga**

Asanas and Tales...

Tales will be our special teachers!

09:00 - 11:00 Morning Yoga practice  
11:00 - 18:00 Brunch and free time  
18:00 ... Meditation, Pranayama, YN



120sqm wooden deck for our Yoga practice

## Accommodation

**Okreblue Apartments, Santa Maria**

15 rooms & studios

Cedar trees, beautiful smell of thyme

Quiet, relaxation, nature vacations

Walking distance from the beach

Breakfast after morning Yoga practice

120sqm wooden deck for our yoga.



Nefeli Makri, Anusara inspired yoga teacher

## Reservations & costs

Yoga, Accommodation & Breakfast

320E per person for double room

380E for single room

[Nefeli Makri](#)

[nefeli@yogalife.gr](mailto:nefeli@yogalife.gr)

(003) 6970 994089

Reservations up to the 10<sup>th</sup> of May.

No refund after that.

## Contact & information

Ferries to Paros

[www.greekferries.gr](http://www.greekferries.gr)

Rent a car: Giannis Parousis

(003) 6972 029905

More Info: Nefeli Makri

[nefeli@yogalife.gr](mailto:nefeli@yogalife.gr)

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You are all invited to embody the Asanas and experience their Tales and how they relate to our contemporary lives.

**Yogalife Studio**



[www.yogalife.gr](http://www.yogalife.gr)