

The essential elements of Yoga,
Meditation and Pampering

Halki Yoga 2023



We are running two 6-day yoga experience on the beautiful island of Halki between 16th and 29th of September

- Halki is a beautiful unspoilt island approximately an hour's ferry ride away from Rhodes. It offers authentic Greek charm and tranquillity and is a world away from the hustle and bustle of day to day life. The island has 3 secluded beaches and a couple of interesting walks. There is a small harbour with a dozen or so bars, restaurants and shops.
- The simplicity of the island allows you to relax and unwind with little distraction and helps you focus on the 3-4 hours per day we will dedicate to yoga, meditation and breathing. In addition lectures, on Ayurvedic philosophy and lifestyle, will be given by our qualified Ayurvedic practitioner. There will be plenty of time during the day to sun bathe, swim, go for walks, stop by for a coffee or simply to chill out next to the crystal waters of the Mediterranean.
- If pampering is your thing we have both a qualified beautician and an accredited practitioner of Therapeutic Massage, Aromatherapy and Reflexology. A one hour session is included in the package.



Program

Meditation

Morning Vinyasa Flow Yoga

Pranayama

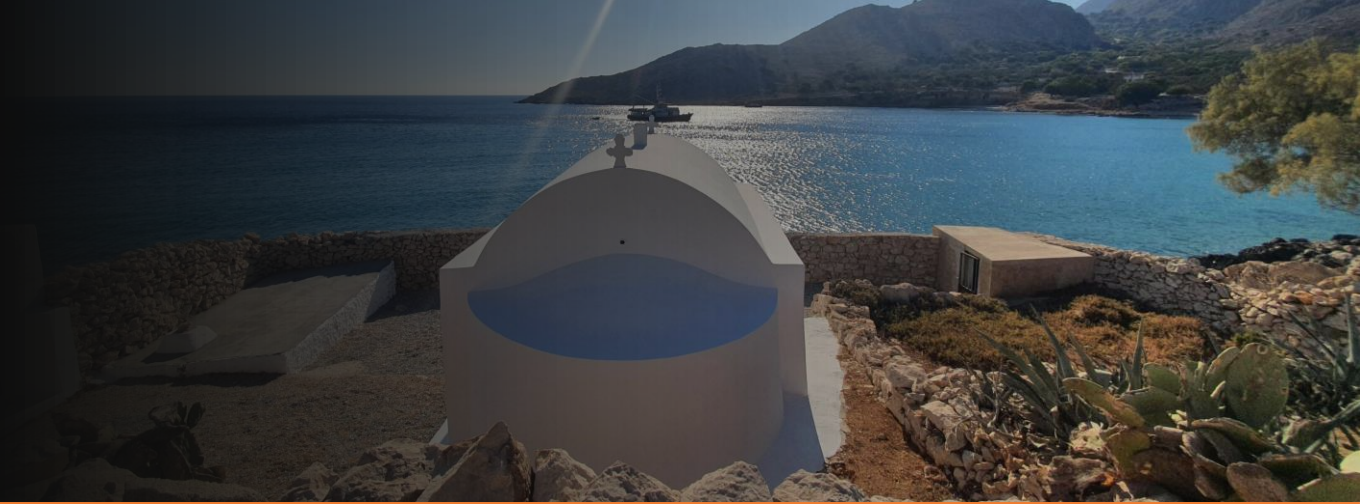
Breakfast

Ayurvedic/Therapeutic Lectures

Free time

Evening Yin/Hatha Yoga

Free time



What's included

- Price of the 6 day retreat is £450
- **Price includes: -**
 - Daily Meditation
 - Yoga x 2 sessions daily
 - Ayurvedic lifestyle and philosophy lectures
 - A beauty or therapeutic treatment
- **Price excludes:-**
 - Flights
 - Accommodation
 - Transfers to and from Rhodes airport to the island of Halki
- **Also available (at extra cost)**
 - Additional Beauty/Therapy Treatments
 - Diving taster session (or PADI course)
 - Day trips around Halki and other Islands



Retreat Details

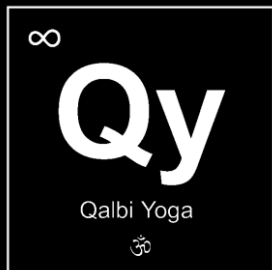
This is the second year we have decided to run two retreats back to back.

Week 1 – Sat 16th – Thu 21st Sept

Week 2 - Sun 24th – Fri 29th Sept

The retreat is delivered on the Island of Halki.
We are always happy to help with travel and accommodation suggestions.
Qalbi Yoga cannot be held responsible for disruptions to travel or accommodation





The new essential element

Maria Pettman

Maria is a Yoga Alliance Qualified Vinyasa Yoga teacher and Yin yoga teacher.

She has worked in healthcare for over thirty years, with an Msc in Advanced Nurse Practice, clinical prescribing qualification she is currently a nurse consultant with JAG registration Bowel Cancer Screening.

Her initial interest in natural health stemmed from the indigenous Australian communities she worked with in the 90's. She went on to qualify in reflexology, therapeutic massage and aromatherapy





Rooted Wisdom

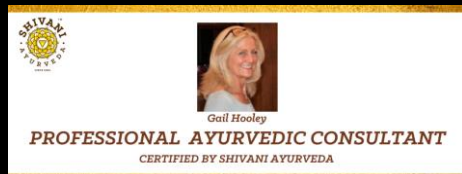
Gail Hooley

Gail is a Holistic Health and Wellbeing Practitioner

Her training and expertise are rooted in the sister sciences of Ayurveda and Meditation.

She is a Certified Ayurvedic Consultant with a strong background in nutrition, health, weight management and sleep issues.

She is also a Chopra Certified Ayurvedic Perfect Health Teacher and a qualified Laughter Yoga Instructor, which she teaches both therapeutically and just for fun!





Yasmin Castle

Yasmin is certified beauty therapist with an honours degree in fine art from Manchester Metropolitan.

She is also a qualified Hatha and Yin yoga teacher.





Georgia Waboso

Georgia is qualified in ashtanga vinyasa yoga, yoga for fertility, well-woman yoga, pregnancy and postnatal yoga. She specialises in yoga for women's health and wellbeing and her teaching is based on inclusive yoga practices suited to all stages of life and ability.





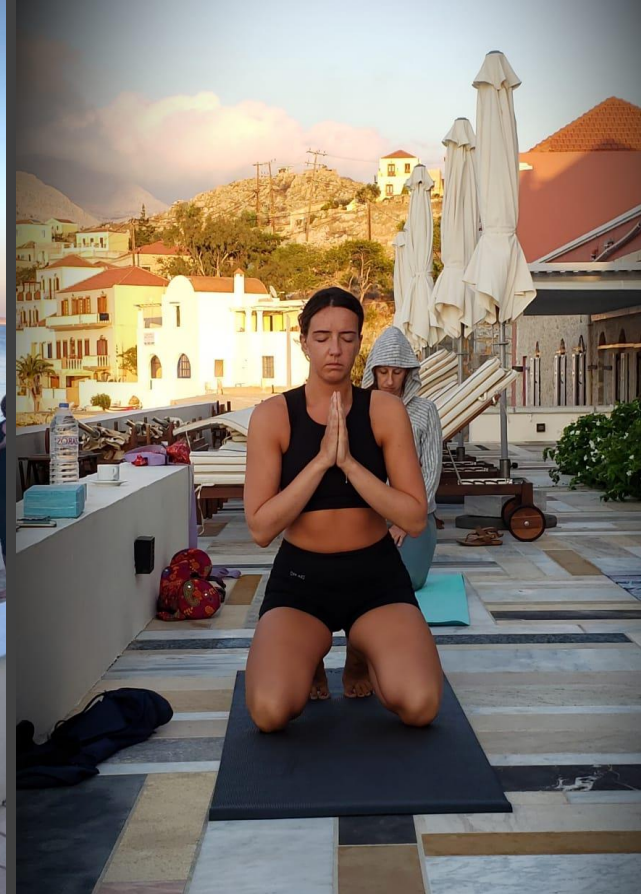
2022

2021





2020



2019

