

Autumn Iyengar Yoga Holiday with Sam & Diana- October the 8th - 15th 2015

Cost per person £595.00 including accommodation, food & all yoga classes

- Accommodation at boutique hotel Nobelos

Along the northeast coast of Zakynthos, close to the famous Blue Caves, we meet the picturesque little cove of Agios Nikolaos. It owes its name to the barren islet of Agios Nikolaos that lies offshore.



Hotel Nobelos is situated by the sea at the area Madrakia, just 300m from the Agios Nikolaos' marina. The hotel is built completely from stone in the old Zakynthian architectural style and is a reminder of the traditional mansions of Zakynthos.

Within our price we include:

- **Accommodation** sharing a twin or double bedded room (subject to availability). We will allocate your room companion and try to match you and your roommate as best as possible. Please give us all the info required if you already have a partner you wish to share your room when filling our booking form on our website.
- **Yoga classes** 6 mornings in the week of 2 hrs yoga and 1½ hrs yoga class (often relaxation/pranayama) 4 late afternoons in the week.
- **Breakfast (brunch) & dinner** - all vegetarian locally sourced with a variety of food from a strictly Greek style buffet.
- **All our yoga equipment** including mats, props and our

chosen enclosed quiet yoga space, with stunning views across the Ionian sea.

To read more about this and all our other holidays already scheduled for 2015 visit our website on www.xenoyoga.com where you can find information about: Sam Xenofou the teacher, our accommodation and resorts, the beautiful island of Zakynthos, excursions and activities. Please fill in the booking form and also check out our terms and conditions and exactly what each holiday includes.



with sam xenofou certified iyengar yoga teacher member of the iyengar yoga association UK