

# GOLDEN BEACH YOGA HOLIDAY

PAROS, GREECE | OCTOBER 2024 | WITH JOY PRATER

## DATES & ARRIVAL/DEPARTURE TIMES

### Arrivals: Friday 4th October 2024

The holiday starts with a 7.30 pm evening meal on the first night. Participants may arrive at any time and can buy drinks, snacks or lunch at the pool bar. Early arrivers are invited to meet-up at 6 pm informally at the bar (nibbles are provided). A meal can be saved for anyone arriving on the late-evening ferry.

### Departures: Friday 11th October 2024

There are no sessions on the last day, which is the departure date. Breakfast is provided after which guests are welcome to relax at the hotel and beach until whatever time they need to travel.

## VENUE

Paros Philoxenia, New Golden Beach, Paros 84400, Greece

<https://www.parosphiloxenia.com>

Tel: (+30) 2284 041778

This is a beautiful quiet family run hotel right on New Golden Beach in the South East of the island. It is situated between the three fishing villages of Drios, Logaras and Piso Livadi, and facing the islands of Naxos, Iraklia and Ios.

There are single, twin and double rooms available, all en-suite and with a balcony/terrace, air conditioning and a refrigerator.

The meals are typically Greek and the hotel offers standard, vegetarian or vegan options. They are happy to cater for diary-free and gluten-free diets with notice. Drinks are available from the well stocked bar.

The beach is across the road from the hotel with stunning views across the straits to Naxos. Swimming is possible up and down the coastline and you can hire windsurfing gear if you want to try your hand at that. There are also lovely walks for miles in each direction. Whilst New Golden Beach is largely untouristy (no shops or loud music) you can find small resorts further along the coast.

## COSTS

£820 (shared twin/double room)

£960 (single room)

Non yoga partners are welcome, with a £100 discount. All the outings and entertainment are open to them.

Included: Accommodation, all food and yoga tuition.

Not included: Flights/overland travel, transfers to and from the venue, transport to the beach/town and extra food/drinks on excursions.

## PAYMENT

A deposit of £200 is required for this holiday and you will receive payment details once you have completed your booking form. Your place is not secured until I receive your deposit payment.

The balance will be due by **4<sup>th</sup> September 2024**.

If you would like to set up a payment plan to spread the cost over the coming months, please select this option on the booking form and I will contact you with details. Your final instalment must be paid by the balance due date above.

## HOLIDAY SCHEDULE

There will be a yoga session in the morning and a second session either in the late afternoon or evening, depending on whether or not there is an excursion. The intention is to create spaciousness for everyone to enjoy some time to relax as well as yoga and going out.

## YOGA EQUIPMENT

Yoga mats are available at the venue and I will be bringing straps and eye pillows.

## EXCURSIONS

On one afternoon taxis drop the group at the hill-top village of Lefkes and the group walks down an ancient Byzantine path to the village of Podromos. There the group rests, has a beer/coffee at the café before being picked up and taking back to the hotel. This is a very easy, gently downhill walk with the sun behind you, taking a couple of hours. Worth packing walking sandals (or training shoes) for!

The group also visits Naoussa one evening. This beautiful town is on the north coast of the island, a little harbour town with a labyrinth of alleys and lanes filled with boutiques and cafes.

The group also visits the local live music restaurant in the local village of Drios, a mile away. After dinner we walk or take taxis there, imbibe their local wine and snacks and have the chance to hear some authentic Greek music and dancing.

All these trips are optional. The only extra cost is for the taxis, split between a number of people. At the live music restaurant we split the small bill for the shared wine & snacks between us.

## TRAVEL TO PAROS

### Getting to Paros

There are three main options:

1. Fly to Athens and take the ferry to Paros (approx. 3 – 4 hours).
2. Fly to Santorini and take the ferry to Paros (approx. 2 –3 hours).
3. Fly to Paros via Athens.

Depending on where you live it is possible to get to the hotel in one day from the UK – just! There is a time difference of 3 hours, making getting there in one day much more tricky than getting home, when the time difference works in your favour.

If there are flights around 9am from the UK you can arrive in Athens in time to catch the 5pm ferry from Piraeus to Paros. Most ferries leave from Piraeus – some go from Rafina but with much fewer sailings.

Most people take a flight from the UK to Athens and spend the night in Athens or Piraeus (the main ferry port). If you wish to stay overnight in Piraeus there is a bus stop directly outside the airport exit (it's the last stop so you can't miss it!). The bus and the stop have a picture of a ferry to make things easy and most Greek people speak some English.

It's also possible to travel to Paros from other islands, of-course. Sometimes participants come from Santorini or other islands, taking the ferry across. There are many flights to these different islands from the UK so that's another option.

Useful websites:

- **Flights to Greece:** A really good website to use for all flights is [www.skyscanner.net](http://www.skyscanner.net)
- **Flights to Paros:** If you choose to take an internal domestic flight from Athens to Paros these are run by [www.aegeanair.com](http://www.aegeanair.com). There are usually a few flights a day in each direction. In the past it hasn't been possible to connect a morning flight from the UK with the last daily flight to Paros, but a 5pm ferry is possible.
- **Ferries to Paros:** A good website to check for ferries is [www.directferries.co.uk](http://www.directferries.co.uk), which lists numerous options for Paros sailings.
- **Overnight Stays:** If you wish to stay overnight before travelling to Paros use [www.booking.com](http://www.booking.com) or similar. The Triton Hotel in Piraeus is much used, great value and 3 minutes walk to the ferry terminal in the morning.

### **Getting from Paros Port or Airport to the Hotel**

Most participants welcome a taxi being booked to meet them, and this is possible by letting me know your place and time of arrival on the island. I will contact you closer to the holiday time to check your travel plans and book a taxi if you want one, grouping people together whenever possible (although this doesn't seem to really reduce the price per person, strangely!). Allow about £20 per person for a taxi from the port or airport. There are always a few taxis at both places, but while the port is very busy and never an issue finding a taxi, the airport is more remote.

If you have a taxi booked for you to collect you from the port or the airport, your mobile number will be given, with anyone else's, to the taxi driver, to ensure no-one gets left behind!

It is possible to take a local bus from the port to the hotel. The port is in the capital of Parikia and there is a small bus station there, just 2 minutes from the port (ask anyone how to get there, it's on the main road). Buses are extremely cheap and you get a nice experience of the slower pace of travelling, visiting villages on the route to Drios. Ask to be dropped off at New Golden Beach, the stop before Drios. The bus timetable can be found here: [www.ktelparou.gr/bus-schedules](http://www.ktelparou.gr/bus-schedules)

## **CURRENCY & CHANGING MONEY**

Greece is in the Eurozone and there are numerous ATMs in Athens airport, Piraeus and also in the local village of Drios.

## **PAYING YOUR BILL AT THE HOTEL**

This will only be a bar bill (there's not much to spend money on at the hotel) – they prefer cash if possible. Participants can have a bar tab all week and pay at the end. Bring cash anyway as it's easier to split taxi fares etc if you have cash (in small denominations)

## DRIOS & LOCAL SHOPS

The local village is called Drios and is a mile away – a lovely walk along the coast or a short bus ride. Bus timetables are listed at the hotel (or see earlier in these notes). The shop at Drios sells most things that you need. There is also an ATM there.

## CANCELLATION POLICY

**61+ days** from the retreat start date: Fully Refundable, free cancellation

**31-60 days** from the retreat start date: There is no refund for the £200 deposit at this stage.

**0-30 days** from the retreat start date: Any money paid at this stage is non-refundable.

**Get in touch early if you need to cancel for whatever reason.** I will do my best to re-sell your place, in which case, I will be more than happy to give you a refund, minus a £50 admin fee.

If I need to cancel the retreat (this would only happen under exceptional circumstances) I will notify you as soon as possible and will refund you any money you have paid. I cannot be held liable for any expenses which you may have incurred, such as travel, hotels or exchange rate losses.

**Life is unpredictable, so I strongly advise that you purchase travel insurance for this retreat, to avoid any disappointment.**

I hope these notes have answered any questions you may have, but do contact me if you need any other information: [info.yogawithjoy@gmail.com](mailto:info.yogawithjoy@gmail.com)