

# Lucy Crawford YOGA

## Yoga Holiday in Kithira, Greece

17 - 21 May 2019 inclusive



Dive with us into fabulous 5 days of another unique Ashtanga Yoga Week with LUCY CRAWFORD. This Yoga Holiday combines the sea, sunshine and wonderful Greek food with Lucy's unique and relaxed orientation to Yoga. Held on the deeply magical and traditional island of Kythira, come and join Lucy in a truly unique Yoga Holiday, with space for rest and meditation and interesting afternoon explorations of the body and breath from a cranio-sacral perspective.

<https://visitkythera.com/>  
<https://youtu.be/t4OB4EOmG-4>

### TRAVEL

Flights to Athens (ATH) – with any airline from any Country and then a short flight from Athens with Sky Express or Olympic Air to Kithira (KIT). Cost is very reasonable at the moment, around ... TOTAL € 80.00 for the Athens to Kithira Leg.

<https://www.skyexpress.gr> - Flights all days except Wednesdays, or [www.olympicair.com](http://www.olympicair.com)

### POSSIBLE ITINERARY

Outbound ATH – KIT Date: 16 May 2019 From: ATH to KIT Dep:15:00 Arr: 15:50  
Inbound KIT – ATH Date: 21 May 2019 From: KIT to: ATH Dep: 16:10 Arr: 17:00

### SCHEDULE

**FRIDAY 17<sup>th</sup> May – TUESDAY 21<sup>st</sup> May (inclusive) - Mysore style assisted practice**  
7 – 9 am MYSORE GROUP 1 and 9 -11 am MYSORE GROUP 2

#### **SATURDAY 18<sup>th</sup> May - Afternoon Workshop 1**

4 - 5.30 pm WORKSHOP: Balancing the bones through correct use of muscles,

#### **MONDAY 20<sup>th</sup> MAY - Afternoon Workshop 2**

4-5.30 pm WORKSHOP: Understanding the spinal curves and how to use these effectively in the yoga practice for optimum space between vertebrae

**The MYSORE practice:** is: limited to 8 students per group, No single drop-ins and \* Some self-practice experience necessary!

## PRICING

Early bird (ends March 10<sup>th</sup> - YOGA - full 5 days Intensive: 330 €

Regular price (after March 10<sup>th</sup> - YOGA - full 5 days Intensive: 370 €

Plus accomodation - we highly recommend Porto Delfino via us (as we get a special rate!)

Or choose something nearby, organized by yourself.

Please contact Heidi for further details

Plus accomodation (see above) - please contact Heidi for further details

## REGISTRATION & INFORMATION

Bookings: With Heidi Ittner, BY EMAIL ONLY : <mailto:hidee.ittner@gmail.com>

\* first come, first served

\* your spot is only reserved after payment

## THE PLACE WHERE WE WILL BE

Porto Delfino, Kapsali on the island of Kythira, Greece

<http://www.portodelfino.gr>

## ABOUT LUCY CRAWFORD

Lucy began her studies with Shri K. Pattabhi Jois in 1993 and received Guruji's blessing to teach in 1995 and has been sharing the Practice of Ashtanga Vinyasa Yoga since that time. She continued to return to Mysore to study with Guruji for many years, with her growing family. Lucy enjoys freedom to explore the body as a landscape of personal experience and alongside this pays attention to detail around the breath and postural alignment. Whilst committing to the traditional counted method of Ashtanga Vinyasa Yoga, Lucy enjoys playing with variations and uses supportive stretches and body supports. The Practice of Yoga is a wonderful way to explore our relationship to ourselves and the world we live in. 'Knowledge is a rumour until you feel it in the body'.

For further information on Lucy and her workshops and trainings please visit:

[www.lucycrawfordyoga.co.uk](http://www.lucycrawfordyoga.co.uk)