



Kissamos accommodation is on the edge of Kastelli by the Mavros Molos Beach.

Accommodation is either apartment based or in a nearby hotel. All accommodation is close to, or adjacent to the beach. The majority of students will be placed in the apartments at the yogas venue.

The yoga space is on a large shaded balcony overlooking the sea.

Cost: £399 per week

Single room supplement : £100

*Non Yoga partners/friends are welcome to join you at a reduced rate
Please note this is a special price for Indra Singh's yoga students only,
the price for other participants is £440 sharing and £540 single room*

Included: accommodation, breakfast, group dinner on 4 set evenings including the arrival night, and yoga.

Not included: flights, transfers, travel insurance, lunch, dinner on 3 evenings when we often go further afield and the cost is then £10 - £15 depending on where we eat.

Flights and transfers:

Ideally you will need a flight to Chania, these are from Gatwick or Manchester airports.. We will team people up to share transfers from Chania airport - a taxi is 60 euros, flights from the UK tend to arrive around the same time of day.

Heraklion airport is also possible, it is over 2 hours from the venue and you would need to catch an air conditioned bus **in the afternoon**. If there is a group arriving we can arrange a coach. Chat to us about this option. (Taxis are 160 euros from Haraklion)

Do feel free to contact Free Spirit Travel for help with finding your flight, they can search the internet for flights for you and will be happy to help.

**To reserve your place, or for more information, please contact
the Free Spirit Travel office:-
01273-564230 email: info@freespirituk.com**

Flowing Hatha Yoga with Indra Singh



'Sun, Sea and Yoga' West Crete, Greece

May 15th - 22nd 2012
£399 (plus flight) per week

