

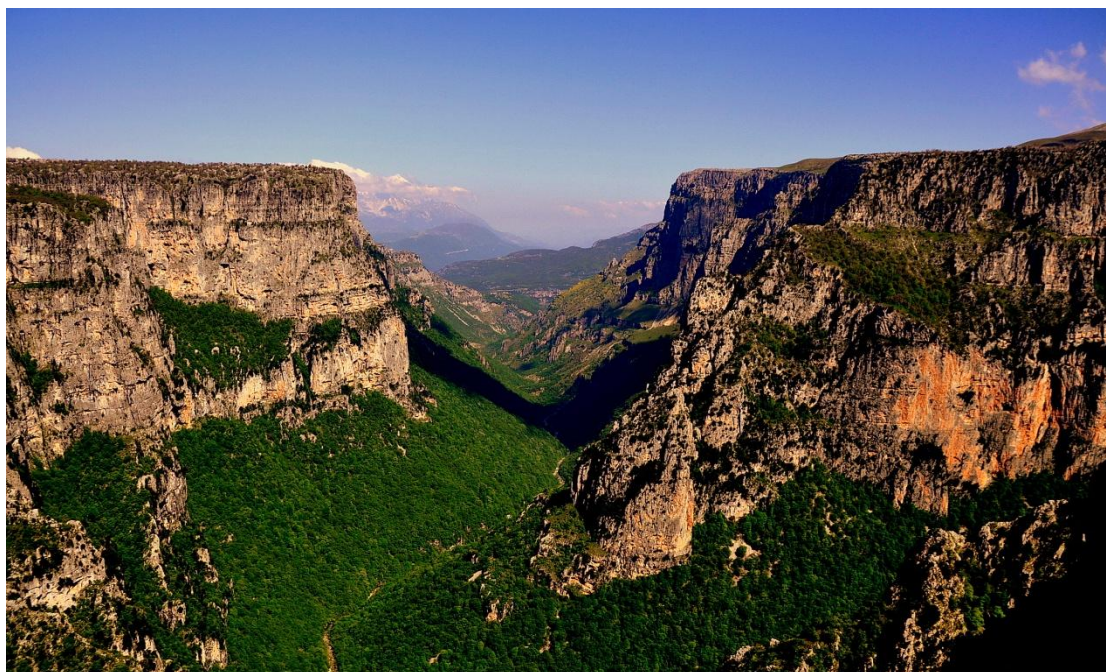
THE DRAGONLAKE
6-day yoga and hiking retreat

with Alexia Katsigera & Paris Zografos

11-16/07/2018 & 04-09/10/2018

Nature and Culture

Zagori is one of the most strictly protected areas in Greece due to its wild and unspoiled nature and its distinctive traditional architecture. The area is a National Park. It belongs to the NATURA 2000 network (a network of nature protection areas in the territory of the European Union) due to its richness of flora and fauna and its great variety of endemic species. In 2010, the area of Zagori was included in the Vikos-Aoös Geopark, a member of UNESCO's Global Geopark Network, rendering it an internationally acknowledged "natural monument". Geoparks are well defined territories which include distinctive geological, natural and cultural characteristics. Human activity of the 18th and 19th centuries, such as the many stone built traditional villages with their surrounding monuments, along with the prehistoric remnants of human activity (Paleolithic hunting bases, Neolithic settlements, etc.) more than satisfy the requirements for an extraordinary and unique geopark. Zagori is also the area with the most rainfall in Greece; this is clearly visible in its landscape, covered almost entirely by forests, which provide habitats of great ecological value.



This five day yoga & hiking retreat evolves in altitudes ranging from 450m to 1,400m (accommodation in Megalo Papigo / 950m altitude). It's structure aims in relaxing your spirit, exercising your body, enjoying nature, but also in learning about nature and humanity.

Day 1 > (Wednesday 11th of July) > Arrival day



Virtual reality of the formation of the Vikos Canyon. Part of the one hour presentation about Zagori's nature and culture.

We welcome you at the Guesthouse where you will meet your yoga instructor, your hiking guide and the other members of the team. After making your selves comfortable, a presentation of the area and the program will follow, a foretaste of your next days' yoga sessions and wonders in nature enabling you to integrate with the local environment.

Day 2 > (Thursday 12th of July) > The breathtaking View (Beloi/Scala Vradetou)



07:30: Yoga session

09:00: Breakfast

10:00: We will drive up to Vradeto village (1,350 m altitude), from where a mild thematic route on the lower alpine zone will bring us to the most spectacular view of the Vikos Canyon. From there and after a coffee break at the traditional café of Vradeto a downhill hike through the famous and best preserved Scala Vradetou (cobble stone footpath) will bring us down to Kapesovo village.

15:30: A short hike visiting the four most important stone bridges.

17:30: Return to our guesthouse

19:30: Sunset Yoga session

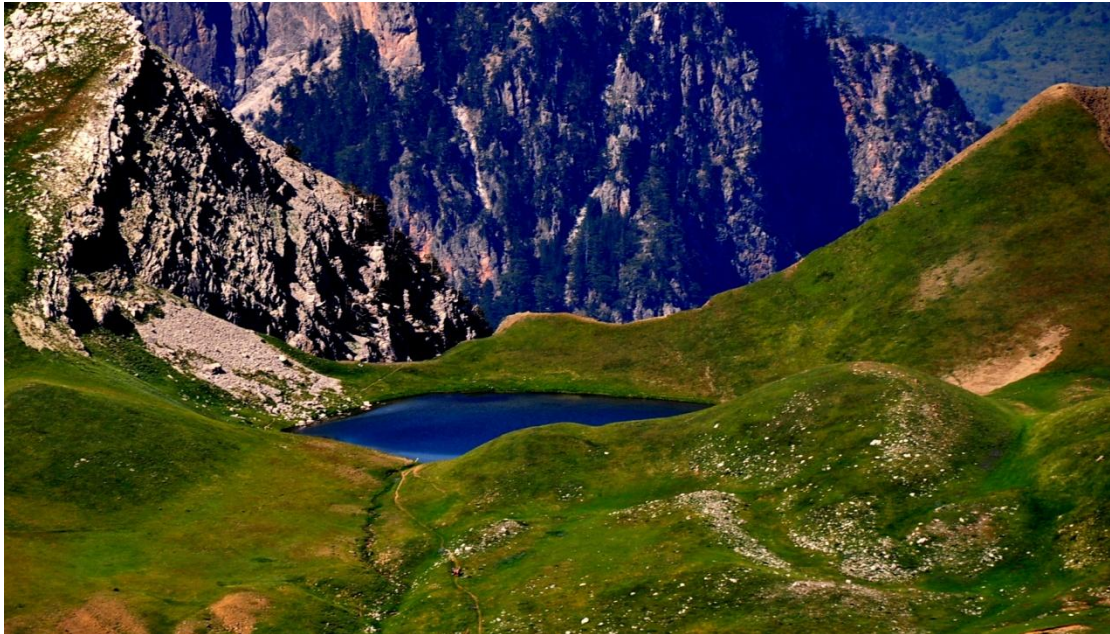
Themes presented: Geology, Architecture, Dry Stone Technique.

Trekking Hours: 6 Elevation Gain: +200m / -400m Difficulty Level: Moderate

Photos



Day 3 > (Friday 13/6) > The Greatness of Nature (The Dragonlake)



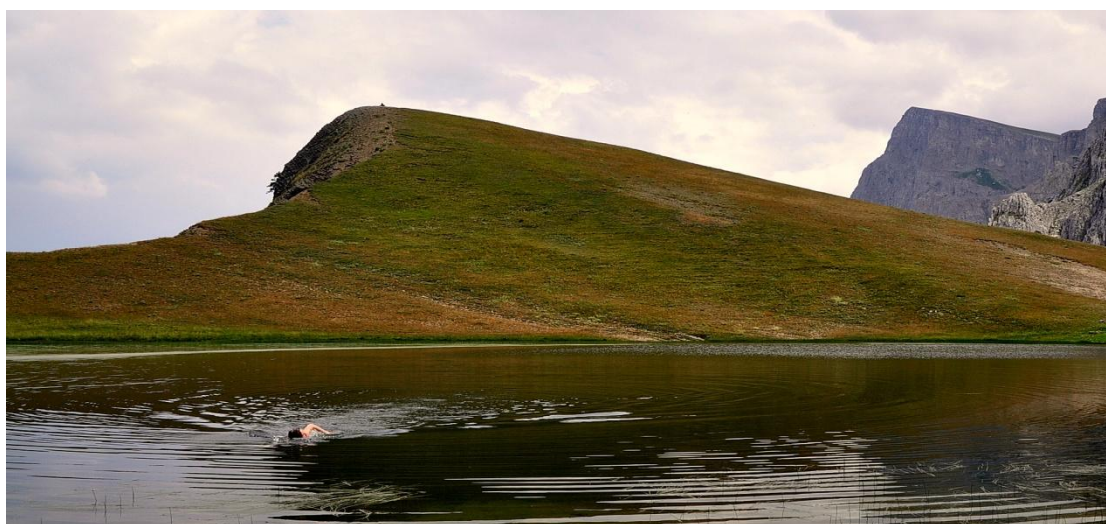
Sunrise: Yoga session (indoors) / Breakfast.

We drive to Mikro Papigo from where we the hike to the Astraka refuge starts. After three hours we arrive to the refuge for a short break. We the continue and after an hour we reach the Dragonlake were we may relax. We will then return at the refuge and later – sunset time – a yoga session will take place. Overnight at the Astraka refuge.

Themes presented: Geology, Nature. .

Trekking Hours: 8-9 Elevation Gain: +1,300m / -250m Difficulty Level: Streneous

Photos



Day 4 > (Saturday 14th of July) > Relaxing day



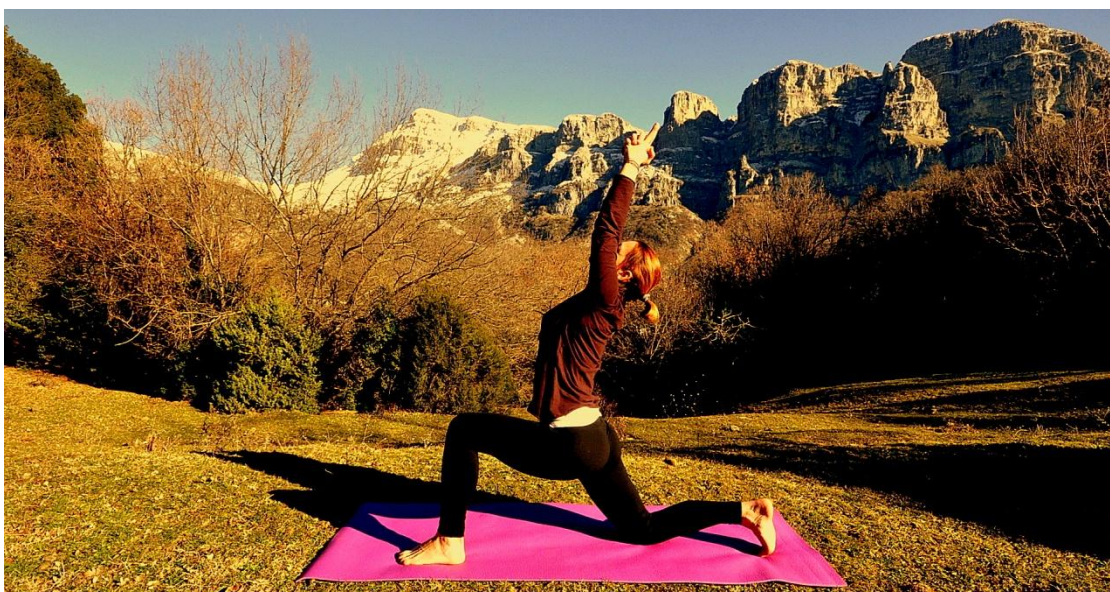
Today is a “relaxing day”. A two-hour downhill walk will bring us back to the village of Mikro Papigo and then drive back to the guesthouse. You may relax at the garden, walk around the village or have a swim at the nearby Rogovos natural pools. At sunset time a yoga session will take place in the forest next to the guesthouse.

Trekking Hours: 2,5

Elevation Gain: -900m

Difficulty Level: Easy

Photos



Day 5 > (Sunday 15th of July) > The Cleanest River (Voidomatis)



Rafting in the calm waters of Voidomatis.

Today is our last day.

07:30: Indoor Yoga session

09:00: Breakfast

Our rafting partners will take you from your guesthouse to the river. A three hour trip in the waters of one of the cleanest rivers in Europe will bring you closer and deeper to nature. During the rafting course you will have a short break to visit a monastery and enjoy a raki/wine and a small bite. In the afternoon a Yoga session at the lovely yard of our premises overlooking the Papigo rock towers.

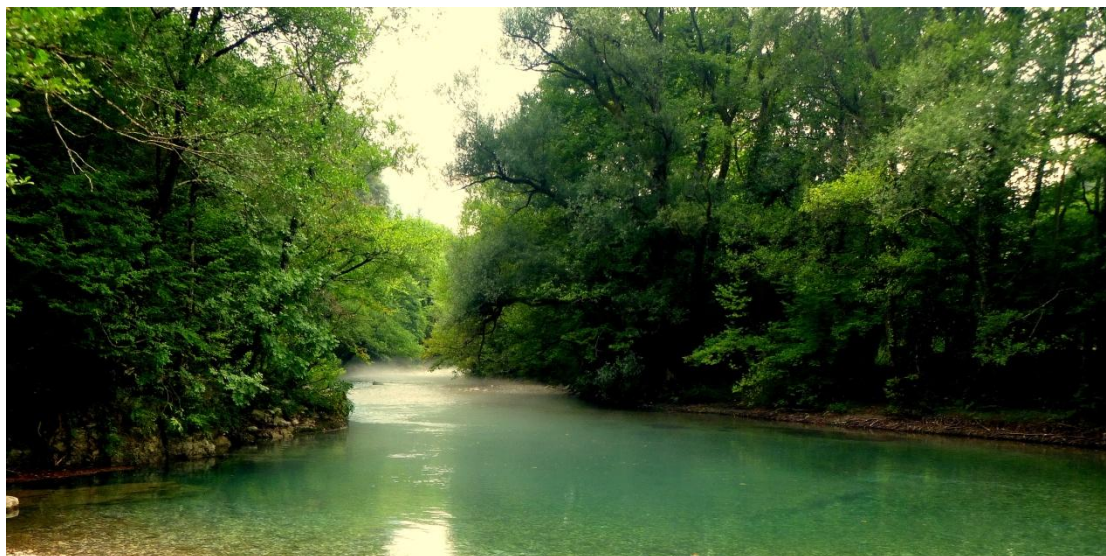
Themes Presented: Geology, Archaeology, Monasteries.

Trekking Hours: -

Elevation Gain: -

Difficulty Level: Easy

Photos





Yoga Instructor: Alexia Katsigera

Type of yoga: Hatha Yoga

Level: All levels (beginners to advanced)

Languages: English, French & Greek

Alexia was introduced to yoga in 1998, practicing Satyananda yoga for a year. From then on, yoga became part of her daily life. Yoga brought many positive changes in her life, body and mind after which she decided to share her knowledge with those around her. In 2004 Alexia founded the yoga centre: “σωμαyoga” (soma yoga: soma = body)

To deepen her yoga practice and her internal search, Alexia travelled to India in 2005, met many teachers and studied yoga at Shivananda Centre in Kerala. She considers the most exciting ‘school’ is life itself and believes it’s important to always be a student of life. Alexia continues, with great enthusiasm, her study around yoga and self-awareness – taking part in workshops, lectures and classes all over the world and in Greece.

Her classes are focused on respecting the freedom and personal experience of each student, helping them to discover their own path to personal truth and self-awareness while focusing on their safety.

Alexia teaches hatha yoga, yoga for pregnant women, kids yoga and, following her own experience with her own baby, baby & toddler yoga – She has studied with Birthlight, Yogabeez International and Greville Kids Yoga.