

# Welcome to the Spirit of Life.

"...a place to pause, reconnect and be yourself."

Our Centre is situated in the Southern Peloponnese amongst a landscape of olive groves, mountains and the sea. We feel we have created a special place in a very beautiful part of the world.

*"The Spirit of Life is a centre which is completely of our time, combining the very best of holistic healing within a very inspirational setting."*

**Dr Rosy Daniels MD**

Are you interested in bringing your group out to Greece? Enjoy teaching in a relaxed atmosphere, and let us do all the 'behind the scene' things that will make it an unforgettable experience for you and your students.

Your students can book additional treatments and therapies during their stay including, aromatherapy, shiatsu, Thai yoga massage, reiki and energy healing.



**The Centre** is a traditional stone building surrounded by a natural wild flower garden in the Spring. The yoga studio with 360° views over mountain and sea forms the hub of activities.

Accommodation is in one of our twin apartments and selected accommodation close by.



## Food

Breakfast, lunch (or brunch) and 'welcome' and 'farewell' evening meals are provided at the Centre. The meals we serve are vegetarian and the menu is designed to reflect our belief that food should be not only delicious but nutritious and healing. We can provide extra evening meals if required. We use locally produced cheeses, olive oil, wild herbs, vegetables, and honey. The region is famous for its olives and olive oil and through the work of our good friend Fritz Bläuel, more than 500 local farmers have converted to organic production. The regional cuisine offers many **vegetarian** and **vegan** options. If you like seafood you will enjoy the small tavernas by the harbour, which offer locally caught fresh fish.



## Where we are

The Peloponnese is a magical land, full of history: **Olympia** (home of the Olympic games), **Epidavros**, Byzantine capital **Mystras**, **Sparta** and **Gythion** (from where the 1000 Greek ships were launched to Troy). Our nearest large town is **Kalamata**.



From Kalamata you follow the solitary road winding around the magnificent Taygetos mountain range, offering stunning views of gorges, mountain villages and the sea. Stoupa, a five minutes drive from the Centre, is a popular but laid back little resort. It has four beautiful sandy beaches overlooked by

mountains. It was here that **Nikos Kazantzakis** created his unforgettable character **Zorba the Greek**.

The resort has good tavernas and is an ideal place to stay if you decide to come with family or friends.

**Agios Nikolaos**, our nearest village, is a small and thriving fishing village just a short walk down the hill from the Centre.

There are a number of good cafes and restaurants by the harbour. It has sandy and pebbly beaches and a secluded jetty perfect for swimming and sun therapy!



## Natural Beauty

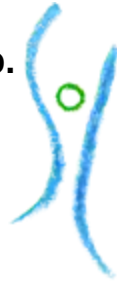
The Peloponnese has around 3500 species of plants with about 200 unique to the region. The main season for wild flowers is from October until May when we run our **walking holidays**. There are many spectacular local walks, some starting from the Centre itself.

Having a wonderful time.....

wish you were here. x

## Booking the Centre for your group.

The Spirit of life Centre is available for hire to teachers, groups and organisations who wish to run their own courses and retreats.



*"This has been my forth year coming out to The Spirit of Life retreat to teach yoga. Since the first year, I knew that I had found the perfect place and this has been reinforced by those who have come out on the yoga holidays and have showered the centre with their compliments and contentedness. The best proof is people returning year after year.*

*I have been fortunate to have travelled the planet quite extensively and I can honestly say that the location is blissful, especially when the yoga studio opens out to a stunning view of the wide blue ocean.*

*Kerry and Wendy are lovely and their attentiveness to those staying is in all ways is superb. And the food .... WOW!!*

*Whether you are an individual or a teacher if you are looking for a place to pause and recharge with stillness, beautiful vistas, stunning walks and small beaches, then this is your place".*

**Jonathan Cooksey - yoga teacher**

Our studio is large enough for 14 people practising yoga and up to 18 people for meditation and circle work.

Accommodation is at the Centre and in selected traditional houses within 10 minutes walk. We charge on a 'per student' basis with a minimum of 6 guests required to book the Centre. We will also promote your course on our web site which has top ten Google ranking for 'holistic holidays', 'yoga holidays Greece' and other related search phrases.

We can also deal with all enquiries, bookings and take payments for your students.

Breakfast, Lunch (or combined brunch) and welcome / farewell dinners are included. We can provide meals on other evenings as well. The Food at the centre has been highly praised by all our guests and although we prepare vegetarian food in our kitchen, fresh fish and local game is available in the harbour side tavernas of Agios Nikolaos.

Please contact us and we will be happy to discuss your requirements.



### Extras.

During your stay you might want to include an excursion to one of the many local sites of interest - Ancient Messini, Mystras (Byzantium capital), local mountain villages, Diros caves etc .

## How to reach us

### Fly direct to Kalamata:

From May to October there are flights direct to Kalamata on Saturdays and Sundays.

The following travel agencies provide flights and packages direct to Kalamata from London, Birmingham and Manchester.

www.thomascook.com Tel: 0870 750 0119  
www.charterflights.co.uk Tel: 0845 045 0153  
www.travelrepublic.co.uk Tel: 020 8974 7200  
or 0845 6121 747

### Fly To Athens:

There are regular daily flights from the UK, Republic of Ireland and Europe to Athens *El Venizelos* Airport. Easyjet.com, KLM.com and BA.com offer flights to Athens from Britain and Ireland.

www.aegeanair.com and www.olympicairlines.com also offer daily flights to Athens and connecting flights to Kalamata

You can book connecting flights from Dublin, Belfast and Scotland to London with Easyjet or Ryan air.

From Athens there are coaches every hour direct to Kalamata

### Taxi Transfers

We can arrange taxi transfers direct from Athens and Kalamata Airport to The Spirit of Life Centre.

Please contact us for further details.

+44 203 239 9237 (UK)

+30 27210 78240 (Greece)

info@thespiritoflife.co.uk

Spirit of Life Centre

Agios Nikolaos, Messinia

Greece T24024



TheSpiritoflife