

Book of Days

Wednesday, September 13, 2017 – Begins our journey together, Leaving on the Airlines of our choice.

Thursday, September 14, 2017- Arrive in Kalamata Greece. We will transfer together to Beach Hotel Karalies, Pylos Greece. Welcoming and Orientation begins in the evening hours. Dinner included.

Friday, September 15, 2017- Our first real day in Pylos, Greece is a day of grounding and orientation. Gathering as a group after the morning yoga practice, and breakfast, we will take a private walking tour of the town and Castle, followed by a free morning to explore the shops, a free afternoon of swimming in Pylos, Late afternoon of restorative yoga, and an evening to yourself to recover from traveling.

Saturday, September 16, 2017- On our first day out of Pylos, we head to mythical Methoni, to explore the historical Castle. We will then take lunch explore the shops and swim in the afternoon.

Sunday, September 17, 2017- Sabbath, A day of rest and renewal. Our morning will be at our own leisure and afternoon will be spent exploring the famous beach of Voidokilia. The beach is presumed to be Homer's "sandy Pylos" where Telemachus was received by King Nestor. According to myth, Nestor's Cave is also where the Ancient God Hermes hid the stolen cattle from Apollo. Neolithic finds here show life as early as 4000BC

Monday, September 18, 2017- Ancient Olympia; Today we will travel to the place of legends, Hero's and Shero's. Following our invigorating morning practice, we will travel our furthest to this historical site, tour the museum, the ancient grounds and then shop and relax in the ancient city of Olympia.

Tuesday, September 19, 2017- A free day to incorporate all we've experienced and explore on our own

Wednesday, September 20, 2017- A morning of yoga to prepare us for exploring another beautiful and well preserved site; Ancient Messini

Thursday, September 21, 2017- Free morning/ afternoon Sunset Cruise through Navarino Bay

Friday, September 22, 2017- Relaxing Morning and Afternoon Yoga, A Farewell Dinner together

Saturday, September 23, 2017- Departure; Returning Home to Chicago Ohara or Cedar Rapids, Iowa