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"CHRISTMAS

GIFT"

SUPER OFFER

RESERVATIONS BY

12/31/24

Meltemi or Etesian (from ancient Greek)

It is a dry, warm wind that blows from the northwest to the east, accompanying with energy and gentleness the sails of sailors and dreamers...

It is the main Wind that blows in the Aegean Sea and indicates the direction to the East....

A Wind that very much pleases those who seek their Soul that quest that fuels the Journey of Yoga

The Meltemi will accompany us to these wonderful islands of the 'Archipelago known as the Dodecanese and Ionian Islands.

Pearls scattered here and there in the Aegean Sea, Jewels of History Art and Spirituality,

Nature Sea & Sense of Freedom where centuries of History have remained embraced as in Greek Myths

And this is where the West merges with the East.

"MELTEMS"

YOGA VACATION SUMMER 2025

GREECE Islands

IONIAN ISLANDS

Zakynthos

June 29-July 13

DODECANESE ISLANDS

Leros & Lipsi

July 13-20

Patmos

July 20-27

August 24-30

WEEKS

RESERVATIONS MAX BY MAY 5

SUPER DISCOUNT OFFER "CHRISTMAS
GIFT"

RESERVATIONS BY DECEMBER 31

it is recommended to book as early as possible because the Residences have a limited number of rooms

Precious Moments in Precious Places with the breath of the Meltemi in your hair and air of freedom.

A Tradition Yoga and Meditation Holiday with Francesca

and the Inner Peace that emerges from the essence of Beauty in Greek culture.

Guests in Wonderful Residences

nestled between the deep blue and white froth of the Aegean Sea waves,

olive trees and song of cicadas, dry and rocky paths, Windmills, unforgettable sunrises and sunsets,

under the Sacred Eye of Monasteries and ancient Hora

Who silently observe and protect these Islands. IONIC

ISLANDS.

ZAKYNTHOS OR ZAKYNTHOS

June 29-July 13

"My Zakynthos, that thou mirrorest thyself in the waves of the Greek sea from which

virgin Venus was born, and made those islands fruitful with her first smile..."

Who in school did not study Ugo Foscolo's celebrated poem, pining for his lost island?

or those who setting foot there for the first time, decide to stop on these shores, bewitched by the magnetic charm of the Ionian island.

With its iconic and breathtaking beaches, its vibrancy and its multiplicity of landscapes and flavors, the island of Zakynthos, Greece, is a destination capable of offering something unforgettable to every type of traveler: here's what to do in Zakynthos, whether you're looking for peace and nature, parties and nightlife

Or relax on dream beaches just a stone's throw from Italy!

Spacious, lush, worldly soul in the south and unspoiled and wild in the north, Zakynthos is part of the Ionian Islands, that is, the Greek archipelago closest to Italy and *most* easily reached from our country.

Known internationally as Zakynthos as well as "flower of the Levant" according to the Venetians, it is now famous because the Caretta Caretta turtle breeds on its shores, for iconic landscapes such as the Wreck Beach, for the wide southern sandy beaches and for the many artistic beauties, tangible evidence of its historical importance over the centuries.

Dodecanese

Gateway to the

East

There are 12-26 Islands between Orthodox churches and the lush, wild green.

Ideal places to look for a vanished Greek world and a relaxed pace of life.

Wonderful destinations of silence and crystal clear sea

where to meet the ancient Myths still alive that dance with the locals and Nature. It is here that the

West and the East merge.

Ideal places to look for a vanished Greek world and a relaxed pace of life.

July 13-20

LEROS & LIPSI

Leros an Island of great character and for connoisseurs...

One of the Dodecanese islands in the Aegean Sea, Leros is, according to mythology, the place where the goddess

Artemis would come for refuge.

Today it offers visitors the same sense of escape during their vacation.

It is a paradise retreat of beaches and hidden bays, with an assortment of traditional and neoclassical houses, as well as a deep history and culinary culture.

Not for nothing do the locals claim that

"those who know Leros never forget it."

Located in the Dodecanese archipelago between Patmos, Lipsi and Kalymnos,

Leros (or Leros) is an island of small fertile valleys, rolling green hills, high cliffs, deep bays charming beaches and villages.

Whitewashed houses, neoclassical buildings, narrow alleys, and on the hillside the remains of a Byzantine castle make this town a little gem not to be missed.

Leros has its own airport in the north of the island, served by daily flights to and from Athens.

To reach Leros you can board one of the ferries or hydrofoils that connect the port of Piraeus with the Dodecanese islands or the boats that serve it from the islands of Patmos, Lipsi, Samos, Kos, Rhodes, Symi and Nissiros, as well as from Siros, Mykonos, Tinos, Ios, Paros, Naxos, Santorini and Amorgos in the Cyclades islands.

www.discovergreece.com

LIPSI (LISSOS)

"Dear little Lipsi, the island of oblivion."

Lipsi is enveloped in the purest light, a clarity of sky and sea that shocks those arriving from one of our large cities.

There is the sea, that is obvious.

Beaches where nature has had fun creating pictures, as if it were not the other way around, as in Monodendrons.

Legend has it that here Odysseus *met* Calypso, the frizzy-haired nymph who lived and stayed here for seven long years after returning from the Trojan War.

July 20-27 & August 24-30

PATMOS

& International Sacred Music Festival

Enchantment of the Dodecanese, the Cave Island of the Apocalypse

Patmos is the island of St. John, the last of the Apostles, the one who wrote the fourth Gospel, who witnessed the mystery of Christ, and who chose these stones to warn us that times will come terrible but they will not last forever.

The Book of Revelation or "Book of Revelation" is kept here.

A trip to Patmos is a journey into the transcendent meaning of things. The island has a magical light,

Patmos shines intensely in blinding white. Everything on

Patmos seems so mystical, close to heaven.

Visiting Patmos is an otherworldly experience that excites.

I have loved this Island for many years and like a spell every summer I feel called and cannot help but return to Patmos.

Great spiritual energy, simplicity, elegance, silence. a very important Sacred place, also called the

Jerusalem of the Mediterranean a place very different from many other...

The name Patmos has also been translated as "laboratory of *virtue*"

Two very important festivals take place in Patmos between late August and September:

The Festival of Sacred Music and the Festival of Ancient Greek Dances.

There are many workshops of Sacred Art and ancient Byzantine-style jewelry on the island.

THE MYTH.

The island, in addition to a very important history, is linked to a fascinating mythology. In fact, according to legend, the island of Patmos belonged to the goddess Artemis, goddess of young women and

of hunting. She had been given to her by her father Zeus. In the same place where the temple where the goddess Artemis was worshipped stood in ancient times, the Monastery of St. John was built.

and from Patmos a look at 2 very picturesque neighboring islands....

and We...

Wonderful travelers, dreamers, simply us...in the Eternal Quest for Happiness Yoga &

Meditation

The importance of yoga in today's day and age

Yoga is not an ancient myth buried in oblivion. It

is *the most* precious legacy of the present.

It is the essential need of today and the culture of tomorrow.

(Swami Satyananda Saraswati).

Today, a spiritual legacy is being recovered, of which Yoga is an important part. While the central theme of Yoga remains the supreme goal of a spiritual path, the practices of the

Yoga give tangible and direct benefits to all, regardless of spiritual goals.

Physical and mental purification and strengthening are the *most* important results of Yoga. What makes it so powerful is the fact that Yoga acts on holistic principles of harmony and union. According to medical researchers, Yogatherapy is successful *by virtue of* the 'balance created in the nervous and endocrine systems that directly affect all other systems and organs of the body.

For most modern people, yoga is simply a means of maintaining health and well-being in an increasingly stressful society. Asanas eliminate physical discomfort created during a day at the office sitting in a chair, hunched over a desk. Relaxation techniques help you get the most out of your

of 'effectiveness from *increasingly* limited free time. In an age of ringing cell phones and 24-hour shopping, yogic practices have great significance both personally and in business.

In the 21st century in addition to the needs of individuals, the basic principles of Yoga provide a real tool for combating social malaise. At a time when the world seems having lost themselves by rejecting past values without being able to establish new ones, Yoga provides a means for people to connect with their true selves.

In the present age through this connection with one's authentic Self, it is possible for people to manifest harmony and it is possible for Compassion to emerge where until now it has not there had been.

In this respect, Yoga is far from being just a set of physical exercises.

It is an aid to establish a new perception of what is real, what is necessary, and to stabilize oneself in a way of living that embraces both inner and outer reality. This way of living is an experience *that* cannot be understood intellectually and will become living knowledge only through practice and experience.

(taken from: Asana Pranayama Mudra Bandha - Satyananda Ashram Editions Italy)

OUR RESIDENCES

ZANTE

29/6-13/7

charming stone house

LEROS

July 13 -20

Anemos Molinos

www.anemosleros.gr

PATMOS

20-27 /7 & 24-31/8

Grikos Bay

Picobello

Studios in traditional Dodecannesque style MAXIMUM

PROGRAM.

Day 1

Expected arrival between 2-5 p.m. and accommodations in
suites/villa/studios/ 6-7:30 p.m. Yoga and Sunset Meditation
8:00 p.m. Welcome Aperitif and After-
Dinner Dinner Under the Stars

Day 2

7-8:30 a.m. Sunrise Yoga & Meditation
Breakfast sweet/savory buffet
free excursions/sea excursions to the Island
Bays/relaxation (free lunch)
6-7:30pm Yoga & Meditation at Sunset Dinner in
the villa/ tavern
After dinner under the stars

Day 3

7-8:30 a.m. Yoga & Meditation at sunrise and quick breakfast
free hiking/sea and Island bays/relaxation
free lunch
6:30-8 p.m. Yoga & Meditation at Sunset
8:30 p.m. Dinner in the villa/ tavern
After-dinner under the stars

Day 4

7:30-9 a.m. Yoga & Meditation at Sunrise
9-10 Sweet/savory breakfast buffet

Relaxation at Island Bays, free time

(free lunch)

6-7:30 p.m. Yoga & Meditation at Sunset

8:30 p.m. Dinner in the tavern or villa

After-dinner under the stars

Day 5

7-8:30 a.m. Yoga & Meditation at

Sunrise 9-10 a.m. Sweet savory

breakfast

10:30 a.m. Day boat excursion nearby islands and coves/free hiking/sea and relaxation Free lunch

8:30 p.m. Dinner in Taverna/in villa

After-dinner under the stars

Day 6

7-8:30 a.m. Yoga & Meditation

9-10 Rich sweet/savory vegetarian breakfast 10-

30 Relaxation, sea, leisure time

6-7:30 p.m. Yoga and Meditation at Sunset

8:30 p.m. Aperitif and Greetings Dinner at the

Hora After-dinner under the stars

Day 7 Departures

and Arrivals

07:30-9 a.m. Yoga & Meditation at dawn

Rich sweet/savory buffet breakfast from
10 a.m. Departures and new arrivals

RESERVATIONS

MAX BY MAY 5!

SUPER OFFER "CHRISTMAS GIFT"

RESERVATIONS BY DECEMBER 31

The Residences have a limited number of rooms and it is recommended to book as early as possible. It is also Super recommended to make airline tickets now and *as* far in advance as possible because you can find really low costs!!!

COSTS per person

6 NIGHTS / 7 DAYS

single room with private bathroom €1690

DOUBLE ROOM with private bath €950 per person TRIPLE
ROOM with private bath €890 per person

2 WEEKS LONG

VACATION

single room with private bathroom €3190

DOUBLE ROOM with private bathroom €1690 per person

TRIPLE ROOM with private bathroom €1590 per person

3 WEEKS.

The cost for the full 3-week program will be assessed at the time of the reservation request and we will send you a customized quote, with

long period discount.

COSTS INCLUDE:

Yoga and Meditation Program.

Stay in villa/Studios/Resort with private bath: single/double/triple.

Traditional/continental sweet/savory veg buffet breakfast.

1st Welcome Dinner in traditional Taverna or in villa. 1

Italian dinner in villa.

1 Greetings Dinner at the Island Hora. Taxi/shuttle

to/from Island Port or Airport

COSTS DO NOT INCLUDE:

Travel to/from Italy or other countries, cabs, paid excursions, ferries, Extra dinners in Tavern or free.

MODE OF RESERVATIONS

To participate in the Residential Yoga Programs you must :

fill out the appropriate registration form at our Yoga School

CSEN-affiliated Amateur Sports Association and Social and Cultural Promotion Organization.

+ deposit of €500

By bank transfer (bank transfer details will be provided at the time of booking)

By sending a copy to:

francescamarchiyoga@ gmail.com

Text or whatsapp to 3480806129

The balance must be paid by bank transfer within 30 days prior to your arrival.

In case of cancellation for justified reasons within 15 days before the arrival the deposit will be refunded in full with a voucher to be used for another Yoga Program or Yoga Retreat valid for 12 months From the date of the Initial Withdrawal.

We are at your disposal for any inquiries or clarifications.

INFO

TEL/SMS/WHATSAPP:

+39 3480806129

francescamarchiyoga@ gmail.com

RESERVE

EVENT REGISTRATION

HOW TO GET THERE? IT'S VERY EASY!

LEROS AND PATMOS

KOS IS THE DODECANESE AIRPORT AND FROM THERE BY FAST FERRY/CATAMARAN YOU CAN REACH ALL THE ISLANDS.

LEROS HAS AN AIRPORT SERVED DAILY WITH MANY FLIGHTS FROM ATHENS.

RECOMMENDED:

FOR LEROS AND PATMOS:

FLIGHT TO ATHENS+FLIGHT TO LEROS

(FROM LEROS FERRY TO PATMOS ABOUT 1.30 hr.)

FLIGHT TO KOS+TRAGHETTO TO PATMOS OR LEROS (2-3 hours)

FLIGHT TO ATHENS+SHIP TO LEROS/PATMOS (1
NIGHT)

FOR ZANTE :

DIRECT FLIGHTS.

FROM MILAN, ROME, BOLOGNA, NAPLES

AND FROM MAJOR ITALIAN AND FOREIGN AIRPORTS THERE ARE

FERRY

TO PATRAS FROM VENICE-ANCONA-BARI-BRINDISI +MINITREACHT TO ZAKYNTHOS

Important!

BUY AIRLINE TICKETS WELL IN ADVANCE, IT'S A GREAT AND CHEAP SOLUTION!

AT THE TIME OF YOUR RESERVATION WE WILL GIVE YOU INFORMATION ON HOW TO RESERVE AND
TICKET THE TRAGHETTO (IN GENERAL €20 A TRACK).

and so.

Good preparations, for any Info please contact us and we will help you to simplify everything and most importantly we are waiting for you there in the Wonder of the Greek Islands.

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