

GREECE TRIP 2020



**Satyanandashram Hellas, Santorini,
Delphi, Nafplio, Athens**

**Led by YANA Board Member
Kapil Agrawal**

This journey will provide you with a unique experience of yoga beyond what is commonly seen. Arrive in Athens and head to Satyanandashram Hellas to immerse yourself in a Yogic lifestyle experience that you can take home with you and make your own. This ashram was founded in 1978 by Yogacharya Swami Sivamurti Saraswati following a mandate by her guru, Swami Satyananda Saraswati, and offers aspirants the opportunity to broaden their minds and imbibe positive samskaras (impressions) through seva (selfless service) and self enquiry.

From the ashram, we travel to Santorini, the precious gem of the Aegean. Spend three days taking in the beauty of this remarkable island, the amazing views out over the Aegean, and soaking up the distinctive atmosphere of the local villages.

After Santorini, we travel to Athens and explore the mainland: a trip to the sanctuary of Delphi, regarded by the ancient Greeks as the center of the world; a hop to the seaport town of Nafplio, the capital of the First Hellenic Republic; a tour of the Acropolis, the ancient citadel of great architectural and historical significance, located above the city of Athens.

Join us for this special experience!

Upon receipt of your deposit, you will be furnished with additional trip information and will be required to fill out a health form. In addition, Satyanandashram Hellas requires registration forms. These will be sent to you and must be returned by November 1, 2019.

It is highly recommended that you purchase travel insurance.

Neither Kapil Agrawal nor YANA is functioning as tour operator and assumes no liability as such. Air travel to and from Greece must be arranged on your own. Tour services in Greece will be provided by Aei Taxidevein.

I hereby acknowledge that travel in a foreign country may present a risk to my health. By signing below, I release Kapil Agrawal and YANA of any liability regarding anything that may happen on this trip. I further understand there is no refund for cancellations; however, my fees will then be eligible for a tax deductible donation to YANA.

Signature

Trip Registration Form

	Full Trip May 2-17	Ashram May 2-10
Price	\$2800	\$1000
Registration & nonrefundable deposit by August 31, 2019.	\$700	\$350
Balance due November 1.		
Discount Rate with full payment by August 1, 2019	\$2650	\$900

Name _____

Address _____

Email _____

Phone _____

Method of Payment

Check Credit Card

Credit Card # _____

Exp. Date _____ CV Code _____

Signature _____

Please return this registration form along with:

- A copy of your passport (must be valid for at least 6 months after returning.)
- Deposit and/or payment

Please retain a copy of the registration information and flyer for your reference.

ITINERARY MAY 2ND - MAY 17TH 2020

Arrive May 2nd in Athens International Airport. You will be met and transferred to Satyanandashram Hellas.

Depart Athens May 17th. Transfer to Athens International Airport will be provided

Domestic ground and air transport/transfers included. International air travel, personal expenses, charges for meals other than those indicated below, tips and taxes, and any other activity bookings etc. are not included in tour costs.

SATYANANDASHRAM HELLAS: MAY 2 - MAY 10

Immerse yourself in a yogic lifestyle course instructed by resident Sannyasins and Swamis. Enjoy daily yoga classes morning and afternoon, seva, and programs on the Eighteen "Ities" of Swami Sivananda, the virtues one should aspire to cultivate for success in life.

Shared accommodation and all meals included.

<https://www.satyayanadayoga.gr/en/>



Daily Yoga Class



Engage in Seva

SANTORINI: MAY 10 - MAY 13

Explore this marvel of the Aegean.

Discover the famous coastal town of Oia. Walk along the caldera cliffs to the villages of Imerovigli, Firostefani, and Fira.



Santorini



Village of Oia

Shared hotel accommodation with breakfast included.

ATHENS & SURROUNDINGS: MAY 13 - MAY 17

Make Athens your base and experience historical Greece with a walking tour of the Acropolis, a full day tour of Delphi, and a day trip to the beautiful seaport town of Nafplio in the Peloponnese.

Shared hotel accommodation in Athens with breakfast and tours to Nafplio, Delphi, and Acropolis included.



Coastal Town of Nafplio



Delphi