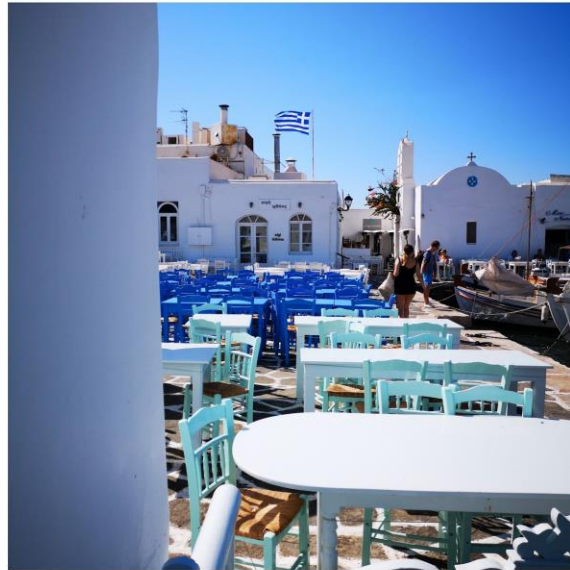


# Where to go September 2021



# INHALE. EXHALE. GREECE 2021

September 15 – 19, 2021

## So you want to get away for a bit?

Venture with me from Nebraska to beautiful Greece for a retreat that combines yoga with culture, art, and joy of life in the historic city of Athens and the magnificent Greek island of Paros!

## Women's Retreat

- This yoga retreat is designed for women who are looking for a change of scenery. Whether you are a Yoga beginner or at an intermediate level. This is a week dedicated to nourishing yourself and helping you to re-balance your work/life situation. The schedule will include yoga, movement and meditation in all its forms and will be seasoned with the delightful beauty of Greece. *(Join us also in Athens combining ancient heritage and culture with modern urban vibes before we are setting the sails off to Paros together and are sharing time, exploring and experiencing the truly wonderful space at Tao's Yoga Retreat Center.)*

Connecting with yourself!

In our workshops we will explore Yogic breathing and the power of breath in many of its different forms. Sessions will include Yoga 101, exploring the 7 chakras, learning how to include Yoga into your daily life, and the benefits of a continued practice of Yoga.

Between sessions and workshops you will find plenty of time for yourself. Our hotel, the Retreat Center, and the island itself is an ideal place to slow down and get back in touch with nature and yourself!

Discover the lesser known beauties of Greece and the benefits of Yoga with me and my co-host Steffi Vorbau from Germany!

## Why Greece? Why a Women's Retreat?

For 20 years, Greece - in particular the Cycladic island of Paros - has been a place of inspiration for me. It is a place where I can easily quiet the mind and find awareness. The beauty of the island, the soothing blue, the fascinating sunsets, the expanse of the sky will let you arrive in the present moment...

In countless moments in the last 10 years through yoga retreats, courses, workshops, I was fortunate to meet and be surrounded by strong and amazing women and yogis alike. Acknowledging that women can accomplish amazing things when we support each other is a beautiful tool to have. The opportunity to share knowledge, engage in profound conversations, while moving or being in silence together - just as you are while surrounded by other women - is a unique experience.

## Who are the creators of this Retreat?

### Melanie

Originally from Vienna, the capital of Austria and only a stone throw away from the Alps - it is no secret that Melanie enjoys nature, hiking and a healthy lifestyle. Finding Yoga through a Prenatal Yoga Class focusing on Mindfulness and Breathwork over 10 years ago, she has continued the practice of Yoga, embarking on a life-long journey of personal growth. She is committed to a yoga practice that supports women physically, emotionally, and spiritually for all phases of a woman's life! Melanie graduated from Lincoln Yoga Center in Lincoln, Nebraska - a Yoga Alliance registered school that draws its roots from the Himalayan Institute. She loves to create a safe and caring space for every student.



200 hour Yoga Teacher Training & Continuing Education  
Labor Support Professional (ACBE, 2012) (Doula Education)  
Take 5 Program Certification  
Currently working on her Yin yoga certificate

*A retreat is a way to connect with yourself and draw strength from within!*

### Steffi

Living in Hamburg, Germany, Steffi is one of these beautiful women that inspired Melanie's own yogic journey. With her background in media and advertising, she has experienced firsthand what it means to have a lifestyle that can occasionally feel too busy. She understands the need to balance one's work/life situation in order to be and stay healthy. Steffi is trained in stress prevention and health management, and is a Kundalini instructor who leads workshops across the northern part of Germany. She is well known for her retreats in Sankt Peter Ording, North Germany.

*It is not about being able to touch your toes, it is about touching your heart!*

Steffi Vorbau <https://stefanievorbau-yoga.jimdo.com/blog/>  
Melanie Doerfl-Tardy  
yoga-mel.com (soon!)



## WHAT'S INCLUDED IN YOUR YOGA RETREAT (short version)

- 4 nights of accommodation Paros-only Package  
add on: 2 nights of accommodation in Athens
- 4 or 6 x Breakfast / Brunch
- A healthy Welcome Dinner at Tao's Retreat Center
- One bus transfer for our group from the Port of Paros to the Hotel
- Shared car during our time in Paros, so you can explore on your own too!! (Um, didn't we just think of everything?)
- 2 hour Walking Tour and Introduction to the island with Mel & Steffi
- 8 Yoga sessions / workshops with Mel and Steffi (see schedule below)
- Yoga Mats & Props ....
- included with your Athens Add-On:  
3 hour walking tour with a local guide in Athens around historical landmarks and monuments

## EVERYTHING YOU NEED TO RETREAT

On-site spa treatments can be booked at an additional cost through Tao's Retreat Center

## DETAILS

- **4 or 6 nights of accommodation**

**4 nights at the beautiful, traditional cycladic boutique style hotel** located right in the heart of the village of Ambelas - overlooking the Aegean Sea, close to cosmopolitan Naoussa, surrounded by some of Paros's most spectacular sandy beaches!

ROOM FACILITIES on Paros Island

A/C

TV (terrain, satellite, radio)

Free wireless internet access

Safety deposit box , Hairdryer, Fridge

Anti-mosquito devices

Room cleaning daily

Beach / pool towels available at the reception at an extra charge

Laundry Service at an extra charge

**2 nights in Athens in the center of the up and coming neighborhood of Psirri**, within walking distance of all the sights. Housed in a neoclassical mansion, we will be staying in one of the best hostels in Europe - the City Circus.

ROOM FACILITIES at City Circus in Athens:

*4 or 6 bed shared rooms, full of light, A/C, Super-comfy mattresses, hair dryer, lockers, individual lights & power outlets, with ensuite bathrooms and adequate number of mirrors. What more do you need..?*

- **6 x Breakfast / Brunch**

**4 x Tao's Full morning Buffet (Breakfast)**

*Omelette from fresh eggs, Bread, butter and jam, Fresh Cut Fruits: banana, apple and other seasonal fruits, Greek Yogurt, Honey & Cinnamon, Fresh seasonal vegetable salad, Feta, Cheese and Olives, Tao's fresh from the garden lemongrass tea, Coffee & tea, Mineral water*

**2 x City Circus Breakfast at the Zampona Restaurant.**

*Continental Breakfast is included - but oh wow - they have amazing additional options*  
<http://www.zampano.gr>

- **Welcome Dinner**

Fresh seasonal vegetable salad Starter: Soup/ Mango Salad/ spring roll Main Dish: Veg Pad Thai/Noodles/Red Or Green Curry/ rice veg/ "Magadra" Mineral water

- **Walking tour with a local tour guide in Athens**  
2-3 hours walking tour around historical monuments and local landmarks with a local Greek tour guide. Amusing and interesting details on the main historical places of the city plus details on life in Athens.
- **One exclusive bus transfer for our group from the Port of Paros to the Hotel**
- **Transportation during our time in Paros!! (Didn't we just think of everything?)**  
Shared cars are included in the basic package. 1 manual car for every 4 participants, including basic insurance!
- **Walking Tour and Introduction to the island**  
Naoussa / Paros with Steffi & Mel (approx. 2 hours)
- **Two Sessions a day on Paros with Mel and Steffi**  
( a minimum of 8 Yoga / Relaxation / Mediation Classes / Workshops).  
see detailed schedule
- **Yoga Mats + Props**

## **What's Not Included:**

Your Airfare to Athens (optional to Paros)

Transfer from the Airport Athens to your Hostel in Athens (see FAQ's for prices and more details)

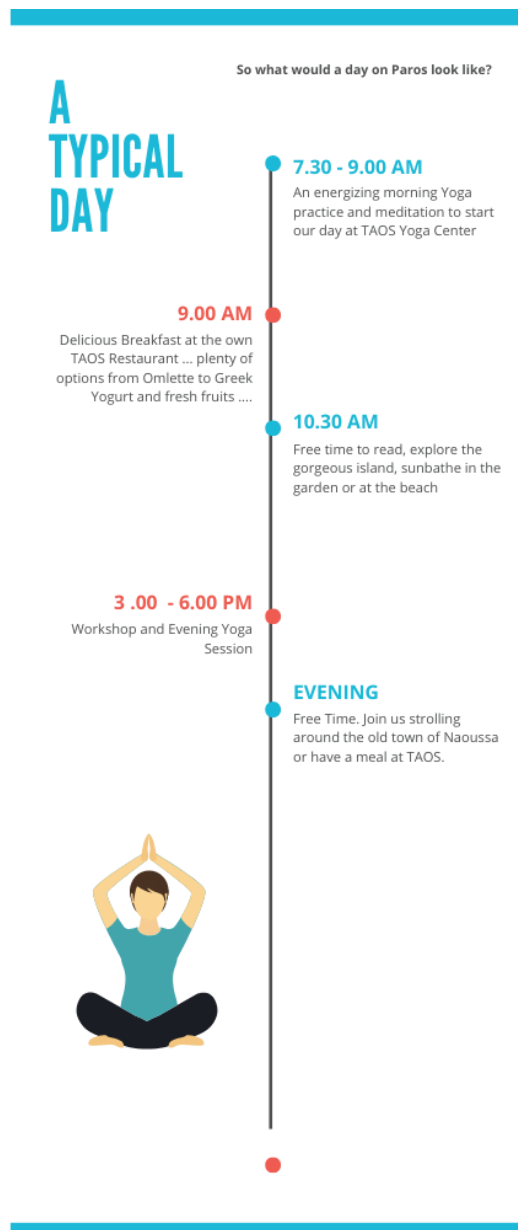
Ferry Ticket Athens-Paros-Athens or Airfare to and from Paros (see FAQ's for prices and more details)

Any excursions that are planned individually

Entrance Fees to historical monuments like the Acropolis.

# What is a typical day look like on Paros?

(detailed schedule to be announced soon)



*There's plenty of time for a spa / massage at Tao's Center, journaling, meeting new friends or a beautiful beach day in between breakfast and our late afternoon Yoga / Relaxations workshops.*

Example Schedule  
**Detailed schedule to be announced soon**

**September 14:**

**8:00 am** - Meetup at *City Circus´ rooftop terrace*. *Short but sweet intro to “Awareness for the City” Framing where and how we place our attention.*

**8.30 am** - *Breakfast at Zampano Restaurant, 9.45 am: 3 hours walking tour with our local Greek guide around the heart of Athens.*

**Approx 12.45 pm:** *Free Time. Plenty of time to explore on your own after our tour. Our guide will have plenty of recommendations on how to spend the rest of your afternoon in Athens.*

**Optional / 7pm:** Meet back at the City Circus restaurant and get to know your fellow travellers and share your stories over a glass of Greek wine or famous homemade Greek lemonade!

**September 15:**

*Boarding the Bluestar Ferries and leaving Athens at approx 7.25 am with the Delos Vessel. (Tickets must be booked individually, Online Tickets available)*

**11.45 am** *Arrival in Paros and Transfer to the Hotel in Ambelas.*

**4.00 pm** *Welcome & Arrival at Tao´s Retreat Center.*

**5.30 pm** *Opening Yoga Session*

**7.30 pm** *included Welcome Dinner at Tao´s Center Restaurant / Terrace.*

**Things to do (optional):**

SPA treatments at Tao´s Center  
a day at the pool  
a day at the beach  
travelling around the island

\* Windsurfing  
\* Horse riding  
\* historical sites on Paros  
**more ideas coming soon!**



## REGISTRATION

### Paying a big sum can be stressful, so we've got you covered!

**We only require a \$100 deposit** that will be deducted from your total amount. \$200 towards your total amount has to be paid by the end of March.

The balance due for the Retreat must be paid at arrival at TAO's Retreat Center on Paros (Cash or Credit Cards will be accepted).

For more info & registration, please contact us:

[melanie.doerfl@gmail.com](mailto:melanie.doerfl@gmail.com)

**Paros - Package: \$ 690 / shared occupancy (15.9 – 19.9)**

**Add on: only \$ 71 / single room (Paros Package)**

**Add on: only \$ 99 / Athens - Package (2 nights, 13.9 – 15.9, shared occupancy)**

### **ONCE I PAY THE DEPOSIT and REGISTER, WHAT'S NEXT?**

I will send you a confirmation and you can put the dates happily onto your calendar, and start watching movies that play in Greece Like Opa! or Mamma Mia! If you have questions regarding flight reservations, or how to get directions to the Hostel, please feel free to reach out to me - I am happy to help!

### **HOW DO I PAY?**

Payment can be made via PayPal - [paypal.me/melanieDT](https://paypal.me/melanieDT)

- Hey Loveapple  
do you want to see  
Paradise?

- Visit Greece.

KNOWING  
JESUS IS  
PARADISE

