



# YOGA & SEA 2025

Finikounda, Greece

June 8<sup>th</sup>–13<sup>th</sup>, September 21<sup>st</sup> – 26<sup>th</sup> 2025

**Yoga**  
with **Wei**

With this week we offer YOGA in a dreamlike atmosphere, for people who want to start, continue or intensify yoga during their holiday. For people who want to find ease of mind, recharge their batteries and delight in physical activity. For all who want to enjoy the beauty of Messinia with azure blue seas and gorgeous scenic views!

We meet in the morning at 8.00 for tea and fruits, start with breathing exercises and asanas from hatha yoga and follow the way to inner silence and fortitude! We close the daily unit around 11 am with breakfast. On three evenings we get together on the terrace of Hotel Estia for yoga at sunset.

**The price of € 470,- includes:** daily yoga units, 5 x morning, 3 x evening. Fresh fruits, tea, and breakfast and a welcome dinner on Sunday evening are included.

The afternoons, evenings and the Saturday are free for your own leisure activities, for excursions or to veg out. Various sports facilities like mountain biking, trekking, etc. – that and much more is what Finikounda has to offer. We recommend Hotel Estia ([www.hotelestia.com](http://www.hotelestia.com)) in Finikounda for accommodation, which is quiet and central, modern equipment, free wifi, run by family, surrounded by a lot of fragrant herbs and flower beds. In 2 minutes you can reach the beach and dive into crystal clear water.

**Rooms for the yoga group:** [www.hotelestia.com](http://www.hotelestia.com)

**€ 65,-/per night**, for single and double. Room with extra bedroom € 75,-. Every room/studio has a small kitchen with electric cooker, fridge, and hot water cooker. The seminar can also be booked with a different accommodation. Please check [www.finikounda.at](http://www.finikounda.at). We will be glad to assist you with the booking of your flight and accommodation. On demand we will organize small excursions or boat trips. These yoga weeks are also very fine for couples, of which only one will take part in the yoga seminar but both of them want to spend a lot of time together.

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The yoga weeks are a cooperation of:

**Lin & Nöbauer OG**  
[www.lin-noebauer.com](http://www.lin-noebauer.com)

**Stefanie & Glen Milliken**  
[www.hotelestia.com](http://www.hotelestia.com)



Arrival day: Sunday  
5 seminar days: Monday – Friday  
8.30 to 11am  
sunset yoga on 3 evenings  
seminar fee: € 470,-

[www.yogamitwei.com](http://www.yogamitwei.com)

