

Yoga-Pilates Special (BME gym) & Wake-up your Senses



The view from the course centre

Where will the seminar be held?

The BME gym will be held in a shady olive grove with a house and a terrace overlooking the sea and the village of Votsi. You can easily reach the course centre from Votsi along a footpath.

In the afternoons we are out in the scented woods experiencing fantastic views, on the beach, up in the Old Village or at the course centre.



This is the course centre

The daily program

Every day we do the whole workout but focus on different exercises.

Wednesday:

Morning: BME gym, we focus on grounding.

Afternoon: We visit two small chapels situated in dense pinewoods at the edge of steep cliffs and with a fantastic view over the sea. Here we sit for ½ an hour and

make a grounding exercise under my instruction and in general we pay attention to all the different scents surrounding us.

The walk takes about one hour each way through scented pinewoods along beautiful footpaths and earth roads.



Ag. Anargiri, our destination the first day

Thursday:

Morning: BME gym, we focus on flow.

Afternoon: We visit a nearby beach and perform a flow-exercise in the sea under my instruction. Right after we visit a taverna to stimulate our sense of taste 😊

Friday:

Morning: BME gym, we focus on strength.

Afternoon: We meet at the course centre again and exercise our vision - to perceive our surroundings in a new way. We draw and paint a big, yellow flower under my instruction



Beach and the Old Village, beauty everywhere,

Saturday:

Morning: BME gym, we focus on dance, heartbeat and breathing.

Afternoon: We meet at the course centre again and from here we walk to the Old Village along beautiful footpaths and a little along the asphalt. On the way we take a break at a small chapel with view of the sea on both sides. Here we speak about the subject of the day and after that we continue up to the Old Village.

We visit my gallery and there the program of the day finishes. There are many tavernas and cafés in the village so you can stay if you like.
There is a bus to Patitiri/Votsi every hour.

Sunday:

Morning: BME gym, we focus on stretching and listening to our body.

Afternoon: We meet at the course centre again and speak and listen both to what the others say but also to our own words.

Monday:

Morning: BME gym, we focus on relaxation and meditation visualization.

Because the morning session is longer than the other days there is no afternoon class.

Who can participate?

I should mention here that the landscape of Alonnisos is rough and hilly so a normal level of fitness is required..

The BME gym only requires that you like to exercise your body.

Maximum 10 persons.

Equipment to bring

BME gym: Stretch pants, T-shirt and maybe soft socks. I have mats.

Walking and swimming tours: Hiking shoes or sandals, a sunhat, sun cream and a small backpack for water and swimming clothes.

A little about your teacher

I have a degree from the University of Copenhagen in Human Physiology (physical training) and gymnastic has played a big role in all my life. As a daughter of a known Danish gymnastic teacher and developer of healthy footwear, I have been inspired in the direction of healthy training from a young age.

When I moved to Alonnisos I started out with hiking because I was very impressed by the beauty of the landscape. Later on in 2008 I also began to teach Pilates/Swedish Gymnastic in the local gym. Over the years I developed my BME gym program and at the seminar I connect it with the beauty of Alonnisos as we are using the island in the afternoon activities. You can read more about my background in *About* in the main menu.

More about BME gym

- Body Mind Empowerment gymnastics is based on different kind of western and eastern exercise principles such as yoga, Pilates, Swedish gymnastics and rhythmic movement to music. The purpose of the gymnastics is to increase the blood circulation, to soften your joints, strengthen your muscles and to enjoy moving to the rhythm of music.
- The exercises are specially chosen to fit with each chakra of the body enhancing and balancing their energy. We start for example with many grounding exercises to balance the root chakra and then we continue with other kind of exercise for each chakra. The existence of these chakras is scientifically proven at the same level as other physiological feedback systems in our body such as hormones.
- The relaxation teaches you how to feel the difference between a tense and a relaxed muscle and how you can influence with your thoughts muscle tonus (tension).

Conditions and return policy

The booking is binding and in case you unsubscribe until 40 days before the start of the course only 50% of the deposit will be returned.

If you unsubscribe later than that your payment will be returned only in case of documented illness and minus 50% of the deposit.

If there are less than three participants subscribed to a course 20 days before it starts then I will find it necessary to cancel the course. In this case the full amount will be returned.

Travel and accommodation

How to reach Alonnisos

You can check on the internet for package holidays to Alonissos. I suggest you choose a hotel in Votsi (or Patitiri) to be close to where the seminar is held.

If you prefer to arrange the trip yourself you have to look for flights to the island of Skiathos. From Skiathos it takes 1½-3 hours to Alonissos with a hydrofoil or ferry.

Maybe you prefer to fly to Thessaloniki, Athen or Volos. From these destinations it takes between 3 to 6 hours to reach Alonnisos.

Via Skiathos, Volos and Thessaloniki: Ferry boats or Flying Dolphin or CAT, which are hydrofoils to Alonnisos. See Hellenic Seaways: www.hsw.gr for reservation, time schedule and prices.

Via Athens: Flights to Athens and then a bus from the center of Athens, Kanigkos Square, to Agios Konstantinos and from there ferry boat or Flying CAT hydrofoil to Alonnisos. The bus service connects with the Flying CAT and both bus and hydrofoil tickets can be purchased at the same time from the office in Kanigkos Square. See Hellenic Seaways www.hsw.gr for reservation, time schedule and prices.

Other timetables to Alonnisos

There are many connections to Alonissos so it's a good idea to look at www.openseas.gr where all timetables are gathered.

Open the site and in the window *FROM* you scroll down to SPORADES and then you choose ALONNISOS.

In the window *TO* you press the arrow and then you can see all the ports that are connected with Alonnisos.

This is the opposite way around but the best way to see all the ports that are connected with Alonnisos.

To find the time table from the port you prefer you have to find the port in the category MAJOR PORTS or CENTRAL GREECE.

UNFORTUNATELY THE SUMMER TIMETABLES ARE OUT LATE SO ITS DIFFICULT TO BOOK EARLY

Accommodation

Either you prefer a package solution or to find an accommodation on your own I recommend an accommodation in Votsi which is close to the course place.

Oniro: Big studios including kitchen, toilet and bath or double rooms including refrigerator, water-boiler, toilet and bath. Breakfast service. Great view over the harbour of Votsi and the sea.

Prices:

Studio: About 40€/day

Double room: About 35€/day

More information and booking: <http://www.pension-oniro.gr> .

Hippocampus: Big studios including kitchen, toilet and bath. Breakfast service. Great view over the harbour of Votsi and the sea.

Prices:

Studio 50€/day

As single room 40€/day inc breakfast

More information and booking <http://www.hippocampusstudios.gr>.

For more accommodation see www.alonissos.gr → accommodation

A little about Alonnisos

Alonnisos is a beautiful, green island situated in the northwest of the Aegean Sea, about 40 kilometres from Pelion on the Greek mainland. It belongs to the Northern Sporadic group of islands, which from a geological standpoint are contiguous with the mainland, despite the intervening submerged area. Alonnisos is a roughly oblong island, about 20 km long and between 3 km and 4 km wide. The island has a magnificent and varied natural history which has made a deep impression on generations of visitors.



Even as the boat approaches the island, your first impressions are of a landscape rich in contrasts. The western promontory rises precipitously from the sea in rugged cliff formations to a height of 300 metres but soon rolling, green hills emerge from behind the promontory, and a small village appears at their peak. This village, Palia Alonnisos (Old Alonnisos), is the former main settlement of the island.

After another 15 minutes travel along the beautiful pine-clad southeast coast you arrive at the main harbour of the island, Patitiri. The harbour is situated in a small bay with clear turquoise waters, surrounded by steep, ochre-yellow cliffs. The area behind the harbour is densely developed and the built-up area continues into the next bay, Rousoum, and on into the neighbouring fishing village of Votsi.

Apart from these settlements (Palia Alonnisos, Patitiri and Votsi) there are two more villages, both further up the southeast coast. The first is Steni Vala (by road, 10 km from Patitiri), a charming little fishing village and home port for many sailors, as it is the last place to take on provisions before visiting the many uninhabited islands in the area. A little further up the coast is the last small built-up area Kalamakia, which consists of a few houses and a small harbour.

Alonnisos is studded with beaches where you can swim in the crystal clear waters. Each of the beaches is more picturesque than the last, and they are all very different in character.

The colourful landscape, the dramatic cliffs and the wide variety of vegetation on the island make it a magnet for nature-lovers; just to take in the fantastic views, or to smell the aromatic herbs that grow all over the island, are wonderful experiences in themselves.

There are many possibilities for hiking in Alonnisos, as many of the old donkey paths are kept open, and most of the areas of the island are easy to reach, even with peaks of up to 475 metres.

If you want to read more about Alonnisos see *The Alonnisos Guide* and *Alonnisos on Foot*.