

Information for the Kentro® Retreat in Hydra, Greece



- ~ This Workshop fulfills 15 hours towards the Kentro Teacher Certification
- ~ The course includes a free “9 Principal Kentro Movements Guide”

Kentro Classes

Class Times

Thursday, Aug. 29 - *Greetings. Yassou!*

At 6:00pm we will meet in the patio of the Ippokampos Hotel for orientation, questions and getting to know each other, followed by going to Cristina’s restaurant for dinner.

Friday, Aug 30 - Sunday, Sept. 1.

10:30-12:30pm, 2:30-4:30

Monday, Sept. 2

10:30-1:30

*Geri Quintero, LAc, will offer a talk about the health benefits of *Traditional Greek Foods*

Supplies

- Bring an approximately 1.5 yards x 46” fleece fabric, to fold into a wedge for sitting
- Wear comfortable pants or leggings to class. Bring a notebook

Workshop Location

The Kentro workshop will be held at the lovely *Hotel Ippokampos*. This traditional hotel is located on the main street of Hydra and is around 5 minutes walking from the port. A delicious breakfast includes olives from the 85-year-old tree in the courtyard.

Phone: +30 2298 053453 ~ Website: ippokampos.com

Lodging in Hydra

All of these accommodations are within an easy stroll to the workshop. There are other options, but these four stand out to me. E-mail your hotel if you need help with luggage.

-**Ippokampos Hotel** - Angie's preferred and recommended lodging, moderately priced, a jewel of a renovated mansion. (Includes a delicious breakfast, Wifi, phone, private bathroom, AC and TV. Rates listed *approximate* € Euro hotel fees)

≈\$88 single

≈\$98 double

≈\$104 double with sea-view

-Bratsera -Very Luxurious, with swimming pool ~ Bratserahotel.com

-Alkonides Pension -Moderate option ~ Alkionidespension.com

-Erofilis Pension -Very affordable option ~ Pensionerofilis.gr

Tips for Hydra

When participants arrive in Hydra, I will have a print-out of locations for: Restaurants, post office, banks, special shops, travel agency, walk-in hospital, possible tours, interesting hikes to monasteries and hikes or boats to fishing villages and beaches. You can have fun checking out the activities, events, etc. on your own at

www.HydraIslandGreece.com & www.HydraDirect.com

Getting to the Kentro workshop

Athens

~*Piraeus* is the name of the port of Athens

~*Plaka* refers to the Acropolis area of Athens.

-**Athens airport:** There are taxis, buses and trains to both the city of Athens or Piraeus. There is a also subway from the airport to downtown Athens.

-**Plaka** to Piraeus: Less than 1 hour by taxi

***Lodging in Athens / Piraeus**

In Plaka e3 Acropolis area

-Herodion Hotel ≈ \$175 single (5 minutes walk from the Acropoli Subway station)

-Hotel Nefeli ≈ \$125 single

-Byron Hotel ≈ \$100 single

In Piraeus area

-Noufara Hotel ≈ \$70 single (Booking.com)

-Hotel Argo Anita ≈ \$38 single

*Rates listed *approximate* € Euro hotel fees

Travel from Port Piraeus to Hydra Island

~Piraeus to Hydra cost and time: ≈\$35 one way, around 90 minutes duration
I recommend taking the largest Hydrofoil, which may be one of the three “FLYING CAT” numbers #3, #4 or #6. *Time tables* are published closer to your travel time, and can be subject to change.

Check Hellenicseaways.gr/en click “Book Online”

Registration

The total fee for the workshop is \$380. It does not cover travel, lodging or travel insurance. To register for the workshop send a NON-REFUNDABLE deposit check of \$200 through PayPal or contact Angie Thusius at: KentroBodyBalance@gmail.com

Also fill out and e-mail the *Kentro Questionnaire** to KentroBodyBalance@gmail.com

*Find the *Kentro Questionnaire* on the **last page** of this document.

We suggest you register early and make travel and lodging plans as soon as you decide to go to Hydra because the small local hotels fill up fast. Angie is not responsible for reserving rooms at the Ippokampos hotel. Once your reservation is confirmed, the full balance is due on or before July 22.

If you have paid the full balance before this date, and have to cancel, you will receive a 50% (\$190) refund of the total fee. After July 22 there’s NO 50% REFUND.

Cancellation

Angelika Thusius cannot provide refunds and will not be liable for any damages or injury caused by conditions beyond her control, including but not limited to weather conditions, whether actual, threatened or reported. After July 22, refunds will not be given for any circumstance, no-show, late arrivals or emergencies of any kind. It is recommended the Student have travel insurance providing some weather-related coverage. Angelika Thusius reserves the right to cancel the retreat at any time, for any reason, and her liability shall be limited to a full refund of those moneys she has received from or on behalf of the Student. The Student should be familiar with the restrictions and penalties of air tickets. The Student is responsible for insuring that travel documents are in order. Student should insure that their passport is valid for at least 6 months after the return date.

Waitlist

This retreat has a maximum of 12 students. If the Retreat is full, we can add your name to the waitlist upon your request, in writing. If we can confirm your place in the retreat, we will contact you right away.

Medical Concerns

The Student acknowledges that the retreat will include physical activity and use of stairs and steps. It is the Student's responsibility to advise Angelika Thusius of allergies, physical limitations, personal health history or other medical concerns in order to create the safest environment for all. All information will be kept confidential. The Kentro Body Balance method of movements for wellness is in no way intended to be a substitute for medical counseling or prescriptive to ailments or general health issues. The Student is recommended to make sure there is no medical condition preventing them from full participation in the Kentro classes.

Thinking Ahead

Greece is a haven for tourists. It's best to make travel and lodging reservations **far in advance!** Also, whenever abroad, it's a good idea for you to keep your identification / passport and moneys on your person. I recommend staying 2 nights in Athens *after* the workshop, so you can be sure to get a hydrofoil back to Piraeus, allowing plenty of time to catch your flight back home. Leave space in your carry-on suitcase for Greek goodies!

Phone: 541-944-1942

Email: KentroBodyBalance@gmail.com

Website: KentroBodyBalance.com



Kentro Questionnaire

This Questionnaire is **required** for registration of the Kentro Body Balance Retreat in Hydra ~ August 30 - September 2, 2019

Name:

Age:

Email Address:

Phone number:

Best time to connect:

Do you have any physical challenges that we should be aware of?:

What are you hoping to get out of this retreat?

Are you involved in the healing arts, if so, how?

How did you hear about this retreat?

Is there anything else you want us to know, or ways we can help you?

Please Email this Kentro Questionnaire to KentroBodyBalance@gmail.com