

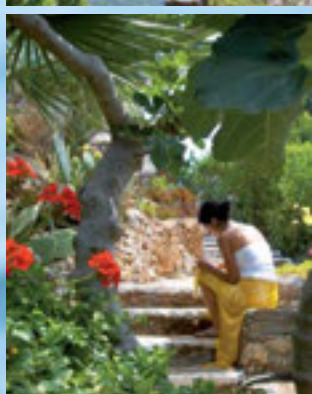
2017

SKYROS

Adventure ♦ Creativity ♦ Joy

'The first and
still the best'
alternative
holiday

THE GUARDIAN



www.skyros.com

Atsitsa Bay

Skyros Island, Greece

NEW
FOR 2017

25% discount for
the under 30s!

WHAT'S ON AT A GLANCE

Atsitsa Bay holidays include:

- ◆ Three courses per day for four to five days each week
- ◆ Fun evening activities and events
- ◆ An unrivalled and vibrant community atmosphere
- ◆ Three delicious Mediterranean meals each day tailored to dietary requirements
- ◆ Twin shared accommodation in charming, rustic huts in Atsitsa's gardens

AT1 Sat 15 – Sat 22 July (1 wk)

£725

Mindfulness	Michael Eales (D)
Vinyasa Yoga	Andreas Vetsch
Mosaics	Roz Wates
Joyful Choir	Susie Self
Windsurfing	Mark Gunston
5-Rhythms Dance	Jo Hardy
The Power of Laughter	Ailon Freedman
Life, Dreams & Fiction	Steve Attridge

AT3 Sat 5 – Fri 18 Aug (2 wks)

£1,385

Music & Singing	Tom Morley (D)
Yoga for Every Body	Marina Sossi
Watercolour Reimagined	Cate Whittemore
Windsurfing	Mark Gunston
T'ai Chi Chuan	Jae Willis
Cuban Salsa	John Harris
Storytelling	Dawn Ellis
Screenwriting	Tiana Harper

AT5 Sat 2 – Sat 9 Sept (1 wk)

£745

Comedy Improvisation	Alison Goldie (D)
Yoga with Awareness	Ken Eyerman
Art from the Heart	Stoney Parsons
The Joy of Singing	Sarah Warwick
Windsurfing	Mark Gunston
Massage, Reflexology	Johanna Simonetti
Abseiling	Berny Woodward
Life Writing	Nick Barlay

AT2 Sat 22 Jul – Fri 4 Aug (2 wks)

£1,345

Passionate Living	Malcolm Stern (D)
Vinyasa Yoga	Andreas Vetsch
Digital Photography	David Babsky
Joyful Choir	Susie Self
Windsurfing	Mark Gunston
5-Rhythms Dance	Jo Hardy
Bodywork	Silke Ziehl
The Stories of Your Life	Alison Habens

AT4 Sat 19 Aug – Fri 1 Sept (2 wks)

£1,385

Landscape Adventure	Richard Layzell (D)
Yoga with Awareness	Ken Eyerman
Watercolour Reimagined	Cate Whittemore
Windsurfing	Mark Gunston
The Joy of Singing	Sarah Warwick
Alexander Technique	Judy Hammond
Your Best Year Ever	Andrew Risner
The Core of Good Fiction	Lisa O'Donnell

AT6 Sat 9 – Sat 16 Sept (1 wk)

£725

Mindfulness	Michael Eales (D)
Yoga Beyond Yoga	Kenneth Ryan
Art from the Heart	Stoney Parsons
Delivering a Song	Luke Meredith
Abseiling	Berny Woodward
Windsurfing	Mark Gunston
Massage, Reflexology	Johanna Simonetti
Novel Writing	Claire McGowan



The Skyros Centre

Skyros Island, Greece

WHAT'S ON AT A GLANCE

Skyros Centre holidays include:

- ◆ Three courses per day for five days each week including morning yoga
- ◆ A choice of specialised, in-depth Health & Wellbeing and Writers' Lab courses
- ◆ Local walks and talks in and around Skyros village
- ◆ Breakfast and lunch or sometimes breakfast and dinner instead
- ◆ Twin-shared accommodation in the village or by the sea

SC1 Sat 15 – Sat 22 July (1 wk)

£725

- ◆ The Alchemy of Transformation with Malcolm Stern
- ◆ Adventures in Comedy Writing with Logan Murray
- ◆ Life is a Cabaret with Kate Daniels (D)

SC2 Sat 22 Jul – Fri 4 Aug (2 wks)

£1,345

- ◆ Laughter is the Best Medicine (Wk 1) & The Tree of Creativity (Wk 2) with Ailon Freedman
- ◆ Life Into Fiction (Wk 1) & Write Your Novel (Wk 2) with Mez Packer
- ◆ Find Your Voice (Wk 1) & Life is a Cabaret (Wk 2) with Kate Daniels (D)

SC3 Sat 5 – Fri 18 Aug (2 wks)

£1,385

- ◆ Choose Life at Any Risk (Wk 1) & Free at Last (Wk 2) with Ari Badaines (D)
- ◆ Your Writer's Voice (Wk 1) & From Experience to Imagination (Wk 2) with Crysse Morrison
- ◆ Your Life's Purpose Through Colour (Wk 1) & Relationships Through Colour (Wk 2) with Theresa Sundt

SC4 Sat 19 Aug – Fri 1 Sept (2 wks)

£1,385

- ◆ The Joy of Burnout (Wk 1) & New Beginnings (Wk 2) with Dina Glouberman (D)
- ◆ Writing Your Story (Wk 1) & Writing From Life (Wk 2) with Monique Roffey
- ◆ Pop Choir (Wk 1) & Songwriting Workshop (Wk 2) with Richard Lewis

SC5 Sat 2 – Sat 9 Sept (1 wk)

£745

- ◆ New Ways to Calm Wellbeing with Andry Anastasiou (D)
- ◆ Book Under the Bed with Julia Bell
- ◆ The Community of Song with Luke Meredith

SC6 Sat 9 – Sat 16 Sept (1 wk)

£725

- ◆ Discover Your Life Calling with Julian Russell
- ◆ How to Build a Novel with DJ Connell
- ◆ Playtime for Grownups with Alison Goldie (D)

- ◆ Health & Wellbeing
- ◆ The Writers' Lab
- ◆ Music & Arts



To book: Online at www.skyros.com or call +44 (0)1983 86 55 66

Deposit: £100. For cancellations policy see skyros.com/terms

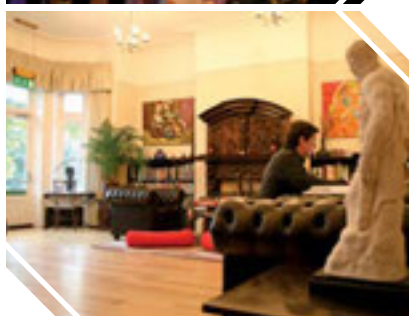
Early Bird: £100 off a two week holiday and £50 off a one week by booking and paying in full by 17th February

◆ **Friends of Skyros:** £75 discount on a two week holiday and £50 discount on a one week holiday. This is in addition to the Early Bird

◆ **Those under Thirty:** 25% off the holiday fee (upgrades and transfers not included)

◆ **Upgrades:** Single upgrades available. See 'Accommodation, Food & Daily Life' for each centre

◆ **Travel:** Arrive into Athens on the day before your holiday begins. Fly to Skyros island with Aegean Air next day. Book your return flight to Athens to depart on the last day of the holiday. See available transfer options online



The Grange by the Sea

Isle of Wight

COURSE WEEKENDS 2017

FEBRUARY

- Friday 17 – Sunday 19**
 ◆ Mandala Painting with Susie Self
Friday 24 – Sunday 26
 ◆ Life Writing with Nick Barlay

MARCH

- Friday 3 – Sunday 5**
 ◆ Your Best Year Ever with Andrew Risner
Friday 10 – Sunday 12
 ◆ Your Writer's Voice with Crysse Morrison
Friday 17 – Sunday 19
 ◆ Love What You Do with Julian Russell
Friday 24 – Sunday 26
 ◆ Your Story with Monique Roffey

APRIL

- Friday 31 March – Sunday 2**
 ◆ Mindfulness with Michael Eales
Friday 7 – Sunday 9
 ◆ Yoga with Awareness with Ken Eyerman
Friday 21 – Sunday 23
 ◆ Digital Photography with David Babsky
Friday 28 – Sunday 30
 ◆ The Joy of Singing with Sarah Warwick

MAY

- Friday 5 to Sunday 7**
 ◆ The Stories of Your Life with Alison Habens

OCTOBER

- Friday 6 – Sunday 8**
 ◆ Screenwriting with Phil Gladwin
Friday 13 – Sunday 15
 ◆ How to Build a Novel with DJ Connell
Friday 20 – Sunday 22
 ◆ Wellbeing Moments with Andry Anastasiou
Friday 27 – Sunday 29
 ◆ Adventures in Comedy Writing with Logan Murray

NOVEMBER

- Friday 3 – Sunday 5**
 ◆ Passionate Living with Malcolm Stern
Friday 10 – Sunday 12
 ◆ Yoga with Awareness with Ken Eyerman
Friday 17 – Sunday 19
 ◆ Cuban Salsa with John Harris

DECEMBER

- Sunday 24 – Wednesday 27**
 ◆ Christmas Celebration with Susie Self & Michael Eales
Saturday 30 Dec – Tuesday 2 Jan 2018
 ◆ Welcoming the New Year with Kate Daniels & Alison Goldie

- ◆ Health & Wellbeing
- ◆ The Writers' Lab
- ◆ Yoga
- ◆ Music & Arts
- ◆ Special Events

RATES

WEEKEND COURSES £90

20% Friend of Skyros discount applies to course fees

B&B

	Low Season	Mid Season	High Season
Rate per person sharing a twin or double bedroom per night	4 Jan - 23 March 15 Oct - 16 Dec	24 March - 18 May 18 Sept - 14 Oct	19 May - 17 Sept 17 Dec - 3 Jan
Weekends (Fri & Sat)	£52	£56	£60
Weekdays (Sun - Thurs) Single supplement £25 per night.	£48	£52	£56

Christmas and New Year at The Grange are all-inclusive and cost £425 (10% Friends of Skyros discount applies). Bank holidays and Isle of Wight festival dates require 3 or 4 night minimum stay at high season rates.

For more information including course descriptions and facilitator biographies visit www.skyros.com or call +44 (0)1983 86 55 66