Atsitsa Bay
Skyros Island, Greece

WHAT'S ON AT A GLANCE

Atsitsa Bay's holistic holidays include:

- Three courses per day for four to five days each week (choose when you're on holiday)
- Fun evening activities and events
- An unrivalled and vibrant community atmosphere
- Three delicious Mediterranean meals each day tailored to dietary requirements
- Twin shared rustic accommodation in Atsitsa's gardens (single upgrades available)

AT1: Sat 30 June – Sat 7 July (1 wk) £675
- Yoga for Every Body
- Mosaics
- Find Your Voice
- Windsurfing
- Comedy Improvisation
- Mindfulness for Health
- Alexander Technique
- Your Life in Words

AT2: Sat 7 to Sat 14 July (1 wk) £725
- Yoga for Every Body
- Mosaics
- Find Your Voice
- Windsurfing
- Comedy Improvisation
- Bodywork
- Digital Photography
- Life, Dreams & Fiction

AT3: Sat 14 – Sat 21 July (1 wk) £725
- Yoga for Every Body
- Drawing & Painting
- Delivering a Song
- Windsurfing
- Stand-up Comedy
- Your Best Year Ever
- Massage, Reflexology
- Book Under the Bed

AT4: Sat 21 July – Fri 3 Aug (2 wks) £1,295
- Yoga for Every Body
- Painting & Sketching
- Music & Singing
- Windsurfing
- The Power of Laughter
- New Beginnings
- Massage, Reflexology
- Writing from Life

AT5: Sat 4 Aug – Fri 17 Aug (2 wks) £1,345
- Unity Yoga
- Watercolour Painting
- Joyful Choir
- Windsurfing
- Trapeze
- Passionate Living
- 5-Rhythms Dance
- The Stories of Your Life

AT6: Sat 18 Aug – Fri 31 Aug (2 wks) £1,295
- Yoga with Awareness
- Collaborative Painting
- The Joy of Singing
- Windsurfing
- Performance Art
- Family Constellations
- Explore Aerial Cocoon
- The Core of Good Fiction

AT7: Sat 1 – Sat 8 Sept (1 wk) £725
- Yoga with Awareness
- Art from the Heart
- The Joy of Singing
- Windsurfing
- Performance Art
- Love What You Do
- Explore Aerial Cocoon
- Your Writer's Voice

AT8: Sat 8 – Sat 15 Sept (1 wk) £725
- Yoga Beyond Yoga
- Art from the Heart
- Singing with Soul
- Windsurfing
- Comedy Improvisation
- The Art of Swimming
- Abseiling
- Creative Writing

AT9: Sat 15 – Sat 22 Sept (1 wk) £675
- Yoga Beyond Yoga
- Art from the Heart
- Singing with Soul
- Windsurfing
- Comedy Improvisation
- Mindfulness
- Abseiling
- Short Fiction

Note: These are just some of the many courses on offer, check online for more. Families are welcome in Atsitsa during school holidays (from AT3 to AT6). D = Atsitsa’s director for the holiday.
### The Skyros Centre
Skyros Island, Greece

**WHAT'S ON AT A GLANCE**

**Skyros Centre holidays include:**
- One three-hour course per day for five days per week from either The Skyros Writers' Lab (WL) or The Health & Wellbeing programme (HW) (book in advance)
- Morning Yoga and late afternoon Music & Arts activities open to all
- Breakfast and lunch, or sometimes breakfast and dinner instead, tailored to dietary requirements
- Twin shared accommodation in the village or by the sea (single upgrades available)

#### The Skyros Writers’ Lab (WL) / The Health & Wellbeing programme (HW)

<table>
<thead>
<tr>
<th>Course</th>
<th>Dates</th>
<th>Duration</th>
<th>Fee</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>SC2: Sat 7 to Sat 14 July (1 wk)</td>
<td>£725</td>
<td>Morning Yoga with Katrina Love Senn</td>
<td><strong>WL2:</strong> Adventures in Comedy Writing with Logan Murray (D) <strong>HW2:</strong> How to Live a Joyful Life with Cate Mackenzie The Community of Song with Luke Meredith</td>
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<tr>
<td>SC3: Sat 14 to Sat 21 July (1 wk)</td>
<td>£725</td>
<td>Morning Yoga with Katrina Love Senn</td>
<td><strong>WL3:</strong> Fictional Forms with Emma Claire Sweeney <strong>HW3:</strong> Visioning Your New Life with Dina Glouberman (D) The Power of Laughter with Ailon Freedman</td>
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<tr>
<td>SC4: Sat 21 July to Fri 3 Aug (2 wks)</td>
<td>£1,295</td>
<td>Morning Yoga with Katrina Love Senn</td>
<td><strong>WL4:</strong> Life Into Fiction (wk 1), Write Your Novel (wk 2) with Mez Packer <strong>HW4:</strong> Explore Your Story (wk 1), Live Life More Fully (wk 2) with Jamie &amp; Sarah Jauncey Life is a Cabaret with Kate Daniels (D)</td>
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<tr>
<td>SC5: Sat 4 Aug – Fri 17 Aug (2 wks)</td>
<td>£1,345</td>
<td>Morning Yoga with Katrina Love Senn</td>
<td><strong>WL5:</strong> Shaping Your Story (wk 1), Telling Your Story (wk 2) with Graeme Simson <strong>HW5:</strong> Choose Life at Any Risk (wk 1), Free at Last (wk 2) with Ari Badaines (D) Paint What You Love with Cate Whittemore</td>
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<tr>
<td>SC6: Sat 18 Aug – Fri 31 Aug (2 wks)</td>
<td>£1,295</td>
<td>Morning Yoga with Katrina Love Senn</td>
<td><strong>WL6:</strong> Starting Your Novel (wk 1), Completing Your Novel (wk 2) Marina Lewycka <strong>HW6:</strong> Discover Your Life Calling (wk 1), Transform Your Life (wk 2) with Julian Russell Your Colour Personality with Theresa Sundt (D)</td>
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<tr>
<td>SC7: Sat 1 – Sat 8 Sept (1 wk)</td>
<td>£725</td>
<td>Morning Yoga with Katrina Love Senn</td>
<td><strong>WL7:</strong> Life Writing with Nick Barlay <strong>HW7:</strong> Ignite Your Life &amp; Rise Regardless with Monique Hohnberg Playtime for Grownups with Alison Goldie (D)</td>
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**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 16th 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 online

**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.

Note: The Writers’ Lab and Health & Wellbeing programmes run simultaneously. Book your course in advance. Places are limited. D = The Skyros Centre director for the holiday.
FEBRUARY
Friday 16 – Sunday 18
◆ The Joy of Singing with Sarah Warwick
Friday 23 – Sunday 25
◆ Experiments in Fiction with Emma Claire Sweeney

MARCH
Friday 2 – Sunday 4
◆ Digital Photography with David Babsky
Friday 9 – Sunday 11
◆ Finding Your Writer’s Voice with Crysse Morrison
Friday 16 – Sunday 18
◆ Your Best Year Ever with Andrew Risner
Friday 23 – Sunday 25
◆ The Stories of Your Life with Alison Habens

APRIL
Friday 6 – Sunday 8
◆ Yoga with Awareness with Ken Eyerman
Friday 13 – Sunday 15
◆ The Core of Good Fiction with Lisa O’Donnell
Friday 20 – Sunday 22
◆ Family Constellations with John Harris
Friday 27 – Sunday 29
◆ Life, Dreams and Fiction with Steve Attridge

MAY
Friday 11 – Sunday 13
◆ Comedy Improvisation with Alison Goldie
Friday 18 – Sunday 20
◆ Your Story with Monique Roffey

SEPTEMBER
Friday 21 – Sunday 23
◆ Life Writing with Nick Bartay
Friday 28 – Sunday 30
◆ Art from the Heart with Stoney Parsons

OCTOBER
Friday 5 – Sunday 7
◆ Love What You Do with Julian Russell
Friday 12 – Sunday 14
◆ Novel Writing with Claire McGowan
Friday 19 – Sunday 21
◆ Mindfulness with Michael Eales
Friday 26 – Sunday 28
◆ Adventures in Comedy Writing with Logan Murray

NOVEMBER
Friday 2 – Sunday 4
◆ Yoga with Awareness with Ken Eyerman
Friday 9 – Sunday 11
◆ Passionate Living with Malcolm Stern
Friday 16 – Sunday 18
◆ Cuban Salsa: The Next Step with John Harris

DECEMBER
Monday 24 – Thursday 27
◆ Christmas Celebration
◆ Singing & Painting with Susie Self
◆ Your Best Year Ever with Andrew Risner
Sunday 30 Dec – Wednesday 2 Jan 2019
◆ Welcoming the New Year
◆ Life is a Cabaret with Kate Daniels
◆ Comedy, Games & More with Alison Goldie

RATES
WEEKEND COURSES £90 (10% Friend of Skyros discount applies to course fees)

<table>
<thead>
<tr>
<th>Rate per person sharing a twin or double bedroom per night</th>
<th>Low Season 3 Jan – 22 March 14 Oct – 15 Dec</th>
<th>Mid Season 23 March – 17 May 17 Sept – 13 Oct</th>
<th>High Season 18 May – 16 Sept 16 Dec – 2 Jan</th>
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<tr>
<td>Weekends (Fri &amp; Sat)</td>
<td>£52</td>
<td>£56</td>
<td>£60</td>
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<tr>
<td>Weekdays (Sun – Thurs)</td>
<td>£48</td>
<td>£52</td>
<td>£56</td>
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<tr>
<td>Single supplement £25 per night</td>
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Christmas and New Year at The Grange are all-inclusive of meals, activities and accommodation 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. See www.thegrangebythesea.com or call The Grange directly on +44 (0) 1983 86 76 44.

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

Photography: Marion Püning, Amy Kennington, Julian Hecker, Paul Blezard, Crysse Morrison, Kate Daniels, Christine Schulz and others.