

# SKYROS 2020

the holiday you can take home with you



The Programme: Courses & Activities ♦ [skyros.com](https://skyros.com)



# Atsitsa Bay

## Skyros Island, Greece

The Atsitsa Bay programme:  
the holistic holiday on the pine-forested Aegean coast

Achilles at the court of  
King Lycomedes, Skyros island. Marble,  
Roman artwork, ca. 240 CE. Louvre



### AT1 Sun 21 Jun - Sun 28 Jun (7 nts) £675

Family Constellations	John Harris (D)
Restorative Yoga	Shagane Sigler
Digital Photography	David Babsky
Pop Choir, Ukelele & Guitar	Richard Lewis
freedomDANCE	Alex Svoboda
Bodywork	Silke Ziehl
Kayaking	Mark Gunston
Turn Your Life into Words	Stephen Clarke

### AT2 Sun 28 Jun - Sat 11 Jul (13 nts) £1,295

Mindful Living	Michael Eales (D)
Yoga Beyond Yoga	Kenneth Ryan
Mosaics	Roz Wates
Pop Choir, Ukelele & Guitar	Richard Lewis
freedomDANCE	Alex Svoboda
Massage, Reflexology	Johanna Simonetti
Windsurfing, Kayaking	Mark Gunston
Turn Your Life into Words	Stephen Clarke

### AT3 Sun 12 Jul - Sun 19 Jul (7 nts) £745

Ecstatic Dance, Qigong	Cathy Skora (D)
Yoga Beyond Yoga	Kenneth Ryan
Mosaics	Roz Wates
The Joy of Singing	Sarah Warwick
Massage, Reflexology	Johanna Simonetti
Soul Running	Tracy Waite
Kayaking	Mark Gunston
Writing for Performance	Steve Attridge

### AT4 Sun 19 Jul - Sat 1 Aug (13 nts) £1,395

Passionate Living	Malcolm Stern (D)
Yoga with Awareness	Ken Eyerman
Weaving by the Sea	Theresa Sundt
The Joy of Singing	Sarah Warwick
Ecstatic Dance, Qigong	Cathy Skora
Windsurfing	Shay Rosenthal
Kayaking	Mark Gunston
The Stories of Your Life	Alison Habens

### AT5 Sun 2 Aug - Sun 9 Aug (7 nts) £795

New Beginnings	Dr Dina Glouberman (D)
Yoga with Awareness	Ken Eyerman
Painting & Sketching	Michael Gahagan
Rock School	Phil Saatchi
Dance e-Motion	Raymond-Kym Suttle
Windsurfing	Shay Rosenthal
Kayaking	Mark Gunston
The Core of Good Fiction	Lisa O'Donnell

### AT6 Sun 9 Aug - Sat 22 Aug (13 nts) £1,395

Mindful Living	Michael Eales (D)
Unity Yoga	Sevanti
Open Art Studio	Sarah Desmarais
Singing & Music	Tom Morley
Dance e-Motion	Raymond-Kym Suttle
Windsurfing	Shay Rosenthal
Kayaking, Wild Swimming	Susie Self
The Core of Good Fiction	Lisa O'Donnell

### AT7 Sun 23 Aug - Sun 30 Aug (7 nts) £795

Yoga for Every Body	Marina Sossi (D)
Art & Mindfulness	Ignacio Lalanne
Singing Tribe	Carol Donaldson
5-Rhythms Dance	Tim Broughton
Coffee Cup Coaching	Andrew Risner
Windsurfing	John Whittaker
Kayaking, Wild Swimming	Susie Self
Humorous Writing	Tony Hawks

### AT8 Sun 30 Aug - Sun 6 Sep (7 nts) £775

Performance Art, Tai Chi	Richard Layzell (D)
Yoga for Every Body	Marina Sossi
Art & Mindfulness	Ignacio Lalanne
Singing in Harmony	Abbie Lathe
5-Rhythms Dance	Tim Broughton
Windsurfing	John Whittaker
Kayaking	Alexandra Massey
Your Story on the Page	DJ Connell

### AT9 Sun 6 Sep - Sun 13 Sep (7 nts) £745

Performance Art, Tai Chi	Richard Layzell (D)
Yoga & Meditation	Ellie Ramsby Herrera
Inspired Mosaics	Liz Tiranti
Singing in Harmony	Abbie Lathe
Somatics & Dance	Joan Van Dyke
Stand-up Comedy	Kate Smurthwaite
Kayaking	Alexandra Massey
How to Build a Novel	DJ Connell

### AT10 Sun 13 Sep - Sun 20 Sep (7 nts) £675

Stand-up Comedy	Kate Smurthwaite (D)
Yoga & Meditation	Ellie Ramsby Herrera
Inspired Mosaics	Liz Tiranti
Delivering a Song	Luke Meredith
Dance & Environment	Joan Van Dyke
Living in Flow, Tai Chi	Kurt Rowe
Kayaking	Alexandra Massey
Secrets of Story Structure	Graeme Simson

**Book a Skyros holiday:** Online at  
skyros.com or call  
+44 (0)1983 86 55 66

**Deposit:** £200. For cancellation  
policy see skyros.com/terms.

**Early Bird:** £60 off a two week  
holiday and £30 off a one week.  
Book and pay in full by midnight  
Friday 14 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). See  
skyros.com/offers.

**Upgrades:** Singles available for  
each centre plus twin shares in  
Atsitsa's house.

**Travel:** Fly to Athens on Saturday,  
spend the night in Athens (either in  
our transfer hotel or your own). Take  
the domestic flight from Athens  
(ATH) to Skyros (SKU) via Aegean  
Airlines departing Sunday 16.00.  
Return Skyros (SKU) to Athens  
(ATH) on the last day of your holiday  
(Sunday 17.05, Saturday 08.05).

**Note:** Flights must be booked  
independently. Call for flight details  
and our transfer options.

#### A TYPICAL DAY IN ATSITSA

- 07.15:** Courses
- 08.30:** Breakfast
- 09.00:** Demos (news of the day)
- 10.30:** Oekos (family groups)
- 11.15:** Courses
- 13.30:** Lunch
- 15.00:** Siesta/beach time
- 17.00:** Courses
- 20.00:** Dinner & evening activities





# The Skyros Centre

Skyros Island, Greece

The Skyros Centre programme:  
the creative wellness retreat in the heart of the village

**Sun 12 Jul - Sun 19 Jul (7 nts) £745**

**Morning Yoga**

**Health & Wellbeing Masterclass (HW3):**

Slay your Dragons with Compassion with Malcolm Stern (D)

**Writers' Lab Masterclass (WL3):**

Creating Laughter with Arthur Smith

**Afternoon Music & Arts:**

Weaving by the Sea with Theresa Sundt

**Sun 19 Jul - Sat 1 Aug (13 nts) £1,395**

**Morning Yoga**

**Health & Wellbeing Masterclass (HW4):**

Visioning Your New Life with Dr Dina Glouberman (D)

**Writers' Lab Masterclass (WL4):**

Life, Dreams & Fiction with Steve Attridge

**Afternoon Music & Arts:**

Sing Your Heart Out with Kate Daniels

**Sun 2 Aug - Sun 9 Aug (7 nts) £795**

**Morning Yoga**

**Health & Wellbeing Masterclass (HW5):**

Cultivating a Delicious Life with Julia Hollenberg

**Writers' Lab Masterclass (WL5):**

Writing Your Story with Julia Bell (D)

**Afternoon Music & Arts:**

Painting Skyros with Sarah Jane Moon

**Sun 9 Aug - Sat 22 Aug (13 nts) £1,395**

**Morning Yoga**

**Health & Wellbeing Masterclass (HW6):**

Choose Life at Any Risk with Dr Ari Badaines (D)

**Writers' Lab Masterclass (WL6):**

Just do it: Write Your Novel! with Mez Packer

**Afternoon Music & Arts:**

Painting & Sketching with Michael Gahagan

**Sun 23 Aug - Sun 30 Aug (7 nts) £795**

**Morning Yoga**

**Health & Wellbeing Masterclass (HW7):**

How to do Self Love! with Cate Mackenzie

**Writers' Lab Masterclass (WL7):**

Life Writing with Nick Barlay (D)

**Afternoon Music & Arts:**

Singing & Songwriting with Phil Saatchi

**Sun 30 Aug - Sun 6 Sep (7 nts) £775**

**Morning Yoga**

**Health & Wellbeing Masterclass (HW8):**

Mindfulness with Michael Eales (D)

**Writers' Lab Masterclass (WL8):**

Your Writer's Voice with Crysse Morrison

**Afternoon Music & Arts:**

Singing Tribe with Carol Donaldson

**Sun 6 Sep - Sun 13 Sep (7 nts) £745**

**Morning Yoga**

**Health & Wellbeing Masterclass (HW9):**

Opening to Intimacy with Tim Broughton

**Writers' Lab Masterclass (WL9):**

Adventures in Comedy Writing with Logan Murray (D)

**Afternoon Music & Arts:**

The Community of Song with Luke Meredith

**Sun 13 Sep - Sun 20 Sep (7 nts) £675**

**Morning Yoga**

**Health & Wellbeing Masterclass (HW10):**

Compassionate Resilience with Henny Flynn

**Writers' Lab Masterclass (WL10):**

Your Story on the Page with DJ Connell (D)

**Afternoon Music & Arts:**

Art from the Heart with Stoney Parsons

## A TYPICAL DAY AT THE SKYROS CENTRE

**07.15:** Yoga

**08.30:** Breakfast

**09.00:** Demos (news of the day)

**09.45:** Oekos (family groups)

**10.30:** Masterclasses

**13.30:** Lunch

**15.00:** Siesta/beach time

**17.00:** Music & Arts classes

**20.00:** Dinner & evening activities



# The Grange by the Sea

## Isle of Wight, UK

The Grange programme: weekend courses and special events at Skyros HQ

### FEBRUARY

#### Friday 14 - Sunday 16

- ◆ The First Chapter with Lisa O'Donnell

#### Friday 21 - Sunday 23

- ◆ Mindfulness with Michael Eales

#### Friday 28 - Sunday 1 March

- ◆ How to Write a Page-Turner with Simon Booker

### MARCH

#### Friday 6 - Sunday 8

- ◆ Wilderness Wellbeing Walks with Julia Gillick

#### Friday 13 - Sunday 15

- ◆ The Stories of Your Life with Alison Habens

#### Friday 20 - Sunday 22

- ◆ Yoga with Awareness with Ken Eyerman

#### Friday 27 - Sunday 29

- ◆ The Joy of Singing with Sarah Warwick

### APRIL

#### Friday 3 - Sunday 5

- ◆ Midlife Matters: The Menopause with Katie Day

### OCTOBER

#### Friday 2 - Sunday 4

- ◆ Adventures in Comedy Writing with Logan Murray

#### Friday 9 - Sunday 11

- ◆ Love What You Do with Julian Russell

#### Friday 16 - Sunday 18

- ◆ Life Writing with Nick Barlay

#### Friday 23 - Sunday 25

- ◆ Creativity, Art & Mindfulness with Ignacio Lalanne

#### Friday 30 - Sunday 1 November

- ◆ Passionate Living with Malcolm Stern

### NOVEMBER

#### Friday 6 - Sunday 8

- ◆ Yoga with Awareness with Ken Eyerman

#### Friday 13 - Sunday 15

- ◆ Life, Dreams & Fiction with Steve Attridge

### DECEMBER

#### Thursday 24 - Sunday 27

- ◆ Christmas Celebration

Jingle Jangle Bells: Singing with Jo Wood

The Path of Happiness with Michael Eales

#### Wednesday 30 - Saturday 2 January 2021

- ◆ Welcoming the New Year

Delivering a Song with Luke Meredith

Endings & Beginnings with Kate Daniels

### GUIDE TO THE WEEKEND

#### Friday

16.00: Arrivals  
19.30: Dinner  
21.00: Welcome

#### Saturday

08.00: Breakfast  
10.30: Course  
17.00: Course

#### Sunday

08.00: Breakfast  
10.30: Course  
13.00: Lunch

- ◆ Health & Wellbeing

- ◆ The Writers' Lab

- ◆ Yoga

- ◆ Music & Arts

- ◆ Special Events

See [skyros.com](http://skyros.com) for course descriptions and facilitator biographies. Weekend courses are £100. Book two nights B&B accommodation at [thegrangebythesea.com](http://thegrangebythesea.com). Christmas and New Year Retreats are £475 inclusive of twin shared accommodation, all meals, courses and activities. 10% Friends of Skyros discount applies to weekend course fees and Christmas and New Year events.

Call +44 (0)1983 86 55 66 or book online at [www.skyros.com](http://www.skyros.com)