### AT1 Sun 30 Jun – Sun 7 Jul (7 nts) £725
- Yoga Beyond Yoga
  - Kenneth Ryan
- Digital Photography
  - David Babsky
- Find Your Voice
  - Claire Healy
- freedomDANCE
  - Alex Svoboda
- Stand-up Comedy
  - Kate Smurthwaite
- Bodywork
  - Silke Ziehl
- Abseiling, Kayaking
  - Berny Woodward
- Turn Your Life into Words
  - Stephen Clarke

### AT2 Sun 7 – Sun 14 Jul (7 nts) £745
- Yoga Beyond Yoga
  - Kenneth Ryan
- Open Art Studio
  - Sara Desmarais
- Sing From Your Heart
  - Sarka Elias
- freedomDANCE
  - Alex Svoboda
- Stand-up Comedy
  - Kate Smurthwaite
- Windsurfing
  - Mark Gunston (D)
- Kayaking
  - Berny Woodward
- Turn Your Life into Words
  - Stephen Clarke

### AT3 Sun 14 – Sun 21 Jul (7 nts) £775
- Yoga & Meditation
  - Elie Ramsby Herrera
- Open Art Studio
  - Sarah Desmarais
- Find Your Voice
  - Claire Healy
- Clowning Around
  - Ailon Freedman
- Mindfulness for Health
  - Steve Smith
- Kayaking
  - Berny Woodward
- Life, Dreams & Fiction
  - Steve Attridge (D)

### AT4 Sun 21 – Sun 28 Jul (7 nts) £795
- Yoga & Meditation
  - Elie Ramsby Herrera
- Painting Skiros
  - Sarah Jane Moon
- Singing with Soul
  - Celestine
- Clowning Around
  - Ailon Freedman (D)
- Mindfulness for Health
  - Steve Smith
- Windsurfing
  - Mark Gunston
- Kayaking
  - Berny Woodward
- Humorous Writing
  - Tony Hawks

### AT5 Sun 28 Jul – Sat 10 Aug (13 nts) £1,395
- Unity Yoga
- Watercolour Painting
- The Joy of Singing
- Alexander Tech, Dance Performance, Tai Chi
- Windsurfing
- Abseiling, Kayaking
- Creative Writing
- Short Fiction
- Soledad de la Hoz
- Michael Gahagan
- Su Hart
- Jo Hardy
- Richard Layzell (D)
- Mark Gunston
- Berny Woodward
- Monique Roffey

### AT6 Sun 11 – Sun 18 Aug (7 nts) £795
- Vinyasa Flow Yoga
- Painting & Sketching
- Music & Singing
- 5-Rhythms, Meditation Performance, Tai Chi
- Kayaking
- Abseiling
- The Core of Good Fiction
- Ken Eyerman
- Roz Wates
- Virginia Evangelou
- Jo Hardy
- Malcolm Stern (D)
- Mark Gunston
- Berny Woodward
- Lisa O’Donnell

### AT7 Sun 18 – Sat 31 Aug (13 nts) £1,395
- Yoga with Awareness
- Mosaics
- Massage, Reflexology
- 5-Rhythms, Meditation
- Passionate Living
- Windsurfing
- Abseiling, Kayaking
- The Core of Good Fiction
- Ken Eyerman
- Ignacio Lalanne
- Abbie Lathe
- John Harris (D)
- Julian Russell
- Berny Woodward
- Lisa O’Donnell

### AT8 Sun 8 – Sun 15 Sep (7 nts) £745
- Yoga for Every Body
- Weaving by the Sea
- Rock Chorus (Mama Mia)
- Dance e-Motion
- Improv Comedy
- The Alexander Technique
- Kayaking
- How to Build a Novel
- Marina Sossi (D)
- Theresa Sundt
- Jo Wood
- Raymond-Kym Suttle
- Nat Tsolak
- Berny Woodward
- DJ Connell

### AT9 Sun 15 – Sun 22 Sep (7 nts) £745
- Yoga for Every Body
- Art from the Heart
- Delivering a Song
- Dance e-Motion
- Mindfulness
- Improv Comedy
- Kayaking
- The Core of Good Fiction
- Marinia Sossi
- Stoney Parsons
- Luke Meredith
- Raymond-Kym Suttle
- Michael Eales (D)
- Nat Tsolak
- Berny Woodward
- DJ Connell

### AT10 Sun 28 Sep – Sun 5 Oct (10 nts) £795
- Yoga with Awareness
- Mindfulness
- Singing in Harmony
- Cuban Salsa
- Love What You Do
- Kayaking
- The Core of Good Fiction
- Ken Eyerman
- Ignacio Lalanne
- Abbie Lathe
- John Harris (D)
- Julian Russell
- Berny Woodward
- Lisa O’Donnell

---

**A TYPICAL DAY IN ATSITSA**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>07.15</td>
<td>Courses</td>
</tr>
<tr>
<td>08.30</td>
<td>Breakfast</td>
</tr>
<tr>
<td>09.00</td>
<td>Demos (news of the day)</td>
</tr>
<tr>
<td>10.30</td>
<td>Oekos (family groups)</td>
</tr>
<tr>
<td>11.15</td>
<td>Courses</td>
</tr>
<tr>
<td>13.30</td>
<td>Lunch</td>
</tr>
<tr>
<td>15.00</td>
<td>Siesta/beach time</td>
</tr>
<tr>
<td>17.00</td>
<td>Courses</td>
</tr>
<tr>
<td>20.00</td>
<td>Dinner &amp; evening activities</td>
</tr>
</tbody>
</table>

---

Note: These are just some of the many courses on offer. Check online for more information, course descriptions and biographies. Families are welcome during school holidays (AT4 to AT7). Choose your courses on arrival. © - Director for the holiday. Michael Eales will direct the first week-long holiday AT1.
The creative retreat in the heart of Skyros village and close to long, sandy beaches. Prices include half board, twin shared accommodation in the traditional village or by the sea and your choice of in-depth courses and drop-in classes. This holiday is for adults only.

**SC2 Sun 7 – Sun 14 Jul (7 nts)** £745
- The Third Act* Edward Kelly
- Short Fiction* Amanda Smyth
- Find Your Voice Claire Healy
- Comedy & Creativity* Logan Murray (D)
- Creative Yoga Flow Deborah Middleton

**SC3 Sun 14 – Sun 21 July (7 nts)** £775
- The Stories We Tell’ J&S Jauncey
- Secrets of Story Structure’ Graeme Simson
- Sing Your Heart Out Kate Daniels (D)
- Painting Skryos’ Sarah Jane Moon
- Creative Yoga Flow Deborah Middleton

**SC4 Sun 21 – Sun 28 July (7 nts)** £795
- How to Live a Joyful Life’ Cate Mackenzie
- Life, Dreams & Fiction* Steve Attridge (D)
- Sing Your Heart Out Kate Daniels
- Watercolour Painting* Cate Whittimore
- Creative Yoga Flow Deborah Middleton

**SC5 Sun 28 Jul – Sat 10 Aug (13 nts)** £1,395
- Visioning Your New Life’ Dina Glouberman (D)
- Short Fiction, Memoir Ali Smith
- Songs at Sunrise Kate Harwood
- Painting & Sketching* Michael Gaahagan
- Yoga & Meditation Ellie Ramsby Herrera

**SC6 Sun 11 – Sun 18 Aug (7 nts)** £795
- Choose Life at Any Risk’ Ari Badaines (D)
- Write a Page-Turner’ Simon Booker
- The Joy of Singing Sarah Warwick
- Watercolour Painting* Cate Whittimore
- Yoga & Meditation Ellie Ramsby Herrera

**SC7 Sun 18 – Sat 24 Aug (13 nts)** £1,395
- Discover Your Life Calling* Julian Russell (D)
- The Stories of Your Life’ Alison Habens
- Music & Singing Susie Self
- Art & Mindfulness’ Ignacio Llananne
- Vinyasa Flow Yoga Soledad de La Hoz

**SC8 Sun 1 – Sun 8 Sep (7 nts)** £775
- The Alexander Technique* Richard Brennan
- Life Writing* Nick Barlay
- Rock Chorus Jo Wood
- Weaving by the Sea’ Theresa Sundt (D)
- Yoga & Pilates Louise Ballantine

**SC9 Sun 8 – Sun 15 Sep (7 nts)** £745
- Mindfulness’ Michael Eales (D)
- Life into Fiction’ Mez Packer
- The Community of Song Luke Meredith
- Art from the Heart* Stoney Parsons
- Yoga & Pilates Louise Ballantine

---

**A TYPICAL DAY AT THE SKYROS CENTRE**

07.15: Courses (drop-ins) 09.00: Demos (news of the day) 09.45: Oekos (family groups) 10.30: Courses’ 13.30: Lunch 15.00: Siesta/beach time 17.00: Courses (drop-ins) & visits 20.00: Dinner & evening activities

---

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

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

**Early Bird:** £100 off a two week holiday and £50 off a one week. Book and pay in full by midnight Friday 15 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.

**Other discounts:** See skyros.com/offers

**Upgrades:** Singles available for both centres plus twin shares in Atsitsa’s house.

**Travel:** 1. Fly to Athens on Saturday (the day before the holiday) and overnight in Athens.
2. Fly to Skyros island (SKU) on Sunday at 15.35 with Aegean Airlines. You may be able to arrange same day outbound flights.
3. Return Skyros to Athens on the last day of your holiday (Sunday 16.40 or Saturday 08.05).

**Note:** Book flights independently. Call for flight and transfer options.

---

*These courses run in parallel. Choose your course on arrival or contact us in advance with your preference. Singing and yoga/pilates classes are available as morning and afternoon drop-ins. (D) = Director for the holiday.*

---

*Note: Check online for more information, course descriptions and biographies. *These courses run in parallel. Choose your course on arrival or contact us in advance with your preference. Singing and yoga/pilates classes are available as morning and afternoon drop-ins. (D) = Director for the holiday.*

---

*Note: Check online for more information, course descriptions and biographies. *These courses run in parallel. Choose your course on arrival or contact us in advance with your preference. Singing and yoga/pilates classes are available as morning and afternoon drop-ins. (D) = Director for the holiday.*
The Grange by the Sea
Isle of Wight

Skyros holidays in the UK are held at The Grange, a Georgian country house in Shanklin’s Old Village on the south-east coast of the Isle of Wight. Book a course weekend and qualify for Friends of Skyros discounts for future Skyros holidays.

COURSE WEEKENDS 2019

FEBRUARY
Friday 15 – Sunday 17
Comedy Improvisation with Alison Goldie
Friday 22 – Sunday 24
Life, Dreams & Fiction with Steve Attridge

MARCH
Friday 1 – Sunday 3
Stress Management with Michael Eales
Friday 8 – Sunday 10
Digital Photography with David Babsky
Friday 15 – Sunday 17
The Stories of Your Life with Alison Habens
Friday 22 – Sunday 24 March
Yoga with Awareness with Ken Eyerman

APRIL
Friday 5 – Sunday 7
Love What You Do with Julian Russell
Friday 12 – Sunday 14
Your Writer’s Voice with Crysse Morrison
Friday 19 – Sunday 21
The Joy of Singing with Sarah Warwick

MAY
Friday 10 – Sunday 12
Your Best Year Ever with Andrew Risner
Friday 17 – Sunday 19
The Core of Good Fiction with Lisa O’Donnell

SEPTEMBER
Friday 27 – Sunday 29
Yoga with Awareness with Ken Eyerman

OCTOBER
Friday 4 – Sunday 6
Adventures in Comedy Writing with Logan Murray
Friday 11 – Sunday 13
Passionate Living with Malcolm Stern
Friday 18 – Sunday 20
How to Write a Page-Turner with Simon Booker
Friday 25 – Sunday 27
The Art of Presence with Cate Mackenzie

NOVEMBER
Friday 1 – Sunday 3
Yoga with Awareness with Ken Eyerman
Friday 8 – Sunday 10
Mindfulness with Michael Eales
Friday 15 – Sunday 17
Life Writing with Nick Barlay

DECEMBER
Tuesday 24 – Friday 27
Christmas Celebration
Singing, Walks & Crafts with Susie Self
Wild Yoga & Dance with Marina Sossi
Monday 30 – Thursday 2 January 2020
Welcoming the New Year
Music & Singing with Kate Daniels
Tai Chi & Performance with Richard Layzell

GUIDE ITINERARY

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

Weekend courses are £90 (10% Friend of Skyros discount applies)

Call +44 (0)1983 86 55 66 or book online at www.thegrangebythesea.com