

ANUSARA YOGA IN CHANIA

Chaniá (Greek: Χανιά, *Chania*, *Hania*, and *Xania*)

Chania is located in the north-western part of Crete. Its famous Old Town is considered the most beautiful urban district on Crete, especially the crumbling Venetian harbour.

Chania airport is served directly by several European airlines, numerous daily flights from Athens, and ferries run from Athens (6-8 h). It is also possible to fly into Crete's largest city Heraklion, from where there are buses to Chania (2.30 h)

From Chania airport you can reach the Old Town in 20 minutes (€15) and you can also rent cars at the airport (www.trust.gr). The ferries arrive at Souda Bay from where there are buses and also taxis run to the Old Town in 20 minutes (€10-15).

STUDIO KER

Dangli 22A, Halepa, Chania (# 282105295)

From Old Town the yoga studio is a 30-minute nice walk mostly along the water, or it's reachable by bus in 10 minutes. You can rent a car or quite possibly be able to catch a ride with one of the local students.

ACCOMMODATION IN THE OLD HARBOUR

There are many nice places to stay in the Old Town, and it should be easy to arrive, look around and make a choice. The places listed here have rates around €40-night.

Theresa Rooms

8 Agelou St.

Ph:(28210)92798

Pension Lena

Theotokopoulou St. & Ritsou 5

Ph:(28210)86860

lenachania@hotmail.com

Stella Rooms

10 Agelou St.

Ph:(28210)73756

Beaches for swimming are within walking distance from the harbor and studio. The weather is stunningly beautiful with endless sunshine so be prepared to enjoy daily dips in the Mediterranean.

YOGA

Following the rhythm of the Cretan lifestyle, the yoga schedule allows for a spacious afternoon siesta. In the mornings we meet 9:00-12:00 for a dynamic practice and in the afternoon a more cooling session from 16:00-18:00.

ANASTAS

The local host and organizer

Ph: (28210)50529 anastasom@yahoo.com