



## MIND & BODY RETREAT – NORTH ACADEMY OF FITNESS 2018

This September offer yourself a different experience! Choose an alternative vacation combined with detoxing. A refreshing retreat close to the nature, with activities for the body and soul.

Fill up your batteries in the unique beauties of Armenistis Camping and Bungalows in Sithonia, and choose your favorite activity:

- Nature hiking
- Meditation
- Yoga (Vira, Hatha, Satyananda, Vinyasa, Beginner | Intermediate | Advanced)
- Thai massage & Reflexology
- Aerial yoga
- Gong Healing Sessions
- Rebirthing
- Aqua therapy & Fitness
- Thai Chi
- Artistic activities (Mala Beads creation, jewelry, painting etc.)
- Self-Myofascial Release techniques
- Self-knowledge groups
- Special vegan menus
- Accommodation in Mobile Homes, caravans, youth hostels, tents.

### **Friday September 7<sup>th</sup>**

Prima Vista Balkan Quintet concert!!

Special retreat participation until August 31st

For more information: +30 2310 402982 [info@northacademy.gr](mailto:info@northacademy.gr)