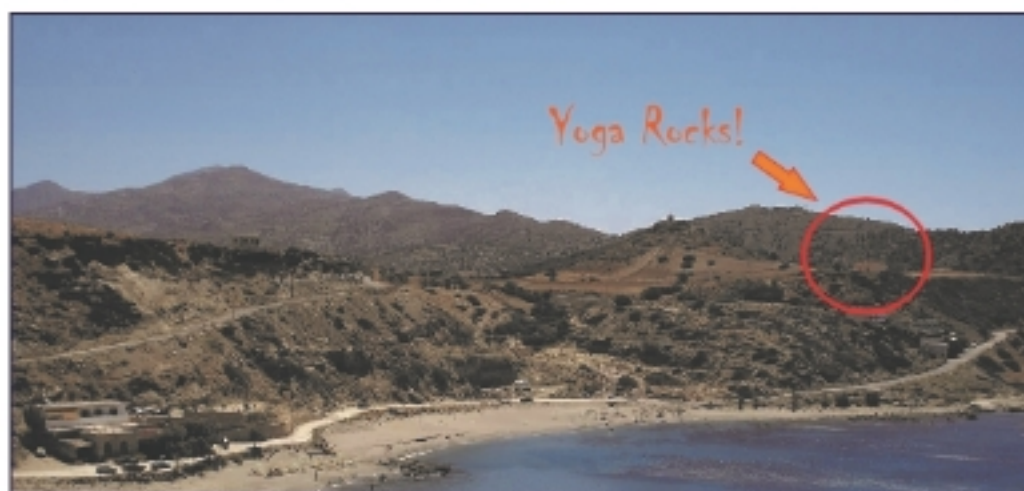
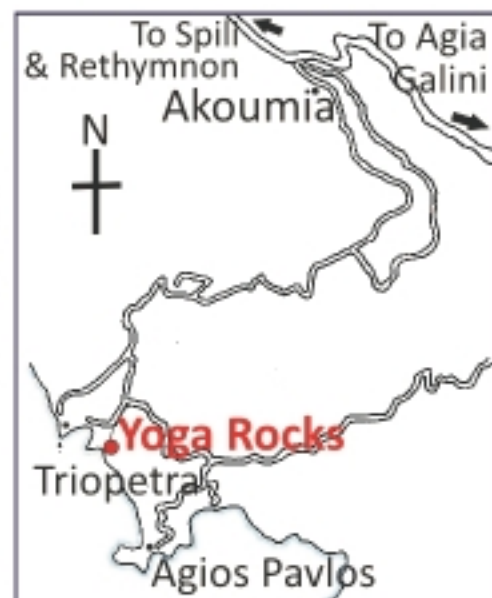


Welcome to Yoga Rocks - Triopetra, Crete



- Transfer times from either Chania or Heraklion are about between one and a half to two hours. When you have your flight times let us know so we can help group people together. If you want to hire a car we can also help you with this, as well as with directions.
- There are no cash points and no shops nearby - there are tavernas within walking distance for outings
- The temperature when you are coming can drop at night - please bring long bottoms as well as a jumper in case it's cool in the evening.
- We are 30 minutes by car from the Spili - a historic spa town with good amenities
- Bring money for Friday night dinner out (€10 -15), transfers, massage and souvenirs
- The sun is strong so bring a high factor sun cream, a hat and cover up clothes
- Towels and linen are of course provided at the retreat but it might be a good idea to bring beach towel/s
- The water is great to drink so a reusable water bottle could be useful for beach expeditions - it will save your money and the amount of plastic bottles dumped on Crete (where there is no recycling)
- Plugs - standard European
- Rugged terrain in places so good walking footwear is useful for adventurers
- Yoga mats, blankets, blocks and belts provided - alternatively you can bring your own mat
- Travel insurance is highly recommended
- At Yoga Rocks we invite you to drop down a gear and really relax. At the beginning of every week we will be there to help you to settle in as quickly as possible and see what your expectations are for your holiday
- Please check the website or contact Phil and Helen for more info - we are here to help