

Hexaflex YOGA

Flexibility in body and mind with yoga, ACT and mindfulness



Hexaflex Yoga Retreat

June 15-19 2020 on Amorgos island, Greece

It is essential for our wellbeing to every now and then make time to slow down, relax and understand what really matters to us, so we can live a life according to our values.

This retreat offers just that on the magical island of Amorgos.

Yoga and Mindfulness guide you to relaxation, awareness and acceptance of your body-mind structure and to be present in the here and now.

ACT (Acceptance and Commitment Therapy) guides you towards your core values and motivation to create a fulfilling life.

Amorgos supports you with her presence of beauty, laid-back atmosphere, sun, sandy beaches and turquoise water.

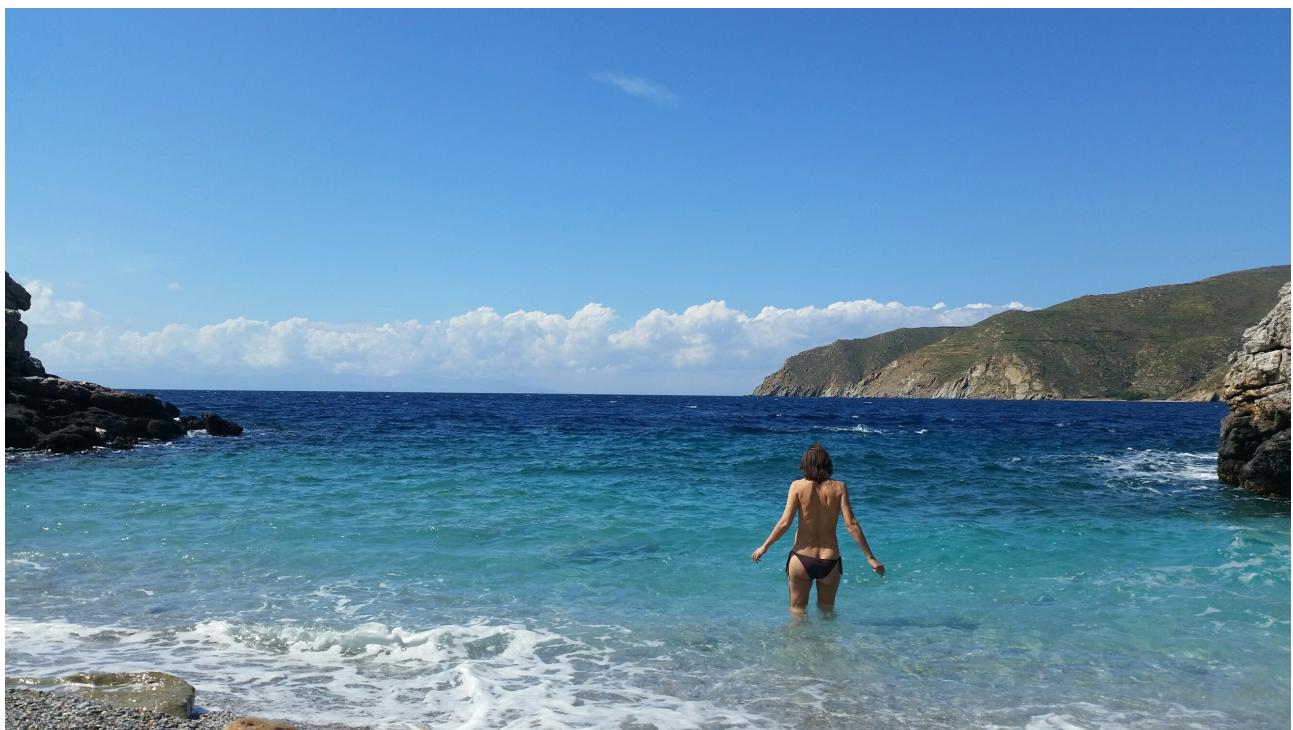
This retreat is for you, if you:

- need a break from your everyday life
- want to rethink your life situation and find your core values
- long for ways to relax and not become overwhelmed by the activities of the mind
- want to learn to cope better with challenges and stressful situations

During the five days we are together we will briefly cover the principles of ACT and through yoga and meditation we embody the idea of Psychological Flexibility.

ACT is shown as a Hexaflex consisting of the six components the method is built on, of which four are directly connected to mindfulness.

We will play with these principles theoretically and in interactional practices to come to a deeper understanding and acceptance of ourselves, to find our core values and commit to actions that will further our goals and attempts to live a life we can stand for.



Outside the program you will have time to rest and enjoy Amorgos beaches (Aigialis main beach is right in front of the studio). There is also possibilities for diving (scuba and free), hiking, claywork, massage and more yoga.

The schedule:

10.00-14.00 Training; yoga, ACT & mindfulness with fruit and tea breaks
18.00-20.00 Training; yoga, ACT & mindfulness
20.00 Friday you are all invited to a closing ceremonial dinner.

We do recommend that you arrive a couple of days before the retreat begins and preferably that you also stay on for at least a day or two. It usually takes some time to ground yourself and to get used to the Amorgos atmosphere. It's also really good to have some time to allow the work done during the retreat to sink in.

The number of seats are limited to 12 participants so we can and will adapt the program individually.

Who we are:



Karin Oscarson,

trained as meditation teacher in 1998, Yoga teacher in 2008 and massage therapist in early 90's. She also trained in SFBT 2013.

Karin lives since 27 years on Amorgos where she runs the IRIS yoga & massage studio.

More about Karin:

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or +46(0)761005761
amorgoskarin@hotmail.com

Niklas Waitong,

Senior Consultant and owner at Waitong Utbildning with more than 30 years of experience from different forms of treatment. He has been working with people since 1984, troubled youth, SFBT and CBT since 1990, FIT 2006 and ACT since 2010.

More about Niklas:

www.waitong.se
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niklas.waitong@gmail.com



Karin and Niklas are friends since the 80's and have worked together in different projects. In this project they are combining Niklas' treatment skills with Karin's yoga & mindfulness experience to create a dynamic and profound combo retreat on their favorite island of Amorgos.

Price: 390€ including all training, study material, fruits, tea/coffee and closing dinner. We offer 10% discount if you are two or more.

Payment and registration to Karin Oscarson, amorgoskarin@hotmail.com
Registration fee 100€ to bank account:

IBAN: GR57 0171 1530 0061 5301 0044 386 and BIC: PIRBGRRAA.

Or Swish to Niklas Waitong 070 2952499

Don't forget to tell us from whom and for what. If you want an invoice let us know. The rest of the fee is to be payed on arrival.

We will give out diploma and a study certificate, in most countries the retreat is likely to be tax deductible if you are in the buisness.

Food: Tea/coffee and fruits during the breaks and closing dinner on Friday are included in the retreat price. There are many restaurants in the area for you to try during the free time.

Accommodation is not included in the price but there are plenty of pensions near the IRIS studio which is also very close to the port and the village of Aegiali. Contact Karin if you want recommendations or help in finding/booking a suitable accommodation.

Travel: Flight to Athens (from some countries there are flights to Santorini). From Athens airport you take a bus, subway or a taxi to Pireus harbour. Note that Amorgos has two ports, Aegiali and Katapola, IRIS Studio and the retreat is in Aegiali.

For ferry time table: www.bluestarferries.gr or www.gtp.gr

Some links on and about Amorgos:

<http://amorgos.gr> (Amorgos official site)

www.amorgos.se (Swedish)

www.kalimera.se (Swedish)

www.annaceramist.amorgos.net

www.amorgos-diving.com

"Get out of your mind and into your life!"
-Steven Hayes the founder of ACT.