



Focusing as a Life Skill Retreat in Aegina, Greece

4th -8th October 2018

Aghia Marina is a small resort on the Island of Aegina, which is one of the Saronic Gulf Islands. Apart from Aegina, the main port and town, there is also Perdika and Souvala, small picturesque fishing villages to the South and North of the Island respectively.

Aghia Marina is 15 kilometres from Aegina town, a small peaceful resort, surrounded by pine forests, a relaxing combination of green wooded mountains and sea, with the Temple Aphaea only 1.5 kilometers from the village.

Aphaea is a well-preserved example of Doric architecture. Aphaea is a mermaid goddess, transplanted from Crete, where she was known as Britomartis and inhabited, among other places, the lovely lagoon of Elounda. It is one of the three temples aligned together with the Acropolis and Sounio, which forms a perfect triangle.

Six kilometers from Aghia Marina, there is also the Monastery of Aghios Nectarios the largest church in Greece.

Nature lovers will also find plenty of opportunities for walking in the beautiful nature trails surrounding Aghia Marina and visit the wild life reserve at Oros.



Aegina Port | Aegina Island | Greece



Temple of Aphaia | Aegina Island | Greece



Aghia Marina | Aegina Island | Greece

Where will you stay

Accommodation: Hotel Katerina is a 3 star hotel in the very popular resort of Agia Marina. It is conveniently located in a quiet side street of Agia Marina, but only 300m from the sandy beach.

All the rooms open onto balconies and all have a sea view. Each room has an en-suite bathroom with a makeup/shaving mirror and hair dryer. Rooms also include air conditioning, in room safes, a refrigerator and direct-dial phones.

WiFi is also available.

Please note that if participants wish to make an extended earlier or later booking at Hotel Katerina, this can be arranged. Kindly notify us of your intentions at the time of registration.

Transportation: Upon arrival at the airport there is an airport bus, which runs on a very regular basis to transport you from the airport direct to the Port of Piraeus.

More information [here](#)

The Island of Aegina is 40 minutes by Hydrofoil or by ferry boat 1 hour 15 minutes from the Port of Piraeus and Agia Marina is 20 minutes by taxi from the port of Aegina.

More information [here](#)



Booking fees

For 4 nights from 4th - 8th October 2018 hotel fees which also include breakfast, coffee breaks and evening meal are as follows:

- For occupancy of a single room Euros 200
- For occupancy of a double room Euros 340

+ Workshop Fees per person of Euros 350

** Please note cut-off date for registration is 20th August 2018*

Deposit

As placements are limited to 24 we highly recommend early bookings, a deposit of Euro 150 is required to secure a placement, details to follow.

Cancellation policy

After 20th August 2018, all deposits are non-refundable, except in cases of unavoidable emergency.

Language

Please note the workshop will be in English.

Kindly register your interest and address any queries you may have info@focusinglifefskill.com.