

Yoga, Climbing, Breathing; Experience the Synergy

Kalymnos Climbing & Yoga Workshop

20. July 2022 - 02. August 2022, Kalymnos, Greece



In this workshop you will experience how the synergy between breathing and movement are interrelated in climbing and yoga.

The breath-guided movements in Viniyoga train mindfulness and awareness of your inner sensations and outer surroundings. We will transfer this focus to how we move, think and regard ourselves when climbing, experiencing challenging your perceptions of self-created limits in strength and mobility.

There will be time and space for reflection, personal exchange and interaction between the participants and workshop leaders.

Kalymnos is a multifaceted island that has become one of the world's premier sport climbing destinations. This climbing mecca in the Aegean offers everything for a beautiful active holiday: relaxing beaches, cozy tavernas and strolling in picturesque villages.

Program Start

Wednesday, 20. July 2022 ca. 18:00 Group Meeting

Program End

Tuesday, 02. August 2022 ca. 18:00 Group Farewell Dinner

Suggested departure is Wednesday 03. August or later at your discretion

Program Cost

€840,— per person (including all taxes & fees)

The program costs include 10 climbing sessions of 4-5 hours each and 10 group yoga sessions organized at various times throughout the program's days of about 1.5 hours each. The workshop program will be adjust based on the wishes and needs of the participants.

All group climbing equipment and material will be provided. This includes ropes, quick draws, carabiners, belay devices, additional slings, etc. Personal climbing gear such as harnesses, helmets, chalk bags and backpacks can be provided if needed. This gear is somewhat limited. We encourage all participants to come to the retreat with their own minimal personal climbing gear if possible (climbing shoes, climbing harness, personal chalk bag, helmet). Participants may want to bring additional climbing gear, and this is perfectly fine.

Personal climbing shoes are not included in the cost of the program. We highly recommend that you come to the retreat with your own well-fitting climbing shoes. There are possibilities to rent or purchase climbing shoes once on Kalymnos if needed.

All participants should have their own yoga mat for the group yoga sessions and for private use during the retreat. Yoga mats may also be purchased on Kalymnos.

Attendance Flexibility

Participants may enrol for a single week. Daily participation may also be possible. Please contact us directly for special enrolment options and pricing. Priority will be given to all those enrolled for the full two-week workshop.

Not Included in the Retreat Costs

Personal travel and logistical organization are responsibilities of each workshop participant. We are happy to assist you with information and recommendations related to participating in the workshop. Flights, transportation, additional personal travel costs, accommodation, meals, drinks, car or scooter rental, etc., are not included in the cost of the Kalymnos Yoga & Climbing Workshop.

SAMPLE DAY SCHEDULE

0830 Morning Yoga Session Masouri Beach: body awareness and self-introspection with presence and intention

1000 Group Breakfast at The Kalymnos Experience Cafe: informal presentation about the synergy of breathing with movement and emotion

1100 Free Time

1300 Meet and Transfer to Arginonta Valley for Afternoon Climbing

1330 Afternoon Group Climbing Session until approx. 1830: body awareness focus and exercises while climbing, breathing techniques and how they effect your emotional state while climbing

1900 Return to Masouri, Private Evening: meet up with your new friends for dinner or drinks, take an evening swim, or finish the day with a personal sunset yoga session



HELPFUL INFORMATION

It is best to fly to Kos and then take a 30-40 minute ferry transfer to Kalymnos. There are charter flights and regular service to Kos from many European airports. Expect to pay €300,— to €400,— for a round trip flight. There will be regular schedule departures from Salzburg every Wednesday beginning 25. May 2022, with an early morning flight at 0600. There are more flight options from Munich with Aegean Air and Condor among other carriers.

The best areas to stay once on Kalymnos are Armeos, Masouri, Myrties or Melitsahas. Accommodations start at around €35,— per night with the typical cost for a small studio at about €45,— per night. There are small grocery shops, climbing shops, and convenient stores in the main climber areas of Armeos, Masouri and Myrties. Scooter rental is around €15,— per day and car rental at €35,— to €40,— per day. <https://climbkalymnos.com> is a good source for climbers on Kalymnos with travel information and helpful links.

Accommodation Suggestions

Lambrinos Studios - <https://climbkalymnos.com/lambrinos-studios/>

Hotel Plaza - <https://www.plazahotel.gr>

Further possibilities on [booking.com](https://www.booking.com) or [airbnb.com](https://www.airbnb.com):

Ambiance Studios

Acroyali Studios

Philoxina Hotel

Carian Hote

La Playa

Masouri Blu

Avra Studios

Oasis Hotel

Pegasus

Acropoli Hotel

Tatzis Studios

John Galouzi Studios

Please reach out to Joe at kalymnosprimalclimb@gmail.com, +43 660 633 2076 (WhatsApp) or locally at +30 698 206 7240 for any assistance or further information related to travel, accommodation, or other logistical concerns. We are happy to help!

KALYMNOS YOGA & CLIMBING RETREAT LEADERS



Joe Fratianni is a climber, skier, and alpinist. Transplanted from the USA in the early 1990's, he lives his life under the limestone walls of Kalymnos, in the northeastern alps of Austria, and in the mountains of North America. He has been sport climbing on Kalymnos since the time when the first routes were established. Though he guides internationally, he and his wife maintain a full-time residence on Kalymnos where he runs www.kalymnosprimalclimb.com. He is a certified AMGA/IFMGA guide and an Austrian State Certified Instructor in all climbing, skiing, and alpine disciplines. Joe started guiding in the late 1990's transitioning to full-time guiding in 2004. His over 25 years of guiding experience includes working with indoor and outdoor sport climbing and bouldering, route setting and new route development, educational program instructor and tour guide for the Austrian Alpenverein Salzburg, international ski instructor and guiding some of the most iconic rock, ice, and ski routes in Europe and North America.



Hilde Peer is a teacher for Yoga at the University of Salzburg (Austria) and is a teacher trainer at the 'Yogazentrum Alpen' (BYO/EYU). Based on her long lasting teaching practice (TKV Desikachar) and established experience in yoga therapy (Dalmann/Soder), she responds to the individual needs of her participants. Beyond that, she teaches the art of reciting vedic mantras (Radha Sundararajan, Chennai).

<https://www.yoga-peer.at/ueber-mich/lehrttaetigkeit/>

In Viniyoga, all exercises are prepared in meaningful steps and connected with the breath and, if necessary, adapted to the individual person. Different Vinyāsas (sequences of exercises), varied Āsana-s (positions), breathing exercises (prāṇāyāma) and meditation (dhyānam) are practiced.

RETREAT REGISTRATION

To secure a spot on the 2022 Kalymnos Yoga & Climbing Retreat, “Yoga, Climbing, Breathing; Experience the Synergy,” send your request to kalymnosprimalclimb@gmail.com or by WhatsApp at +43 660 633 2076. The retreat is limited to 8 participants. At the time of registration, we will ask for a €200,— deposit to hold your spot on the retreat.

