

SUMMER RETREAT IN CRETE
1 – 9 JULY 2017



EMBRACING EVERYTHING INTERPRETING THE LAW OF THE 5 ELEMENTS



MAUREEN MILLER, C.O.I. Senior USA. A WEEK WITH HER WILL EXPAND THE WAY YOU PRACTICE.

Maureen C. Miller is a Senior Instructor with the Ohashi Institute. She has taught the Ohashiatsu curriculum courses and special workshops in the United States and Europe since 1987. Previously, Maureen was a professional dancer, teaching and performing with companies throughout the United States. She has also studied and practiced kinesiology, Aikido and Karate. For Maureen, her love of movement, Ohashiatsu®, and the profound “poetry” of the five elements have join forces to create a powerful expression of life, which come through her teaching and private sessions.



A WEEK TO STUDY AND RELAX PLUNGED INTO THE WILD BEAUTIES OF CRETE

Valos Beach

Brought to you by Ohashiatsu® Torino, a marvellous summer retreat opened to every shiatsu school, in the beautiful Greek Island of Crete, surrounded by magical seas and golden beaches. We are going to experience both the Ohashiatsu® morning classes with Senior COI Maureen Miller from New York, and afternoon getaways in the most peaceful Greek beaches and restful seashores. During the evening we are going to discover the amazing and the tasteful restaurants of the island, which will be able to satisfy all kind of tastes.

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TIME TABLE

WHAT, HOW, WHEN

1

JULY
SATURDAY

— ✈️ THE ARRIVAL

Get to the Airport of Heraklion or Kania.
From there via car (**to be hired autonomously**) or bus you will have to reach the Hotel for registration and accommodation.

THE LAW OF THE 5 ELEMENTS

Morning: We will understand how to represent the Five Elements into our Session.

Afternoon: Out to the beach of Spiles

Evening: dinner at the Tavern on the sea, Spiles

2

JULY
SUNDAY

3

JULY
MONDAY

WATER AND WOOD ELEMENTS

Water Element: in the morning we will understand how to move fluently through our sessions.

Wood Element: in the afternoon we will learn how to be more determined and effective in our treatment, just like trees in the wind.

Evening: Candle-light Dinner in Retymno.

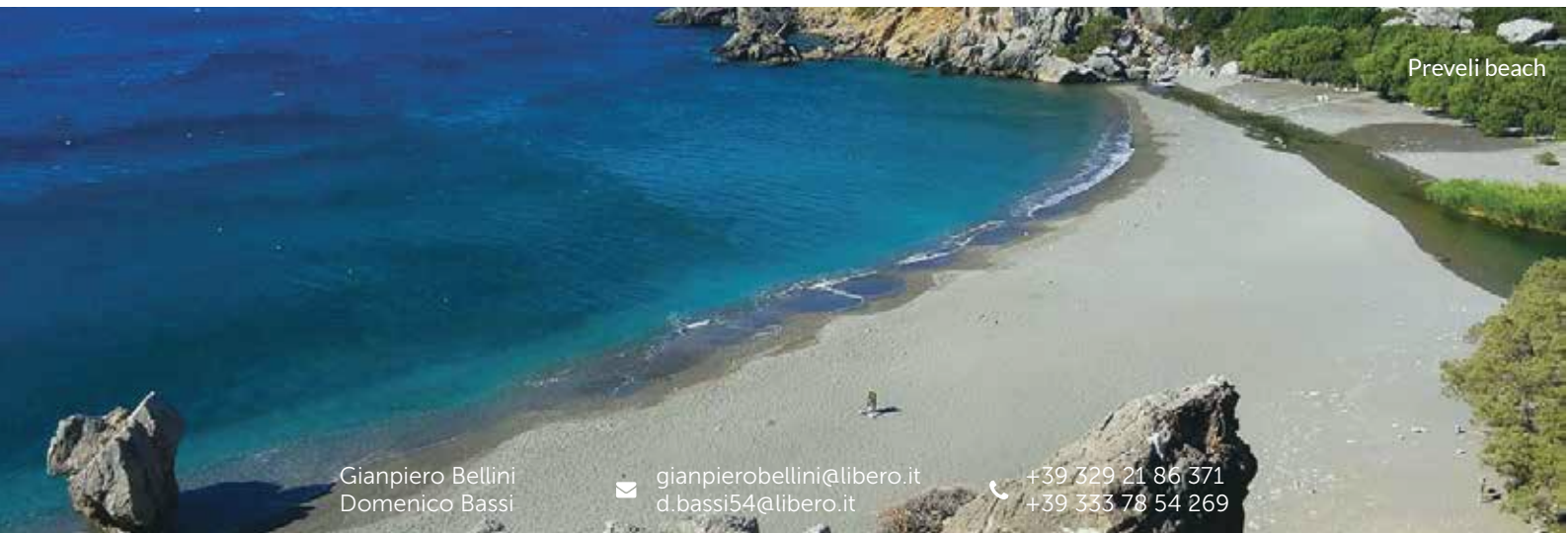
SEASIDE ESCAPE – PREVELI BEACH

A day on fine golden sand, shadowed under marvellous trees in front of the Greek Sea, sunbathing, with dolphins-caressing and whale-listening.

Special dinner in Mariu's Restaurant, plus a guided tour at *Hydria*: Mr Stavros's handmade pottery workshop.

4

JULY
TUESDAY



Preveli beach



5

JULY
WEDNESDAY

FIRE ELEMENT

Morning: how to feel through our hands and warm the soul of our clients.

Afternoon: tour at the Archeological Museum of Elefterios

Evening: dinner at special resort village *Asteri-Poliu House* with Rachi (typical greek liquor with therapeutical properties).

EARTH AND METAL ELEMENTS

Morning Lesson: How to be grounded through the use of Hara within our session.

Afternoon Lesson: borders and hand communication in our treatment, becoming Metal Element through our breath

Evening: Dinner in a typical restaurant with sirtaki dance and greek songs

6

JULY
THURSDAY



Elafonisi beach

7

JULY
FRIDAY

SEASIDE GETAWAY – ELAFONISI

All day in a little island similar to Polinesia.

Beautiful sea all day long.

On the way back through Topolia, we will visit to the handcraft studio of Mr. Manolis.

Evening: We'll dine in Kania, in a typical restaurant by the harbour with greek singers.

CONCLUDING SESSION

Integrate all the teachings for a complete well rounded treatment with Maureen Miller.

Afternoon: Excursion through the canyons in Rodakinos

Evening: Dinner at Primaplora Restaurant in Retymno, the best on the island

8

JULY
SATURDAY

9

JULY
SUNDAY

THE DEPARTURE



Everyone is free to depart for the airport and fly back home or continue the discovery journey of the Island.



VACATION + SEMINAR

€1,250.00

MAKE SURE YOU CONTACT US FOR CONFIRMATION



7 DAY SEMINAR FEE

The total price includes the seminar with Maureen Miller who will share with us her deep knowledge of Ohashiatsu through theoretical and practical experiences



BOARD AND LODGING

During this holiday we will eat in some special restaurants of the island, we will be able to appreciate the cooking of this incredible land. We can arrange different menus for allergic or intollerant people.



CAR RENTAL WITH UNLIMITED MILAGE

We will rent cars which will be useful to visit in the island: each car will be shared by four to five people who will only need to share gasoline. The trip from and to the airport is not included in this fee.



EXCURSIONS

This trip will be half study and half relaxation, so be prepared, because during our stay we will be visiting places all around like beaches, museums and wonderful islands.



CONTINUING EDUCATION

The seminar qualifies for 28 hours of continuing education. At the end of the course you will receive a receipt as a proof of participation.



ROUND TRIP

The Journey will be personally booked by the participants. You will have to book your own flight to get on the island and back. we invite you to book it as soon as possible in order to get best price. If you happen to come from Italy you can catch a direct flight.



DINNER

Dinners are not included with the offer, nevertheless we planned to go out in places where the standard meal will be priced between 15 and 18 €

BOOKING INFORMATION

LODGING

You will be able to choose between staying at the Arkadi Hill Estate in one of the six apartments of the structure (4 to 5 people in each apartment) included with lodging, lunch, and use of an equipped kitchen, or staying at the "Rimondi Grand Hotel" as alternative that will include a half-board service:

- Arkadi Hill Estate - 33 € / each person
- Rimondi Grand Hotel - 75 € / each person

PLEASE NOTE: all those who book after the 26 places are filled at the “Arkadi Hills Estate”, will be automatically lodged in the “Rimondi Grand Hotel” and therefore subjected to the fare above mentioned.

LINKS

Arkadi Hill Estate Nea Magnisia, Rethymno – <http://www.arkadi-hills.gr>
Rimondi Grand Hotel Nea Magnisia, Rethymno – <http://rg-resort-spa.com>

BOOKING

In order to join the seminar, please get in touch with the organization. In this way you will be able to plan all the details you need, included special requests such as food, travelling and so on. These are the contacts:

Gianpiero Bellini	gianpierobellini@libero.it	+39 329 21 86 371
Domenico Bassi	d.bassi54@libero.it	+39 333 78 54 269
Marina Bernardotti	marina@shinseishiatsu.com	+39 338 83 69 353

After contacting us, you can enroll with a bank deposit to:

Bellini Gianpiero
BANCA SELLA (Agenzia 53)
IBAN: IT92L0326830210052191149641
SWIFT / BIC: SELBIT2BXXX

REMEMBER TO BRING:

- ☑ YOUR OHASHIATSU® STUDENT CARD
- ☑ SWIMMING SUIT AND TOWEL
- ☑ A WELL IRONED SUMMER KIMONO
- ☑ TREKKING SHOES
- ☑ ID CARDS AND DRIVING'S LICENCE
- ☑ CREDIT CARDS
- ☑ CAMERA

*The real voyage of discovery consists not in seeking new landscapes,
but in having new eyes.*

(Marcel Proust)