



The Spirit of Crete

Experience the Spirit of Crete

On this journey you'll experience the Spirit of Crete — inside and out! Immersion in the landscapes, tales and archaeology of this amazing island will stimulate your mind and curiosity, while gentle yoga and meditative practices will lead you to the island's heart and revitalize your spirit.

Explore the natural and cultural history of this unique land with day trips to archaeological sites, walks through quiet village paths and a visit to one of the Mediterranean's loveliest pink sand beaches.



For this week of relaxation and exploration you'll stay in the foothills of the White Mountains at the beautifully restored settlement of [Miliá](#) among panoramic views and historic hiking trails. You'll eat delicious, locally grown, organic food. Miliá is a cross between a Cretan village, a farm, and a mountain hotel. Recharge your battery here and discover the beauty and mystery of West Crete. Miliá sits high in the western foothills of the White Mountains at the head of an enclosed valley bursting with chestnut and arbutus trees. You'll be housed in a tiny, historic hamlet of beautifully restored stone houses with simple bedrooms and bathrooms.



You'll enjoy authentic, organic Greek meals accompanied by fresh Mediterranean breezes. If you enjoy the simple, slow pleasures of life — homegrown food, country hikes, stunning views — you may never want to leave.

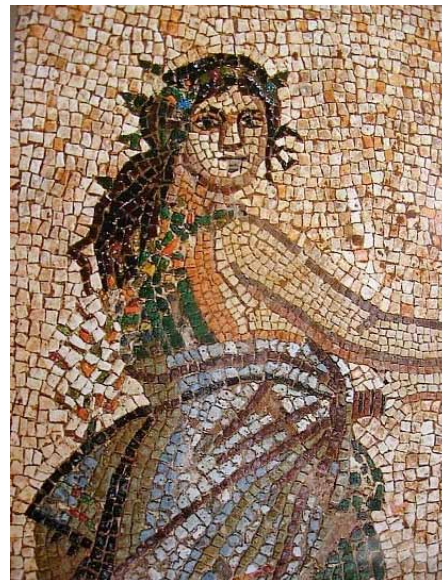
The Itinerary: Sept 20th-27th

Day 1 — Tuesday Sept 20: Chaniá-Miliá. Arrive Chaniá airport. Van transfer to Miliá in the evening. Candlelight dinner of delectable food at Miliá.

Day 2 — Wednesday Sept 22: [Miliá](#). Morning yoga and meditation. Breakfast and orientation. Village day for rest and relaxation. Afternoon talk by Dr. Moody about Crete. Homegrown, organic Greek dinner at Miliá. Evening yoga.



Day 3 — Thursday Sept 23: [Phalásarna](#). Morning yoga/meditation. Day trip to Phalásarna. Dr. Moody leads a tour of the ancient harbor, town and quarries. Relax on one of Crete's most beautiful beaches. Return to Miliá for dinner. Evening yoga.



Day 4 — Friday Sept 24: [Kíssamos](#) and [Polyrhénia](#). Morning yoga/meditation. Accompany Dr. Moody on a day trip to the ancient and modern port of Kíssamos. Visit the museum housed in the old Venetian governor's palace, walk the sleepy streets discovering the ancient and medieval town. Drive to the ancient city-state of Polyrhénia, once one of the most powerful

places in West Crete. Return to Miliá for a tasty, organic dinner and evening yoga with Genevieve.



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www.ilikajourneys.com showing you the world full of wonder

About West Crete

The rugged limestone White Mountains, or Lefka Ori, rise 8,000 feet to form the heart of West Crete. Tectonic forces have cracked them with deep gorges. The coasts of West Crete range from white sand beaches tinged with pink to thousand-foot cliffs erupting from the sea. Woods of ancient cypresses ring the high mountains, while ancient chestnuts and olives dot the valleys and plains.



Day 5 — Saturday Sept 25: [Samariá Gorge](#). Sunrise yoga/meditation. Day trip boating along Crete's south shore from Paleókhora to Agía Roumeli, while Dr. Moody talks about Crete's natural and cultural history. Afternoon stroll up the gorge. Take some personal time for meditation in the gorge surrounded by wild mountains. Boat back to Paleókhora. Scenic drive back to Miliá for a delicious evening meal and evening yoga.



This dramatic and varied landscape was home to the Minoans, Europe's first civilization, from 3000-1100 BC. The Minoans are associated with myths and legends including Atlantis, Theseus and the Minotaur, and the Trojan War. Minoan art is famed for its vibrant and highly skilled creations in frescoes, jewelry, seal stones, and pottery. Women were especially visible in Minoan culture and some scholars wonder whether it was a matriarchy.



Day 6 — Sunday Sept 26: [Elaphónisi](#). Day trip to the historic monastery of [Khrysoskalitissa](#). Relax at Elaphónisi beach, famous for its pristine pink sands and crystal blue, warm waters. Relax with afternoon yoga on the beach. Return to Miliá for dinner.

Day 7 — Monday Sept 27: Miliá-Chaniá. Morning yoga/meditation. Dine on your last, fresh organic Greek breakfast before departing for Chaniá and your journey home.

*Itinerary subject to changes



Minoan civilization preceded the Early Iron Age, Classical Greek, Hellenistic, Roman, Byzantine, Venetian and Ottoman civilizations.



Your Hosts:

Dr. Jennifer Moody

Jenny, a MacArthur Fellow, is an internationally respected archaeologist, pre-historic ecologist, and co-author of an award-winning book on Crete's natural and cultural history, *The making of the Cretan landscape*. She has worked in Crete for over thirty years, leading numerous international research projects on the island's landscape and culture.

She looks forward to introducing you to this captivating island that is as varied as a continent and sharing her extensive knowledge of Mediterranean culture, environment and climate. Jenny is committed to sustainable development and preservation of endangered landscapes. She will take you to some of Crete's most lovely, hidden places.



Genevieve G. Gilbreath

Genevieve has a Master's Degree from Baylor University in Health Education, with an emphasis in alternative health systems, and she runs an international natural health supplement company based in Honolulu, Hawaii.

Genevieve has over fifteen years as a practitioner and teacher of yoga. She has devoted the last several years to spiritual study and practice in Varanasi, India where her studies in Kashmir Shaivism have fostered recognition of the divine within. She has spent several summers in Crete and looks forward to sharing the benefits of yoga with you on this magical island. www.yogavataka.com



Booking

Price Includes:

- Cost for 7 days, 6 nights is \$2325. Meals, classes and excursions listed in the itinerary are included.
- Price based on double room occupancy, single supplement \$350 extra.
- Airport pick-up and drop-off included (within designated timings only). Please contact us for suggested flight itineraries.

Price does not include:

- Flights to and from Crete.
- Any transport or meals not mentioned in itinerary description.

Excursions to other parts of the island can be arranged at additional cost before or after the trip, or you may rent a car and explore on your own!

- Boat trip to [Gramvousa Island](#) with its Medieval fortress and the exquisite, turquoise bay of Balos.
- Excursion to the ruined temple of the Cretan goddess [Diktyнна](#) on the tip of the Rodopou Peninsula.
- Hike down the stunning [Samaria Gorge](#), the longest and deepest gorge in Europe.
- Overnight trip to [Knossos](#), the famous Minoan palace!

For more information contact us at info@ilikajourneys.com and visit the website: www.ilikajourneys.com

- Trip is limited to 10 participants so sign up soon!



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