

## The Small Cruise Ship Collection

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## CYCLADES CRUISE - DISCOVER THE UNIQUE BEAUTY OF GREECE ISLANDS. YOGA RETREAT

Do you fancy getting a total relax whilst travelling amongst the unique beauty of Greece islands? This offer may catch your eye! Together with yoga exercises Cyclades and other islands will awaken your vitality without doubts!



### ITINERARY

#### Day 1 Athens-Piraeus

Ten kilometres southwest of central Athens, Piraeus is dazzling in its scale, its seemingly endless quays filled with ferries, ships and hydrofoils. While technically its own city, it melds into the Athens sprawl, with close to half a million people living in the greater area.

The most attractive quarter lies east around Zea Marina and Mikrolimano harbours. The latter is lined with cafes, restaurants and bars often filled with people who've disembarked from their yachts for the day.

#### Day 2 Syros



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Sitting in the heart of the Aegean Sea, Syros is a mixture of Cycladic and Venetian architecture. Just imagine whitewashed houses blending with colorful mansions and big churches, surrounded by the Cycladic nature. Dreamy, right? Ideal for families and couples who seek a romantic, yet laid-back holiday destination, Syros has an elegant and nostalgic vibe that enchants every visitor.

Ermoupoli, the capital of Syros island and also the orthodox town of Syros, is an architectural gem! Colorful mansions, neoclassical buildings, imposing orthodox churches and squares, create the most postcard-perfect place in Syros! For a dip into the culture of Ermoupolis, visit the Town Hall building, which was created by Ernst Ziller, Apollo Theater and Pallas cinema.

Taste the famous cheese of Syros, San Mihalīs in Ai Mihalīs.

8:00h -- Morning Yoga

It's a daily session to wake up with the rising sun and do a gentle all-levels welcome yoga. Starting with a short meditation to connect ourselves and our intentions for the day, chanting a few mantras to awaken our soul, we continue with a couple of easy breathing exercises just before the physical practice. The flow with the postures is slow and easy to follow for everybody, always with more challenging options for advanced students. After 60 min we finish the physical exercises with a smooth and deep relaxation to start the day new and refreshed in all ways.

17:30h -- The Earth Element Special Session

We start the first of five special yoga sessions with the Element Earth related to the 1st Chakra. We work our roots through our legs and feet practicing balancing poses, strength and resistance on our legs, increasing our security and our attention in the present moment. It's a practice for an intermediate level where beginners can feel the challenge and the advanced ones the joy.

### Day 3.1 Delos

Here you will find numerous ancient monuments at the vast area of Archaeological sites that takes a big part of the island's territory, featuring many temples, maisons, statues, Agora of the Competaliasts and the Ancient Theatre.

8:00h -- Morning Yoga

A charge of strength and energy for the whole day!

### Day 3.2 Mykonos

Mykonos is the great glamour island of Greece and flaunts its sizzling St-Tropez-meets-Ibiza style and party-hard reputation. It is the island of modern-day celebrities and not the island of spirits of the past. Sharon Stone and Brad Pitt, Madonna and Mike Jagger, Gina Lollobrigida and Sofia Loren visit quite often- this is a holiday! Enjoy!

Mykonos is the jumping-off point for the archaeological site of the nearby island of Delos.





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traditional villages of Lefkes and Marpissa.

Mykonos is home to Vioma Organic Farm - a unique farm-to-table experience. It also acts as an organic farm with animals. It prides with organic classical wines rested in oak barrels and provides guided bicycle tours.

Other notable diners include Farma restaurant, Mykonos' first farm-to-table restaurant, and Kiki's Tavern, where you can snap a sneaky delightful meal at the best traditional Greek diner on the island.

### 17:30h -- The Water Element Special Session

Water Element is the second special yoga session related to the 2nd Chakra. We work our flexibility opening our hips and stretching our legs, increasing the flow of water on us allowing to liberate and heal emotions, increasing our creativity and our sexual energy. It is a practice for an intermediate level.

#### Day 4 Paros

Paros is an island for every one: famous beaches varying from popular and vibrant to secluded, traditional Cycladic architecture, vivid nightlife, enchanting rural villages, and historical monuments.

The two main villages, Parikia and Naoussa, are the heart of the island's nightlife beats. Full of traditional taverns, luxurious restaurants and sophisticated bars, Parikia and Naoussa overflow with young crowds every night. For tranquility go to

The island is famous for one thing in particular: its beaches! Huge, sandy, with crystal clear waters and many facilities. Santa Maria, Golden Beach Paros, Punta, and Kolymbithres are some of the most famous beaches in Paros. However, there are also many secluded beaches, for those who seek privacy!

Paros has also ideal conditions for windsurfing and kitesurfing, thanks to "Meltemi" wind. Every summer it hosts the Professional Windsurfing World Cup.

Historical monuments include most significant early church in the Aegean, the awe-inspiring Panagia Ekatonpiliani (Church of 100 Doors). Or you could climb to the Venetian castle at the port and visit the Byzantine Road at Lefkes.

### 8:00h -- Morning Yoga

A charge of strength and energy for the whole day!

### 17:30h -- The Fire Element Special Session

Working with our 3rd Chakra, we do a special yoga session focused on the Fire Element. We work our core in power yoga sessions, where we work with strength and resistance, resting in soft twists that help us to increase and release at the same time our inner fire. This practice is also for an intermediate level.

#### Day 5 Naxos



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The largest of the Cyclades, Naxos packs a lot of bang for its buck. Its main city of Hora (known also as Naxos) has a gorgeous waterfront and a web of steep cobbled alleys below its hilltop kastro, all filled with the hubbub of tourism and shopping. You needn't travel far, though, to find isolated beaches, atmospheric mountain villages and ancient sites. Naxos was a cultural centre of Classical Greece and Byzantium, and Venetian and Frankish influences also left their mark.

Its high mountains form rain clouds, and consequently Naxos is more fertile and green than most of the other Cyclades islands. It produces olives, grapes, figs, citrus fruit, corn and potatoes.

8:00h -- Morning Yoga

A charge of strength and energy for the whole day!

17:30h -- The Air Element Special Session.

The Element Air practice is focused to open our 4th Chakra, working with our backbends and shoulder mobility. Feel more liberated and expansive after this class that ends with a special breathing session. The practice level -- intermediate.

Day 6 Ikaria

Located on the Eastern Aegean sea, Ikaria is one of the worldwide famous Greek Islands, mainly due to the longevity of its inhabitants and the Ikarian diet.

Its natural beauty is a standout, too, as the wild beauty of Ikaria

is breathtaking. Rocky mountains, dramatic gorges, hiking trails, mesmerizing beaches, and rural villages set the scene of a dreamy holiday destination, especially for nature lovers!

8:00h -- Morning Yoga

A charge of strength and energy for the whole day!

17:30h -- Sunset Yoga (outdoor session)

We do a very special yoga session in an amazing outdoor spot nourishing ourselves with a magnificent sunset while we come into the flow of a multi-level yoga session. We start with the Sun Salutations that are the same with the morning classes, but after some gentle poses, we practice a powerful meditation focused on our dreams, desires and life intentions.

Day 7 Andros

Andros Chora, the island's capital, is a mixture of Venetian, Byzantine and Ottoman architecture. Palaiopolis, the ancient capital of Andros, the prehistoric Plaka settlement and Zagora settlement are must-visits.

The natural beauty of this verdant island is divine! The hiking paths that cross Andros Greece, will give you the chance to explore its lush vegetation.

8:00h -- Morning Yoga

A charge of strength and energy for the whole day!

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17:30 h -- The Ether Element Special Session

We work the higher Chakras with the Element Ether, the more subtle one. The practice is focused on our arm balances and inversions, giving us bravery, power and stillness, and equally a peacefulness. The practice is also for an intermediate level.

Day 8 Athens-Piraeus

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Please note:

Itineraries are subject to change.



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## YOUR SHIP: RUNNING ON WAVES

<b>YOUR SHIP:</b>	<b>Running On Waves</b>
<b>VESSEL TYPE:</b>	<b>Three-Mast Sailing Vessel, Barquentine</b>
<b>LENGTH:</b>	<b>64 metres</b>
<b>PASSENGER CAPACITY:</b>	<b>42</b>
<b>BUILT/REFURBISHED:</b>	

Running On Waves is one of the biggest sailing yachts in the world. According to SOLAS convention, the highest safety standards are maintained on board a vessel of this class, the same as would apply to a cruise liner carrying thousands of passengers. "Running on Waves" operates under the flag of Malta. The ship was conceived to combine maneuverability of a sport yacht, the highest standards of comfort and decor, and a shallow draft that allows calling at small marinas inaccessible even to many a big yacht, let alone cruise liners. The unmatched draft of 3.2 metres was made possible owing to a brilliant idea to use lead ballast. The uniqueness of a number of technological solutions confirmed by the US Patent Department. Every guest of ours enjoys 15,5 square metres of available open teakwood deck space, that is three times more than aboard most expensive cruise ships and would befit a most prestigious private mega-yacht. The policy of the Company is to always keep the boat in a mint condition. That is why, despite her tender age, we do profound refitting every winter, so that in Spring she welcomes you in full glamour of perfection. Sails are our main driving power, thus we boast unbeatably low level of

fuel consumption, on average 75 l per hour only, which is about 10 times lower than on a motor boat of a comparable size. Premium comfort notwithstanding, RUNNING ON WAVES is nothing close to a floating hotel or a museum on water, she is a supercharged windship, and with favourable wind can run at 16 - 17 knots under sail. The ship's superbly efficient ratio of sailing surface to displacement 2 sw.m/t makes her one of the fastest sailboats of old and new times. To make sailing comfortable at any sea conditions, cutting-edge technologies were used, such as pitch-killing stabilizers, while sophisticatedly calculated mass distribution prevents the hull oscillation frequency from resonating with the frequency, which affects human vestibular system. There are desalinators on board which account for the unlimited supply of fresh water. Air-conditioning throughout the vessel makes you feel a sheikh even in hottest days of Mediterranean summer. Our state-of-the-art hydraulic ramp at the stern of the vessel allows for a direct access to water for swimming and water sports. Sun Deck Primary feature -- a spacious deck for sunbathing with 16 chaise lounge chairs, which are accessible at any time absolutely free of charge. Additionally, the ship has a large area of covered surfaces, creating vast shaded zones on open decks, which allow for an enjoyable cruise while being protected from the sun. A fresh water Jacuzzi-swimming pool, accommodating six people, is located in the fore of the ship. In the aft of the ship, navigation equipment is behind the command bridge, followed by the massage center and the lounge area. A tour of the command bridge can be arranged at passenger's request. One may enjoy professional massage services in the massage parlor, followed

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by some downtime on a small sofa in the lounge area. Main Deck The restaurant located on the Main deck is ready to please the ship's guests with delicacies of Mediterranean cuisine. A fantastic Ocean Bar, located in front of the restaurant in the central part of the deck, offers refreshing drinks and exotic cocktails. You can enjoy your breakfast seated on comfortable sofas located in the cockpit, aft of the ship. Smoking is not prohibited in this zone. An observation deck in the fore of the ship is above the bowsprit, creating the feeling of flying over the water! Mini-suites and Premium cabins are located on the main deck. Size of the cabins vary from 16m2 to 20m2 (172ft2 - 215ft2). Tween Deck Passenger cabins occupy most of the tween deck. Crew cabins, companion cabins for the crew and the galley are also located on the tween deck. Fully equipped Water sports center with access to a hydraulic ramp is located in the stern. The stern can be opened up and lowered onto the water, transforming into a diving deck for water sports and recreation. Standard cabins and economy class cabins are located on the tween deck. Cabin sizes vary from 11m2 to 12m2 (118ft2



- 129ft2).

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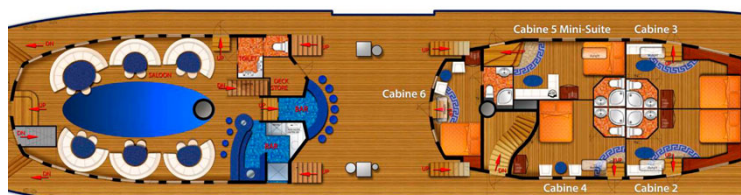
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## INSIDE YOUR SHIP

Main Deck



Tween Deck



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## PRICING

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