



The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

IONIAN CRUISE - DISCOVER THE GREEK ISLANDS. YOGA PLUS

Embark on a transformative journey through the Ionian and Aegean seas, starting with the enchanting island of Corfu, where echoes of Odysseus's legendary adventures mingle with lush landscapes and historic charm. From the serene shores of Paxi to the rugged beauty of Lefkas, each destination offers a blend of exploration and relaxation, complemented by rejuvenating yoga sessions that connect body and soul. Dive into the rich history of Kefalonia, soak in the natural wonders of Zakynthos, and find solace in the romantic ambiance of Ithaki. As the journey concludes back in Corfu, travelers are left with memories of pristine beaches, cultural heritage, and the enduring spirit of Greek hospitality.

ITINERARY

Day 1 Corfu

Still recognisable as the idyllic refuge where the shipwrecked Odysseus was soothed and sent on his way home, Corfu continues to welcome weary travellers with its lush scenery, bountiful produce and pristine beaches.

Since the 8th century BC the island the Greeks call Kerkyra has been prized for its untamed beauty and strategic location. Ancient armies fought to possess it, while in the early days of modern Greece it was a beacon of learning. Corfiots remain proud of their intellectual and artistic roots, with vestiges of the past ranging from Corfu Town's Venetian architecture to British legacies such as cricket and ginger beer.

Day 2 Paxi - Antipaxi

Measuring a mere 13km from tip to toe, and spared overdevelopment by its lack of an airport, Paxi packs a lot of punch into its tiny frame. Facilities are concentrated in three delightful harbour villages tucked into its eastern shores - Lakka, Loggos and the ferry port of Gaios. Each has its own crop of tasteful little hotels, rental apartments and seafront tavernas, and its own devoted fans.

All make wonderful bases for exploring the rolling hills and centuries-old olive groves of the interior, and the wilder scenery of the west coast. Unspoiled coves can be reached by motorboat, while former mule trails lead to sheer limestone cliffs that plunge into the azure sea. Great hikes lead out to majestic Tripitos Arch in the south, and down to Erimitis Beach in the west, beneath a vast wall of crumbling rock, with a potential

The Small Cruise Ship Collection

www.small-cruise-ships.com

01432 507 280 (within UK)

info@small-cruise-ships.com | small-cruise-ships.com



The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

pause at Erimitis Bar & Restaurant en route.

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 Lefkas

Despite being connected to the mainland by a narrow causeway, making it one of the few Greek islands that you can drive to, Lefkada remains surprisingly unaffected by tourism.

Laid-back Lefkada Town is a charming place to spend a day or two, while the hills of the interior still conceal timeless villages and wild olive groves, and the rugged west coast holds some

amazing beaches, albeit in some cases badly damaged by recent earthquakes. Only along the east coast are there some overdeveloped enclaves; if you continue all the way south you'll find stunning little bays and inlets, as well as windy conditions that attract kitesurfers and windsurfers from all over the world.

Lefkada was originally a peninsula, not a true island. Corinthian colonisers cut a canal through the narrow isthmus that joined it to the rest of Greece in the 8th century BC.

8:00h -- Morning Yoga

A charge of strength and energy for the whole day!

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 Kefalonia

Kefalonia is the island of sailors and mountain climbers, Greeks and Venetians, winemakers and travelers. Here stands Enom - the tallest mountain of Ionic islands (1628 m), covered with unique pine trees. Those willing to make a pilgrim tour may get into the Saint Gerasim monastery. There you will find an ancient sycamore tree still standing, said to have been planted by the saint himself. His cave-cell is located under the building of the monastery. Then we shall go for Andrew the First-Called Apostle monastery, the museum with miracle-making icons of Stephano

The Small Cruise Ship Collection

www.small-cruise-ships.com

01432 507 280 (within UK)

info@small-cruise-ships.com | small-cruise-ships.com



The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

Tsagarol, the Monastery of Saint Crucifixion in Pessado and the Church of the Blessed Virgin Mary with benches. It is also possible to pop into the local winery, where six kinds of Kefalonian wine are being made out of Robola grape.

Another excursion will go to the famous Drogarati cave with stalactites, stalagmites and unusual acoustics, due to which Maria Kallas and Luchano Pavarotti took the floor there once. Then the observation ground above the famous beach Mirtos awaits us, followed by a lunch in the picturesque nearby village of Agia Efimia. Our trip will end with the visit to the underground lake Melissani; the cave that once stood over it was destroyed during an earthquake. Now the lake is exposed to the sun, which creates beautiful light show on the water with colors ranging from sky-blue to intense dark-blue.

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 Zakynthos

Zakynthos, the most reserved island of Greece

Zakynthos is the only Greek island having international status of the natural wildlife preserve. The island has been called "The

flower of Mediterranean East" for its beauty and balmy gardens. Mirror-like waters of Zakynthos may be seen on almost every postcard of Greece.

Yachts floating on the water surface appear to be suspended in the air. It would be a crime to visit and not to swim in this magical place! Once in town, one may go to the National Sea Wildlife Preserve or visit the temple of Saint Dionysus, the local winery and the olive oil pressing factory or walk along the coastal avenue - Strata Marina - the liveliest street in the town, filled with coffee shops, bars and restaurants.

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 Ithaki

Ithaki, the most romantic Ionic island

Ithaki is known worldwide as the motherland of Homeric hero Odysseus. The island became a symbol of returning home, as was here that his beloved wife, Penelope, has been waiting for him for 20 years. Ithaki attracts with its rich archeological heritage. Katharon - the most significant monastery on the island is located north from the capital at the elevation of 500 meters above sea level in Anogi. This is the monastery of the

The Small Cruise Ship Collection

www.small-cruise-ships.com

01432 507 280 (within UK)

info@small-cruise-ships.com | small-cruise-ships.com



The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

Blessed Virgin Mary. A unique view of the island opens up from its bell tower - Arcadia mountains, Arkhinades islands, eastern coast of Kefalonia and even the entrance to Patra Bay can be seen on the horizon. The coastlines of Peloponnesus and Zakynthos are visible in good weather. Ithaki is a refuge of romantics. Lonely bays, stately calmness, quietness and silence and conciliatory atmosphere attract them here. It is an ideal place to restore spiritual balance.

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 Saranda

Saranda is the unofficial capital of the Albanian Riviera, and come the summer months it seems like half of Tirana relocates here to enjoy the busy beach and busier nightlife along its crowd-filled seaside promenade. What was once a sleepy fishing village is now a thriving city, and while Saranda has lost much of its quaintness in the past two decades, it has retained much of its charisma.

8:00h -- Morning Yoga

A charge of strength and energy for the whole day!

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 Corfu

Still recognisable as the idyllic refuge where the shipwrecked Odysseus was soothed and sent on his way home, Corfu continues to welcome weary travellers with its lush scenery, bountiful produce and pristine beaches.

Since the 8th century BC the island the Greeks call Kerkyra has been prized for its untamed beauty and strategic location. Ancient armies fought to possess it, while in the early days of modern Greece it was a beacon of learning. Corfiots remain proud of their intellectual and artistic roots, with vestiges of the past ranging from Corfu Town's Venetian architecture to British legacies such as cricket and ginger beer.

Please note:

Itineraries are subject to change.



The Small Cruise Ship Collection

www.small-cruise-ships.com

01432 507 280 (within UK)

info@small-cruise-ships.com | small-cruise-ships.com



The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

YOUR SHIP: RUNNING ON WAVES

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

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

The Small Cruise Ship Collection

www.small-cruise-ships.com

01432 507 280 (within UK)

info@small-cruise-ships.com | small-cruise-ships.com



The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

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).

The Small Cruise Ship Collection

www.small-cruise-ships.com

01432 507 280 (within UK)

info@small-cruise-ships.com | small-cruise-ships.com

The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

INSIDE YOUR SHIP

Main Deck



Tween Deck





The Small Cruise Ship Collection

www.small-cruise-ships.com



small-cruise-ships.com

info@small-cruise-ships.com

PRICING



The Small Cruise Ship Collection

www.small-cruise-ships.com

01432 507 280 (within UK)

info@small-cruise-ships.com | small-cruise-ships.com