

Long Information Letter Family Yoga Summer Camp, Greece 2025

We are very happy to announce that this year's AHYMSIN Family Summer Camp will be dedicated to our dear teacher Sri Swami Rama of the Himalayas and his teachings, as 2025 is the 100th year after His Birth.

Those who joined the camp in August 2023 and August 2024, might still remember the joy of those days of early morning practice, family beach-time, shared meals, meditation and play.

A group of us are already organizing the 3rd Family Summer Camp- a gathering of yoga-minded families in a climate of sun, beach and playfulness in Greece.

When: July 31- August 7, 2025

Where: SCOUT CENTER AGIOS ANDREAS, 27, Poseidonos Avenue, Nea Makri, Municipality of Marathon, Attica, Greece

Our Intention: To create a space in Europe, where we can all meet and where families are welcomed, as a steppingstone leading to SWAMI RAMA SADHAKA GRAMA ASHRAM. We are connected to the SRSG Ashram, where the air we breathe is full of the subtle bodies of our Teachers, Swami Rama and Swami Veda Bharati.

We will live a week together in a scout center, in small houses or tents, practicing yoga for all ages in a forested area of 40.000 square meters, going swimming, and having a space for discussions about family and spirituality, creativity, and handcrafts workshops. We are also planning a one-day sightseeing visit. Three vegetarian/ Mediterranean meals a day are catered so that families can use their time for maximum play and be together.

Information about the Camp facilities

The camp will take place in a scouts' forested center. It is located approximately 30 minutes from the Athens airport. The rooms and conditions are simple. Participants can choose between sleeping in bedrooms or tents. There are 2 and 3-bed non-smoking bedrooms with bathrooms, hot water, and A/C for 100 people. There is also space for 90 people who prefer to bring their own tents (no camping cars are allowed). Also, one can use rented tents for 8 people. Participants in tents have also access to toilets and hot water showers, as well as two open-air kitchenettes and dining areas.

The camp has several shady areas for yoga and other activities. The scout camp has peripheral security with cameras, and the entrance doors close at night. Pets are not allowed in the camp.

Beach and swimming

There is a beach 5-minute walk from the camp, which is sandy and clean, to use every day.

Sightseeing

The camp includes a one-day visit to the *Eleusinian Mysteries Site and museum*. After that, family time at Kinetta beach will follow.

What to bring

- Bedsheets or/and sleeping bag
- Pillowcase(s)
- Towel(s)
- Toiletries (ex. soap, body and hair shampoo, etc).
- Yoga mat and meditation cushion (for those who travel from abroad there will be yoga mats available). Also very important, bring a protective towel to place under your yoga mat to protect it from dust and stones.
- Bathing suit, sea towel, hat, sun protection cream
- Flashlight(s)
- Mosquito repellent
- Reusable water bottles
- Ideas for non-competitive games that you think kids would be interested in.

Food

Mr. Stathis, the Kitchen Chef and responsible for the Scout camp, will prepare 3 vegetarian/ Mediterranean meals per day and will provide light snack for the outing day.

There are water coolers of filtered water around the camp. There are 4 supermarkets around the camp and a bakery shop on a 15 min walk, if you need to buy some supplies.

In addition, we offer:

- Daily yoga classes for all ages are given by an international team of Himalayan Yoga teachers
- Story time and Art and Craft activities.
- Activities for teens
- Games and beach time fun (our camp is only a 5-minute walk from the beach)
- Parents' meetings and talks
- Sightseeing tour

All these program activities are lovingly offered to participants by teachers or sadhakas of the HYT. If you feel like it, you can leave a **donation (dakshina)** which would be greatly appreciated as a love offering.

Prices per participant:

WHO	WHERE	EARLY BIRD €	FINAL PRICE €	CONDITIONS
Babies (0-2 y.o)		Free	Free	Sleeping in parents' bed, eating baby food
Children (2-15 y.o)	Own tents+ meals	209	258.5	
	Bed in bungalow+ meals	319	396	
Adults (15+)	Own tents+ meals	242	302.5	
	Bed in bungalow+ meals	385	478.5	

To reserve your accommodation and meals please pay at least 50% with your registration (if you want to pay 100% is also accepted). We will send each family an email with the sum to be paid before 31st March (to benefit from early bird prices), three meals per day, as well as a 20€ administration fee, which is not refundable, for one person for seven nights. Early Bird prices are valid if registration and payment is completed by 31st of March 2025.

Extra costs not included in the table:

Organization should know and payment needs to be made in advance if you wish to rent:

- 2 bedsheets + 1 pillowcase = 8 €/person
- 1 sleeping bag = 10 €/person FOR 7 NIGHTS
- Cleaning the room costs 10€/per room/per service, only available if 10 rooms request this service.
- Yoga mats are available at the camp for a caution of 15€/person.
 - The outing day bus fare is 14€ / person over 2 years old, which you can kindly pay with your registration at the camp together with the rest of your 50%.
 - The following costs are excluded because it depends on your passport, which you pay directly at the entrance of the Eleusis Site and the museum and is 6 or 3€ depending on age or passport. We will inform you about the Kinetta seaside and restaurant prices with another e-mail that will follow.

Payment information:

If you'd like us to book your family a spot, please transfer at least 50% of the fee before the 31st of March 2025 to the following bank details:

CAFÉ ECOLE- HIMALAYAN YOGA

Himalayan Yoga Meditation of Hellas

Address: 12, Thessalonikis Str. Chalandri 15234, Athens, Greece

NATIONAL BANK OF GREECE IBAN GR 720110 69200 000 69200 177 280

BIC/SWIFT Code: ETHNGRAA

The remaining payment will be made **by cash** during the registration on your arrival.

Please note:

- Parents are responsible for their children's safety at all times except when they are in a group with a teacher.
- All members should arrange on their own premises health/accident insurance.
- The use of alcohol or recreational drugs are not permitted.
- English will be the common language for communication, it is possible to plan for translations.
- The beautiful place we will be staying in was created and is sustained by volunteer scouts, so all participants in the camp are kindly invited to offer their selfless service to keep the place clean, functional and tidy as it was found on arrival.
- All program activities are lovingly offered to participants by teachers of the HYT. If you feel like it, you can leave a donation (dakshina) which would be greatly appreciated as a love offering.
- We will refund your registration completely if you cancel it before the 15th of May and it can be replaced by another person/family.
- All information collected will be used only for the purpose of facilitating your stay in the camp. To register please fill up the registration form before the 31st of March 2025: We will send each family an email with the value to be paid at registration.

Official Website: https://himalayanyoga.gr/en/summer_camp.php

If you have questions, please call: Sofia +30 6937122768 (Whatsapp) and info@himalayanyoga.gr

Looking forward to meeting you all on 31st July -August 7, 2025!

The organizing team

Anna Zaharopoulou (Greece)

Athina Papadopoulou, (Greece)

Irene Laskaratou, (Greece)

Louise Molencamp (Netherlands),

Maria Miguel Ribeiro (Portugal and Switzerland),

Sofia Foteina (Greece)

Tamara Soru (Italy and Brazil),

Timi Varga (Hungary)