

TENTATIVE PROGRAM

(might be changed according to weather conditions
and wishes of Footourists)

14-21 May, 25 May-2 June and 22-29 September 2019

Footour together with the **Non-Profit Amaka** organize a unique two weeks green program combining yoga, mindfulness, eco-building and service to the community while enjoying the sea and the sun in the beautiful island of Lefkada situated on the West Coast of Greece overlooking the Ionian sea.

For many archaeologists Lefkada is considered the homeland of **Odysseus**. In the famous book "The Odyssey" by the great ancient Greek poet Homer, the return journey of Odysseus is transformed into a metaphor of the eternal search for a homeland. We will explore the Myth of Odysseus through Art Therapy and Photo Therapy while gaining useful skills of photography.



Fri:
21.00 Welcome Dinner, Group Bonding Activity

Sat:
10.30-11.30 Introduction to the setting of Lefkada, myths and legends, use of the Odyssey Myth- start of the personal Journey. Journaling, Photo Therapy and Art Therapy Techniques.
11.30-13.30 Cultural and Herbal Walk around the village with a local guide
13.30-14.30 Light Lunch
14.30-17.00 Beach time
17.00-20.00 Volunteering with the local Cultural Club of the village
20.00 Cooking / Bond Fire

Sun:
08.00-09.30 Meditation and Yoga
09.30-10.30 Breakfast
10.30-11.30 Art Therapy Session
11.30-17.00 Guided Kayaking tour, free time and lunch on a tavern on the beach
17.00-20.00 Contemplation time/ free time/ time to develop personal project
20.00 Dinner
22.00 Movie night

Mon:
 08.00-09.30 Meditation and Yoga
 09.30-10.30 Breakfast
 10.30-18.00 Transfer to Ioannina town. Visit to Habibi Cultural Centre next to the Refugee Camp of Katsikas, welcoming people of different backgrounds to share and create using a variety of tools. Volunteer with the Habibi team, Community Lunch.
 18.00 Return to Lefkada
 20.00 Dinner

Tue:
 08.00-09.30 Meditation and Yoga
 09.30-10.30 Breakfast
 10.30-13.30 Herbal walk with herbalist Aris around Alexandros and Kolivata Villages
 13.30-14.30 Lunch in local Taverna
 15.00-17.00 Herbal Cream Making and Tinctures Workshop with Aris
 17.00-20.00 Contemplation time/ free time/ time to develop personal project
 20.00 Dinner

Wed:
 08.00-09.30 Meditation and Yoga
 09.30-10.30 Breakfast
 10.30-20.00 Sailing trip, lunch on board
 20.00 Free night

Thurs:
 08.00-09.00 Meditation and Yoga
 09.00-10.00 Breakfast
 10.30-11.30 Art Therapy Session
 11.30-13.30 Contemplation time/ free time/ time to develop personal project
 13.30-14.30 Light Lunch
 15.00-17.00 Final presentations
 18.00 Sunset Excursion to the West Coast of the island, dinner on a tavern by the beach

Friday:
 10.00 Late breakfast, departure

