

TRIOPETRA YOGA PRACTICE

ASTANGA YOGA GREECE



Practice and Learn **Astanga Yoga**
First, Second and Third Series with
Resident Teacher KRISTINA KARITINOS-IRELAND

TRIOPETRA YOGA PRACTICE | ASTANGA YOGA GREECE

Katexaki & Xeimaras
Rethymno 74100
Crete | Greece

RESIDENT TEACHER

Kristina Karitinos-Ireland

was born in Athens, Greece in 1971. Following studies in theatre and dance, she started practicing Astanga Vinyasa Yoga at the age of nineteen with her first teacher, Linda Kapetaniou. From 1993 until 1998 she deepened her study under the guidance of the renowned senior teacher Derek Ireland, a legendary figure in the dissemination of Astanga teachings in Europe. For various periods from 1995-2002 she received direct instruction from Sri K. Pattabhi Jois in Mysore, India. She eventually assisted in Teacher Trainings at the Practice Place in Greece, in Goa, India, as well as in Triopetra, Crete – the first home of Triopetra Yoga Practice, a name and place widely associated with intensive Astanga training in an authentic Mysore style. From 1998, Kristina taught throughout Europe, founding or co-founding Astanga centers in London and Brighton, England. In 2003 she returned to Athens to start Astanga Yoga Athens. Together with her husband, George Cassimatis and her three children, they now live in Crete. Kristina teaches full time at Triopetra Yoga Practice, which has currently relocated to the Old Town of picturesque Rethymno, Crete.

Kristina was qualified to teach by **Sri K. Pattabhi Jois** in 2002. She has practiced intensively with **Sharath Rangaswamy**, and continues to deepen her practice with **Manju Pattabhi Jois**. She teaches Primary, Intermediate and Third Sequence and she offers classes, workshops, retreats, and teacher trainings all year around in Greece, Europe, and Asia.



“ I have always experienced Yoga as a service to others. Teaching, guiding an asana, or making adjustments are opportunities to serve. Whether they are a beginner or long-term practitioner, I try to treat all with that same sense of service, and in so doing, if I do it well, I serve my Teachers -- from Patanjali to Krishnamacharya and Guruji Pattabhi Jois, Derek Ireland, Manju Pattabhi Jois and Sharath Rangaswamy -- to preserve the authentic spirit of this Yoga which liberates.”

PRACTICE PROGRAMS

Intensive Teacher Trainings in Primary Series

Two-week course for dedicated practitioners who have full knowledge of the Primary Series and at least two years of regular practice with an Astanga Vinyasa Yoga teacher.

Intensive Teacher Trainings in Intermediate Series

Two-week course for experiencing and understanding the realm of the Intermediate Series. The course is addressed to practitioners who already have a deeply-rooted knowledge of the Primary Series and with a referral from a senior Astanga Vinyasa Yoga teacher for the Primary series.



Recent **Guest Teachers** include the son of Shri K. Patthabi Jois, Manju Jois (pictured below), David Williams, Rolf Naujokat, Nancy Gilgoff, Danny Paradise, Michael Stone, Mark Whitwell, Mark Darby, Basia Lipska, Dr. Ronald Steiner, Bettina Anner and many others. Eminent Guest Teachers lead classes, workshops and Intensive Teacher Trainings in the Mysore style, since the Shala was started.



Further details regarding courses, and qualification or registration standards, can be found on these websites:

www.astanga.gr

www.astangayoga.gr

RETHYMNO | CRETE

Welcome to our new location, Triopetra Yoga Practice at Fortezza, the old Venetian Fortress, and historic landmark of the town of Rethymno. A beautiful peaceful shala, an amazing Health Freedom restaurant ~ Soul Kitchen ~ serving Food for Friends – surrounded by small colorful guesthouses.

What we do all day is create a pure energy for our guests to share. To make people feel welcomed and at ease, comfortable and to keep them well nourished and place great attention on their breathing and practice.



We are serving and education people to live healthier and happier lives. To give them inspiration to look deeper inside and to find inner trust and guidance. We are here to share our passion and love for life.

Attractive to families with children but also individual travelers that want to have easy access to everything, to exploring and seeing more of this magical island.

We will be arranging day trips to Triopetra beach, Preveli river, Kournas lake, Chania and many other interesting surprise destinations.

Just 2 minutes walk away from the shala and the Soul Kitchen restaurant we offer comfortable rooms in typical old Venetian houses. Depending on your budget we have a lower, medium and up market option.



ACCOMMODATIONS

At Triopetra Yoga Practice, we offer our guests a tasteful menu of accommodation options. We have a low-budget, middle and a luxurious option. This enables our yoga students to **design the lifestyle they wish to lead**, and gives them **maximum flexibility in how they live it**. Each option includes the same course fees and meal plan (two meals a day for 6 days the week in our renowned **Soul Kitchen**), but gives **living opportunities to satisfy any budget range**.

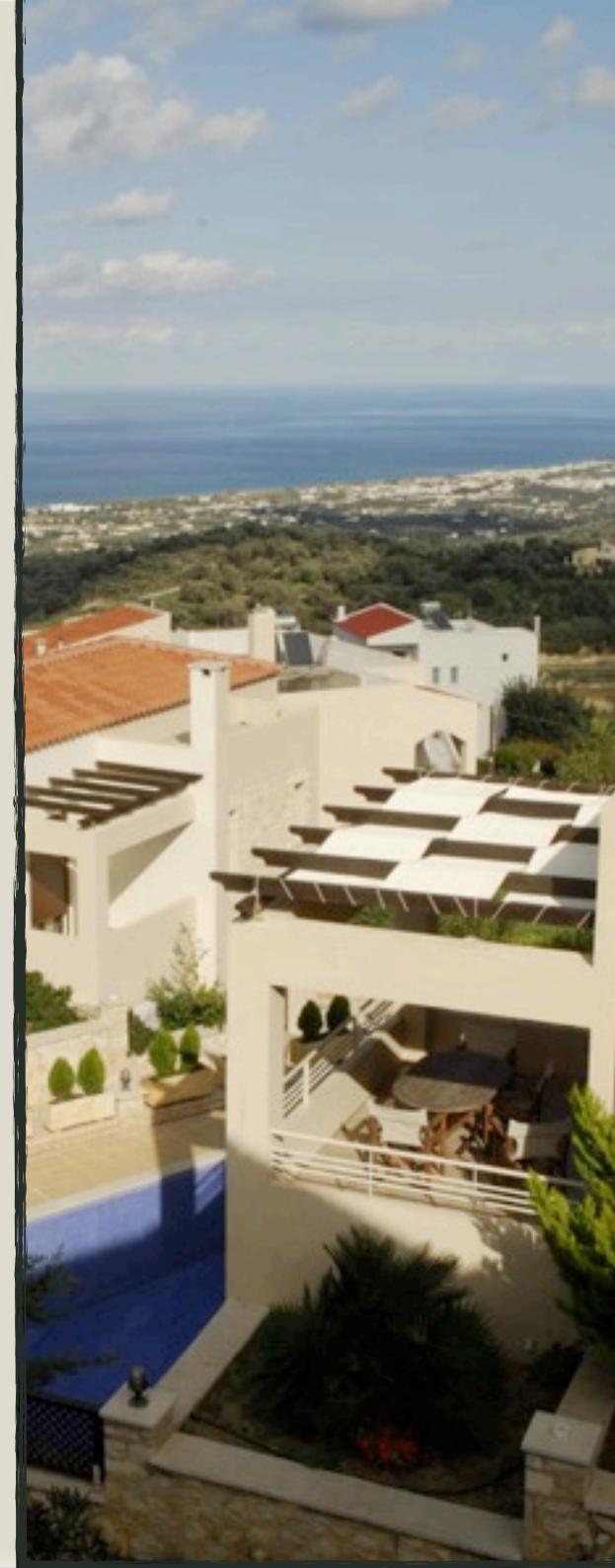
All options are within walking distance and easy driving distance of the Shala, located either in the center of entrancing Rethymno, or in the hills surrounding this timeless town.

Our suggestions are:

Luxurious www.palazzorimondi.com www.avli.gr www.cretavillas.gr

Middle Section www.frosso-bora.com www.rethymnoholidays.gr www.hotelideon.gr

Low Budget www.yhrethymno.com www.camping-elizabeth.net

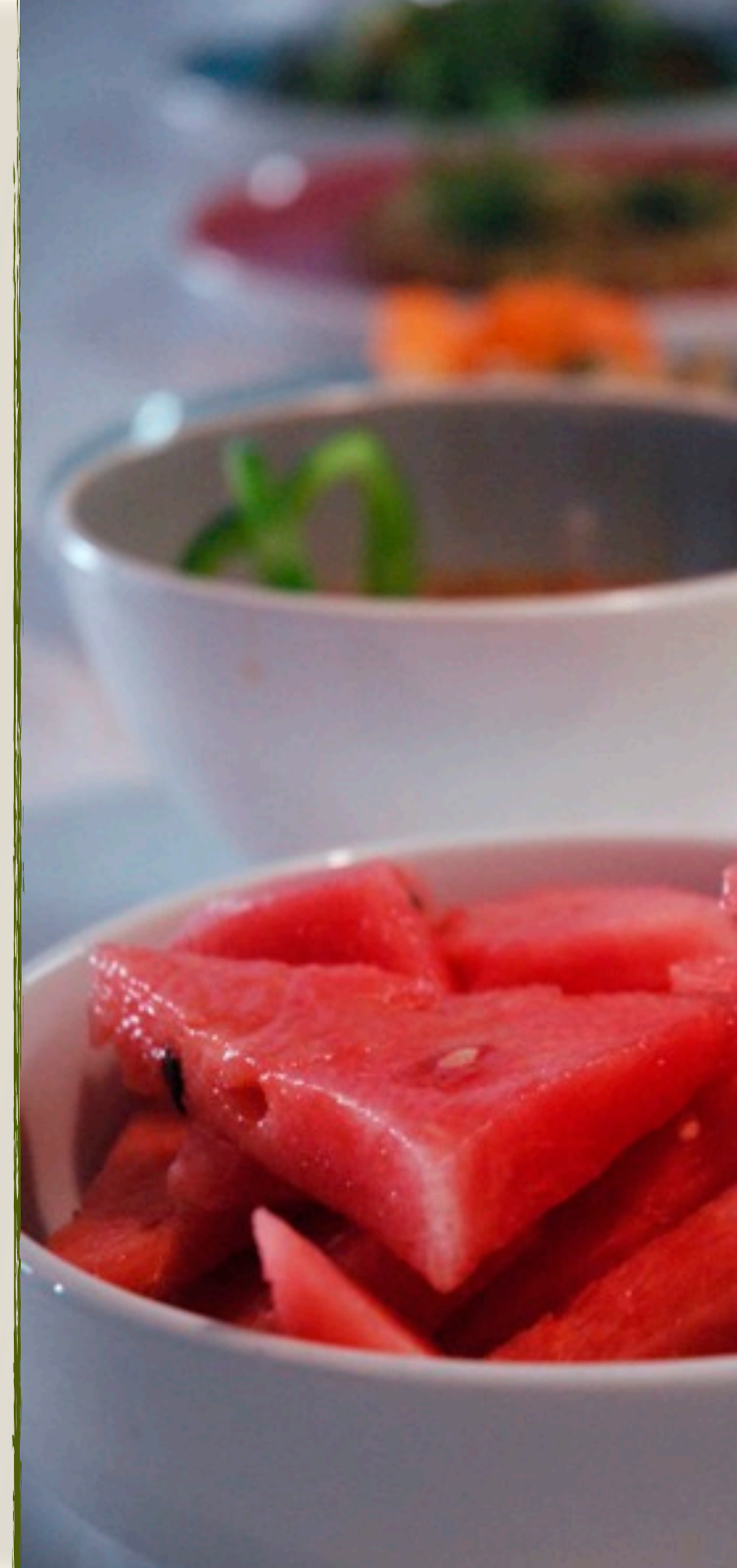


SOUL KITCHEN FOOD 4 FRIENDS

At Triopetra Yoga Practice, we emphasize the full body/soul experience of the yoga life. Key to this experience is regenerating the physical body with fresh, delicious, nutritious food that remakes the person from the inner cell-work to the soul. This is the work of Soul Kitchen, our special kitchen based on the principles of slow-food, featuring organic products and, wherever possible, locally-produced foodstuffs.

Our philosophy is simple and straightforward: we start with high-quality, fresh, local, seasonal foods, use spice and herbs sparingly and highlight the natural tastes and textures of each food. Each meal typically includes three to four of the following:

- Delicious, fresh cut salads with plenty of vegetables, roasted seeds and nuts, local olives, fresh herbs and exquisite dressings
- Various vegetable-based soups, often pureed
- Whole grains, which are high in complex carbohydrates for long lasting energy. These include brown rice, millet, brown basmati rice, quinoa, buckwheat and others
- Legumes and pulses for protein and sustenance. These include lentils, chickpeas, adzuki beans, white beans and others
- Sweets, which are low on sugar yet thoroughly satisfying





TRIOPETRA YOGA PRACTICE ✨ CRETE

- Daily Practice For All Astanga Levels
- Teacher Trainings 3 times a year
- Long-Term Stay with Accommodation & Healthy Food
- Booking our Shala for Your Group? Please contact us.

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