

## *Year-round*

- Greek lessons
- Walking and exploring
- Reiki therapy
- Juggling courses
- Tavli

## *June – October*

according to program

- Bodywork
- Yoga
- Reiki training seminars
- German for kids
- Greek Dance
- ...

## *Contact*

call 0030 6999968447

e-mail: [serifos-me3@smetschka.com](mailto:serifos-me3@smetschka.com)

<http://serifos-me3.smetschka.com>

You can contact me in  
English, German or Greek



## *Serifos Me3*

*Workshops and Activities*

*for*

*Body, mind and soul*

*in Serifos*



Experience the magnetism and the energy of the island during your stay in Serifos!

## *Serifos Me3*

offers a variety of workshops and activities to enrich and complement your holidays in Serifos.

Some of the workshops can also be organized on request. Call or send an email to tell me what you are interested in and I will try to arrange your individual program.

## Greek Cooking

## Greek Dance

*Tavli* learn and play

*Juggling* courses on the beach  
for beginners

- 3 balls and tricks
- 3 clubs



## Greek lessons

- Holiday-Greek
- Single coaching
- Basics for home owners
- Walking and learning Greek

## German for kids

games and communication

for kids who know some German and want to improve their language skills in an entertaining way

## Bodywork

Yoga

Reflexology

Thai-Foot Massage

Body Rolling

Shiatsu

## Reiki

- Reiki Therapy
- Reiki Training Seminars



## Walking

- Guided hikes
- Walking with all your senses
- Family walks
- Herbs and wild greens
- History walks
- Walking and learning Greek

The best way to get to know Serifos is to explore the island on foot.

Walking time 1.5 – 5 h, in varying degrees of difficulty.

On Wednesdays and Sundays, and on request.