

Los Angeles Times Travel News & Deals

Deals, tips, advice and more



Greece: Wellness trip combines yoga, culture and service



Red Beach, on the Greek island of Santorini, is an out-of-the-way spot for swimming and snorkeling. (Perillo's Learning Journeys)

By **ANNE HARNAGEL**
contact the reporter

Los Angeles Times

Travel / Travel News & Deals

This article is related to: Trips and Vacations, Travel



ADVERTISEMENT

SHARELINES

Do for others as well as for yourself: Perillo's wellness vacations include culture and community service.

Yoga, culture and community service highlight Perillo's Learning Journeys.

AUGUST 1, 2014, 7:30 AM

Interested in doing for others as well as for yourself? Perillo's Learning Journeys' wellness vacations combine travel with yoga, cultural immersion and community service projects.

Its nine-day tour of Greece (Costa Rica, Hawaii and India are other wellness destinations) begins in Athens with yoga classes, a half-day city tour and an excursion to Cape Sounion and the Temple of Poseidon. Three days on the island of Santorini are filled with yoga and meditation, a catamaran excursion to the Santorini caldera, created by an ancient volcano, and a Greek dance lesson.

On Crete, participants will paint, work in the gardens or assist as needed at Angel's House, which aids abused women, orphans and the homeless. Other highlights on Crete include a visit to the Knossos archaeological site, home to legendary King Minos, and a traditional Greek cooking lesson.

Dates: April 18-26, May 9-17, June 27-July 5, Oct. 3-11, 2015

Price: From \$2,850 per person, double occupancy; single supplement available. Includes accommodations for two nights in Athens and three nights each on Santorini and Crete; all breakfasts and dinners, health and wellness manager, daily yoga and meditation, and island transportation. International airfare not included.

Info: [Perillo's Learning Journeys](#), (888) 884-8259

Follow us on Twitter [@latimetravel](#), like us on Facebook [@Los Angeles Times Travel](#).

Copyright © 2014, Los Angeles Times

