

JOURNEYS for your soul



Lainey Ennis

THE GODDESS APHRODITE WAS Lainey Ennis's inspiration for her vision to create 'inspirational soul journeys' called Aphrodite Trails. "Aphrodite embodied the very essence of beauty, love, fertility and nature with all its elements, and she would become my inspiration in fulfilling my dream. Healing, nurture, rest and renewal would be the core essence of my vision in alignment with the teachings of the ancient temples and sanctuaries of Aphrodite," explains Lainey.



"As a yoga teacher with a passion for yoga and its benefits, gentle yoga would be an integral part of this experience. Full moon meditations on the beach, attuning of the senses to nature, devotion to body awareness, simple and healthy food – such that the psyche could not resist, became part of the whole vision. This way of 'be-ing' would be enhanced by 'aromatic aphrodite massages' in the comfort of our hotel."

On October 17th 2002, 15 excited participants gathered at Dublin Airport to board a Helios Air flight to

Larnaca, Cyprus on the inaugural Aphrodite Trails 'inspirational soul journey'. They were then transferred by private coach to Aphrodite Beach Hotel. On arrival we were warmly welcomed by their hosts, Gregoria and Tassos, owners of this delightful three star hotel superbly situated on a stretch of unspoilt coastline far from nightlife and tourism on the shores of the Mediterranean. Participants were shown to their spacious en-suite rooms where flowers, fruit and incense awaited them and all with private

balconies and sea and mountain views.

After a delicious Mediterranean breakfast the first day was one of complete rest. The group gathered at 5pm where details of the week ahead were outlined by Lainey. An initial gentle yoga and meditation session on the beach set the scene for the coming week.

Early morning yoga and 'abhyanga', the ancient art of body oiling with

aromatic oils, followed by plunges into the calm Mediterranean were particular highlights. This was followed by wonderful lingering healthy breakfasts of fresh figs, pomegranates, local honey and yoghurt served on a sunny terrace, overlooking the superb vista of the Mediterranean and distant mountains.

The rest of most mornings were spent relaxing on the beach swimming and sunning or on nature walks in the nearby hills. Light lunches at the beach tavern were scrumptious: village salads and grilled halloumi cheese locally made became a great favourite.

A full day excursion to the Temple/Sanctuary of Aphrodite included a picnic lunch on the beach at the rocks of Petra tou Romiou birthplace of Aphrodite where, according to popular belief, she is said to have arisen from the foam of the sea – hence her name, 'afros' meaning foam of the sea. Other excursions included the ancient Tombs of the Kings and a half-day boat trip along the unspoilt Akamas coastline in a personally chartered glass bottomed boat captained by Spiros – a veritable mine of local lore. Snorkelling and swimming in the crystal clear waters of Blue Lagoon and Fontana Amorosa, playground of Aphrodite and Adonis, was exhilarating and great fun for the group.

The mellow rhythm of the week engendered a warm, playful camaraderie within the group and many friendships were formed. The last night of the 'soul journey' culminated with a fire ceremony on the beach with a brilliant full moon in

attendance. Time had stood still – a week seeming much longer than seven days.

Further Aphrodite Trails are planned for October 2003.

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