

## Bipolar Sailing Trip in Greece!

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For whatever we lose (like a you or a me) its always ourselves we find in the sea - E. E. Cummings

- enjoy a nice week of sailing along with relaxation and mindfulness exercises
- make new friends who also have an interest in bipolar disorder
- be part of the first ever Bipolar Sailing Trip!

What a better way to learn about bipolar disorder, make new friends, and have a nice holiday while sailing on the beautiful Greek waters of the Saronic Gulf.

We have organised the first ever Bipolar Sailing Trip, and have put together a vacation programme that promises to be leisurely, educational, and therapeutic.

As a participant you will learn more about the ups and downs of sailing and bipolar disorder, and you will be introduced to novel relaxation and mindfulness techniques.

Your Sailing Skipper Fernando Kalligas along with your Bipolar Skipper Dr Yanni Malliaris will work to ensure that you will have a most memorable holiday break.

Itinerary: Saronicos

Audience: Anyone with an interest in Bipolar disorder (and sailing). Maximum 10 Bipolar sailors!

Dates: August 26 - September 2 (7 days)

Cost: 1400 euros per participant (-10% for couples)

Organisers: A Dot in The Blue ( [http:// www.adotintheblue.com/](http://www.adotintheblue.com/) ) / [BipolarLab.com](http://www.bipolarlab.com) ( [http://ww w.bipolarlab.com/](http://www.bipolarlab.com/)

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For further information and to book your place please contact [BipolarLab.com](http://BipolarLab.com)

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