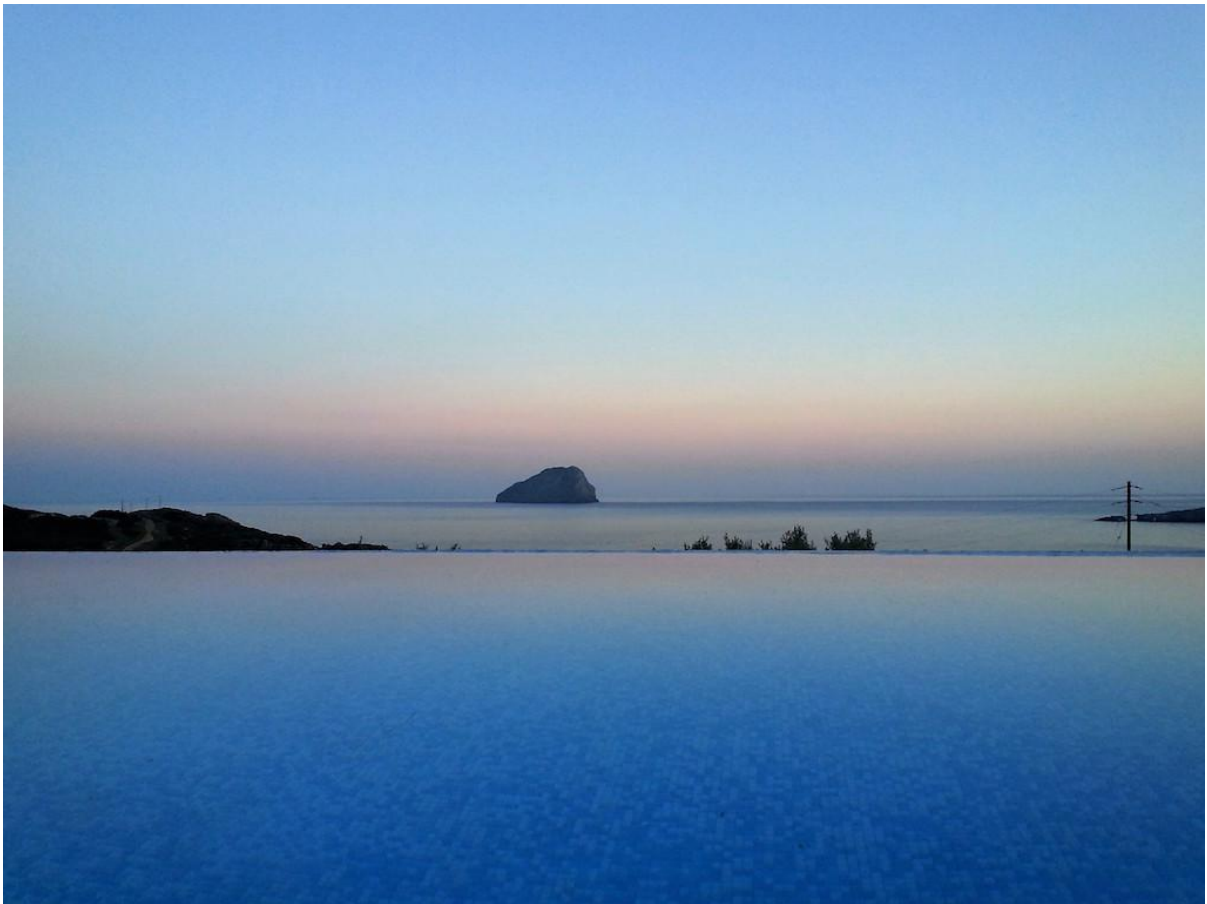


**WELLNESS RETREAT
ON KYTHIRA ISLAND
GREECE
WITH ARISTEA AND CHIARA
6th to 12th September 2024**



Join yoga teachers Aristeia and Chiara for a weeklong retreat of yoga, meditation, qigong, sun and fun on the enchanted island of Kythira.

Kythira is home to perfect beaches, caves, springs and beautiful walking routes through lush vegetation. It is located opposite the south-eastern tip of the Peloponnese peninsula, at the meeting point of three seas, Ionian, Aegean and Cretan. The island has not been subjected to vigorous tourist development and, as a result, it has preserved its unique and picturesque character. It is an ideal destination for those who want to find spiritual peace and to discover an unspoilt, hidden paradise.

The retreat will be hosted at Hotel Porto Delfino, a beautiful venue, high up on a hill with a stunning infinity pool and breath-taking 360 views of the Mediterranean Sea. The nearest beach is only a 10min walk away, through a charming village with tavernas and little shops. The main town of Chora with its famous Venetian castle, is a 30min walk or 5min car ride.

Aristeia and Chiara will lead twice daily classes where you will experience different movement practices, breathwork and meditation. There is the option to practice indoors or outdoors, depending on the weather and our preference. After class you will enjoy wholesome Mediterranean meals served on the veranda, all made with fresh local ingredients. Then you can relax by the pool, head out to explore secluded beaches for a swim in crystal clear waters or scout one of the many hiking trails.

This retreat is suitable for everyone. There is plenty of space to rest, recharge and enjoy the sunshine, while exploring your personal yoga practice. The hotel offers comfortable accommodation in either twin or single rooms, all ensuite and all with a sea view. The chef will create a delicious Greek style vegetarian menu, prepared with fresh local produce.





WHAT'S INCLUDED

- 6 nights accommodation
- Twice daily yoga, qigong and meditation classes
- Light Breakfast, brunch, dinner, snacks
- Wi-fi
- Mats & Yoga Blocks

WHAT'S EXTRA

- Flights to Athens
- Transfer flights or ferry to Kythira
- Transfer taxis from and to Kythira's airport
- Car rental
- Excursions / Activities
- 1 dinner at a local taverna

DATES

6th to 12th September 2024

PRICES

£1,030 twin room (sharing)

£1,290 single room

BOOKING POLICY AND CANCELLATIONS

To secure your spot, you just need to pay a 30% deposit. The balance is due by 1st June 2024, but we will send a reminder closer to the time.

Please let us know as soon as possible if something comes up and you cannot attend our retreat. We always endeavour to treat cancellations fairly and sympathetically, but as spaces are limited the following applies:

We'll refund you the full amount you've paid minus the deposit (30% of the room selection) if you cancel 90 days BEFORE the start of the retreat. If you cancel WITHIN 90 days of the retreat, no refund will be issued. However, if you find a replacement for the vacancy created by your cancellation, your space is transferrable and you can arrange for someone else to come in your place, within 15 days.

If the retreat must be cancelled due to government policies regarding COVID19 or any other force majeure, we will do our best to reschedule the retreat. You will have the option to 1) ask your travel insurance to reimburse your deposit or 2) apply your deposit towards the new dates for the retreat or a future retreat.

It is your responsibility to inform us of any health issues and to always practice with care. We accept no liability for any loss, damage, injury or illness obtained during your retreat, training, workshop or any other class sessions with us, or for travel costs to or from the venue. **We strongly advise that you purchase travel insurance.**

GETTING TO KYTHIRA

The easiest way to get to Kythira is by flight via Athens. Alternatively, on specific days there is a ferry from and to Athen's port (Piraeus). It's a very pleasant and panoramic 6-hour crossing.

Both airport and port offer taxi services or car rental to get to the hotel in approx. 30min.

Please let us know which route you'd like to take, and we will provide all the information.



DAILY SCHEDULE EXAMPLE

Light Breakfast / Tea, Coffee, Snack: from 8am

Morning Practice: 8:30am-10:30am

Breakfast / Brunch: 10:30am-11:30am

Free Time/ Activities: 11:30-6pm

Evening class: 6pm-7:30pm

Dinner: 7:45pm

(Schedule subject to change)

USEFUL LINKS:

<https://www.kythera.gr/>

<https://visitkythera.com/>



YOUR TEACHERS



ARISTEA

My love for yoga started in 2013 when I established my small Massage therapy business in a yoga centre. Life changed for me after that and it was a starter point to explore a deeper connection between mind/body/spirit. Qualified as a Hatha & Vinyasa Flow yoga teacher in 2018 from Jessica Stewart Yoga school. After that I started blending my knowledge of massage therapy and Yoga and kept educating myself and others and helping them understand their body better and create awareness.

During lockdown I trained with Benjamin Sears and Tatiana Depillo gaining an extra 150h of knowledge on Sacred Geometry Vinyasa. Benjamin Sears' signature practice, Sacred Geometry Yoga, transcends any one style of yoga by empowering students with universal measures and self-mapping techniques. Intensity, sustainability, tradition, and modernity form a practical magic square of mindful development through skilful action. Two proven sequences form the basis for infinite yet conceptually consistent and thus therapeutically powerful expansion. When the system is sound, the challenge reflects potential. Aristeia also recently completed a Teacher Graduation program 100 hours Fierce Grace Hot Yoga in New York based on Hatha Yoga.

aristeazougri@gmail.com



CHIARA

Chiara has been a devoted student of yoga and meditation since the late 90s. She was first drawn to the mat by Ashtanga and strong dynamic flows and later fell in love with the stillness and meditative qualities of practices such as Yin and Nidra. Her teaching style is friendly and relaxed. She fosters a safe and grounding environment where her students can feel welcome and at ease. Ultimately her aim is for people to feel good and inspire them to cultivate a balanced yoga practice. She is a big advocate for Mindfulness and encourages her students to explore both body and mind with breath and awareness. Chiara offers regular community classes and volunteers weekly. She works with homeless girls, the elderly and women from ethnic minority backgrounds. She draws a lot of inspiration for her classes from the cycles of nature and the five elements of Traditional Chinese Medicine. Chiara has been regularly practicing Qigong and Tai Chi since 2011 and enjoys bringing elements of these martial arts into her yoga classes. She also teaches self-standing Qigong classes.

chiaradoesyoga@gmail.com