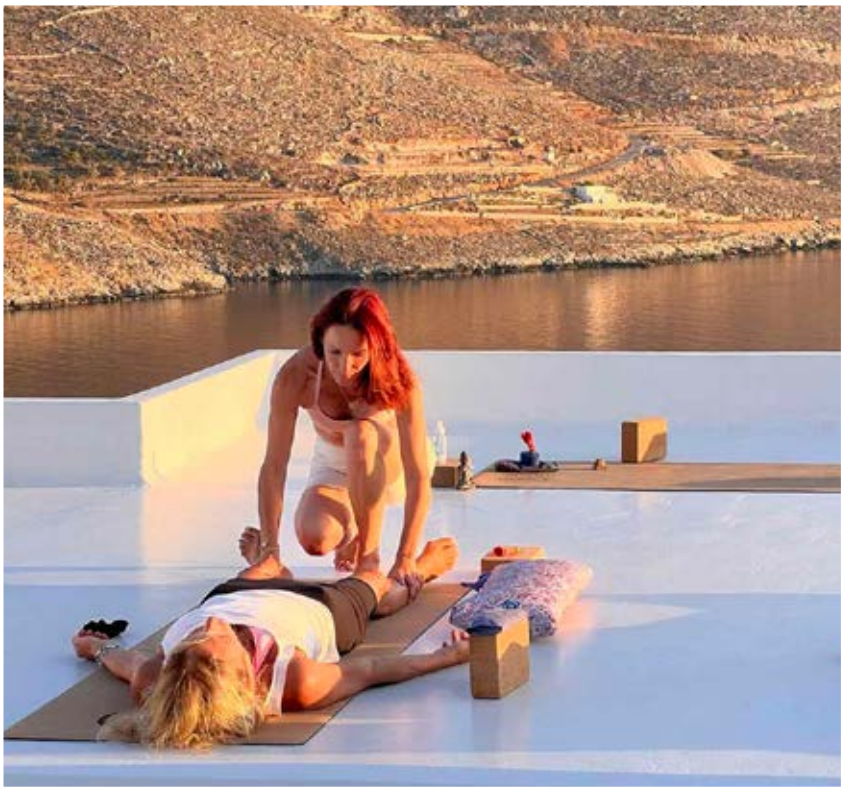
Greek Islands Yoga Retreat

AMORGOS, JULY 24-29, 2027



Greece

Retreat in indulgent island luxury.



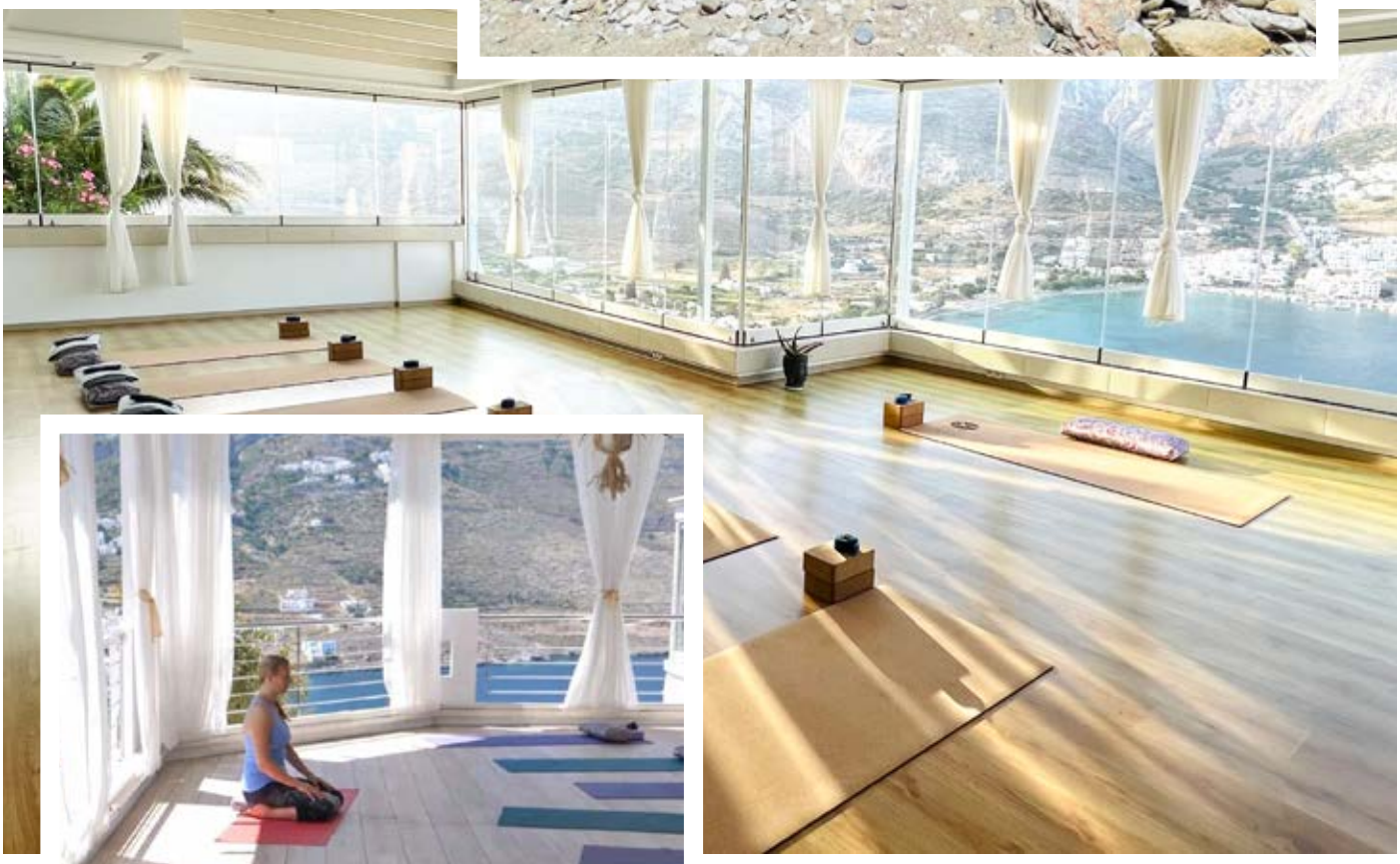


Join us on a transformative journey to the pristine Cycladic island of Amorgos in Greece, where dramatic cliffs, crystal-clear Aegean waters, and timeless Mediterranean culture await. Our 6-day, 5-night retreat offers a unique blend of relaxation, exploration, community and personal growth.

Amorgos

Practice In a remote Greek Island Paradise.





Greece Retreat Inclusions

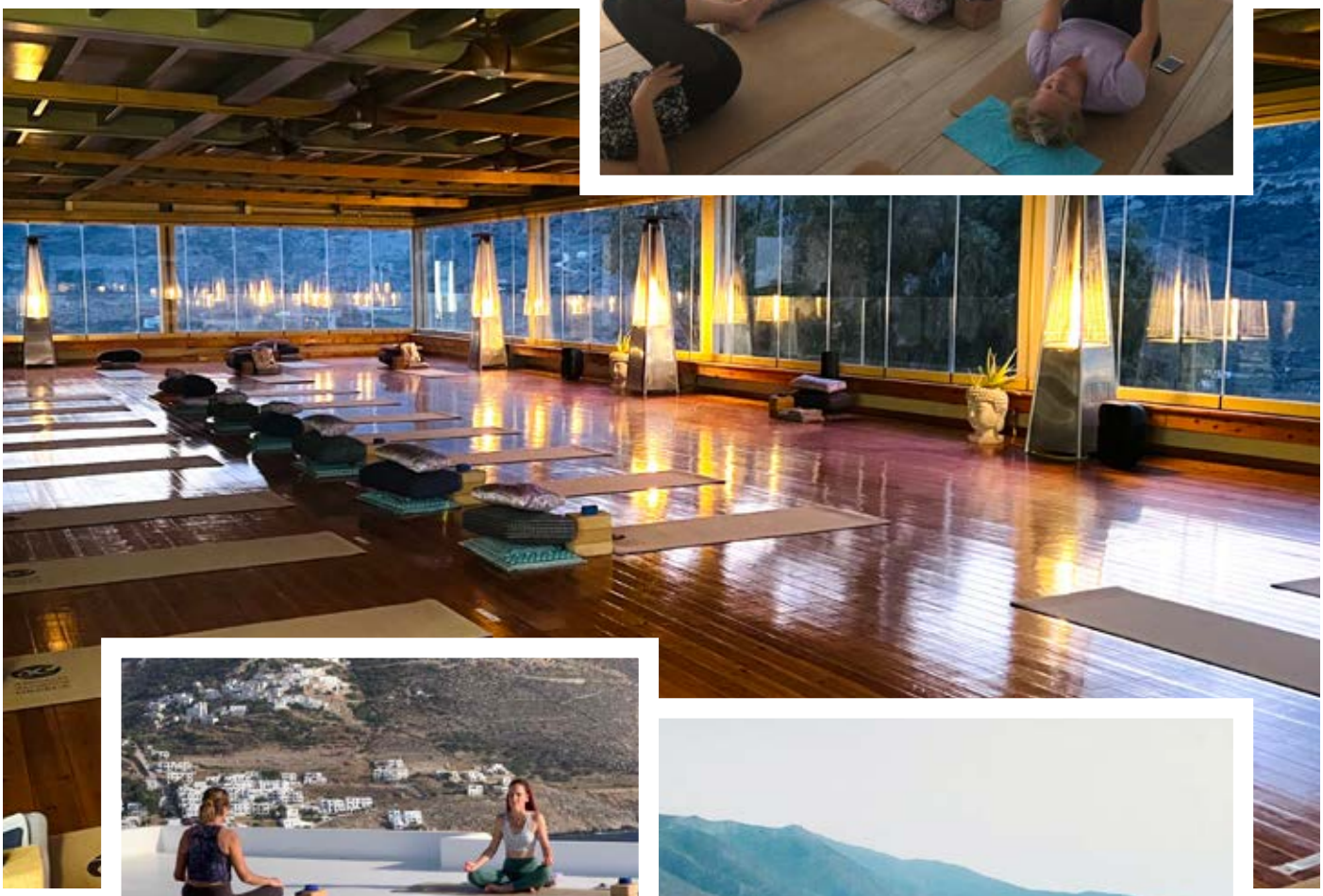
- 6 days, 5 nights in luxurious accommodation
- Yoga mat, props & bolster provided
- Week long yoga immersion (Multiple classes including: Hatha, Sound Healing, Yin, Yoga Nidra, Vinyasa +more)
- Day trip to 11th century monastery & big blue beach swim
- 2X nourishing gourmet meals each day
- Use of hammam, indoor sea pool & spa area
- 1X 30min Massage
- Full access to premium resort facilities including fully equipped gym & resort pool.
- Local port transfers
- Free high-speed Wi-Fi throughout rooms & resort



Choose your yoga journey

Respond to what your body and soul needs, design your own retreat each day. Select from different fully optional yoga, meditation & wellness sessions. Each one tailored to suit all ability levels and carefully matched to stunning shalas. From clifftop terraces overlooking the endless blue to comfortable indoor shalas shielded from the elements.









Yoga

Do as much or as little yoga as you like each day.
Sleep in, read a book and enjoy the evening classes or start your retreat early and take in a full day.

Sample Day

7:30am- 8:00am
Morning Meditation & Breathwork
A gentle awakening to centre your mind and set your intention for the day.

8:00am – 9:00am
Sunrise Yoga
Flow into movement as the sun rises over the ocean—a truly magical start to your morning.

9:00am – 10:30am
Nourishing Breakfast
Enjoy a slow, nourishing breakfast with ocean views, sounds of nature and good company.

11:30am – 12:30pm
Yoga Workshop or Deep Dive Session
Expand your practice with guided workshops, deeper postural work, or self-exploration sessions.

12:30pm – 5:30pm
Free Time
Relax, Explorethe Island, Swim. Rest by the pool, book a massage, venture out to explore the town, swim in the ocean—this time is yours.

5:30pm – 6:30pm
Afternoon Yoga
Ease into the evening with a grounding session to reset and reconnect.

7:00pm
Dinner
Share stories and laughter over a delicious communal meal.

8:30pm-9:30pm
Evening Meditation or Restorative Yoga
Unwind under the stars with calming practices that guide you into deep rest.

2x Daily Meals





2X nourishing meals each day. Our retreat cuisine celebrates the authentic flavors of the Aegean, serving only the freshest, most nutritious meals and drinks that honor Greek culinary traditions while catering to all dietary requirements for breakfast, lunch and dinner.

Retreat meals can cater for vegan, vegetarian, pescatarian and gluten-free diets. We source ingredients locally from Amorgos farmers and fishermen, featuring island-grown vegetables, wild herbs from the hillsides, local cheeses, and the finest Greek olive oil—embodying the pure, sustainable essence of Mediterranean island life.

In addition to daily yoga and meals your retreat also includes:



Island excursion.





Yoga mat, props & bolsters



Unlimited Spa & Hammam use.



Fully equipped fitness centre



30min massage

Yoga Shalas

Explore yoga, ceremony, workshops and sound across different resort yoga shalas











Resort accommodation options.

Twin Room



Private Room







All rooms include:

- Private bathroom
- Air conditioning
- Separate closet
- Luxury linen
- Robes & towels
- Work desk
- Tea & coffee facilities
- In room safe
- WiFi & Cable TV
- Hairdryer

