



## YOGA + WELLNESS RETREAT

Ancient Epidaurus, Greece

October 5 – 12, 2024

### Day 1 – Saturday, October 5

We will rendezvous at Athens Airport for a 3:00 pm group transport to the retreat center in Ancient Epidaurus, 2 hours south of Athens. You'll settle into your accommodations, explore the hotel environs, and meet with the center host before enjoying our opening circle and first practice together, a peaceful Yoga Nidra Meditation + Restorative Yoga to wipe off the day of travel. An opening night dinner follows.

### Day 2 – Sunday, October 6

Start your first full day on retreat with an early morning meditation and a refreshing Vinyasa flow after a good night's sleep, followed by breakfast. Our group excursion will be a leisurely walk through the village of Epidaurus to the small beach of the Sunken City, to Athena Farm, where we will experience a tasting of local organic products from the area. There will be time to further explore the local area before our gentle evening practice and group dinner.

### Day 3 – Monday, October 7

Wake every day to an early meditation practice overlooking the water, followed by a morning flow to invigorate and energize us. Shortly after breakfast, we will depart for the Village of Nafplio on the Argolic Gulf, a ½ hour drive from our hotel. For those of you interested in seeing the ruins of Mycenae, we can drop you off enroute, before continuing on to explore this beautiful village. An ancient town, Nafplio has been influenced by the Turks, the Venetians and the Franks over the millennia and its medieval Old Town breaths history. We'll spend the day exploring this area before heading back to the retreat center for a relaxing evening practice and dinner.

### Day 4 – Tuesday, October 8

Wake every day to an early meditation practice overlooking the water, followed by a morning flow to invigorate and energize us. After breakfast, we'll take a short ferry ride to the island of



Poros and spend the day exploring this lovely island, full of pine forests, lemon trees and old-world charm. Enjoy a stroll along the waterfront, visit the temple of Poseidon or shop in its quaint shops. We'll return to the mainland in time for a relaxing practice and dinner.

### **Day 5 – Wednesday, October 9**

Wake every day to an early meditation practice overlooking the water, followed by a morning flow to invigorate and energize us. Today, we'll offer the optional excursion as a group to the Amphitheater of Epidaurus, at the Sanctuary of Asclepius. If you prefer to head off on your own, there are plenty of local activities and areas to explore. We'll come together again in our evening practice and dinner.

### **Day 6 – Thursday, October 10**

Wake every day to an early meditation practice overlooking the water, followed by a morning flow to invigorate and energize us. After breakfast, we'll take a short ferry ride to the island of Spetses and spend the day exploring this lovely island, a cosmopolitan and favored destination of Athenians. With no cars allowed on the island, it's a walker's paradise. If that's not for you, a charming horse and carriage ride will show you the sites. Wander onto a secluded beach shaded by pine trees, visit the old boatyards full of history, or shop the elegant stores in the Old Harbour. We'll return to the mainland in time for a relaxing practice and dinner.

### **Day 7 – Friday, October 11**

Wake every day to an early meditation practice overlooking the water, followed by a morning flow to invigorate and energize us. After breakfast, we'll offer the optional group boat excursion to explore the uninhabited islands of the bay for a truly leisurely last day of sun, quiet and camaraderie. If you prefer to head off on your own, there are plenty of local activities and areas to explore or stay at the hotel and have one last day of leisure. We'll come together for a Yoga Nidra Meditation + Closing Circle, before heading off to our final dinner.

### **Day 8 – Friday, October 12**

There will be a final morning practice offered and breakfast, before coordinating for the final group transport back to Athens airport. We won't want to leave!