

# YOGA + WELLNESS RETREAT

Ancient Epidaurus, Greece

October 4 – 11, 2025

## Day 1 – Saturday, October 4

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 5

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 guided historical walking tour through the village of [Epidaurus](#) to the small beach of the [Sunken City](#), learning about the archeological treasures and ancient history of the area from a local expert. You can explore the town more on your own before our gentle evening practice and dinner.

## Day 3 – Monday, October 6

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, or an rent ATV's and explore the island at faster clip. 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 4 – Tuesday, October 7

Wake every day to an early meditation practice overlooking the water, followed by a morning flow to invigorate and energize us. Today, we'll step into the ancient world and visit the [Amphitheater of Epidaurus](#), part of the famous healing [Sanctuary of Asclepius](#). A local guide will take us through the ruins as we learn about the amazing role this area played in healing the people that came from far away to see its doctors. We'll come together again in our evening practice and dinner.

## Day 5 – Wednesday, October 8

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 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 6 – Thursday, October 9

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. An optional side-trip to the island of [Hydra](#) will be offered, with the ferry leaving from Poros. We'll return to the mainland in time for a relaxing practice and dinner.

## Day 7 – Friday, 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 offer optional activities of additional excursions around the area or, if you prefer, you have a free day to spend at one of the local beaches or set out exploring on your own. We'll come together for one final evening practice and our farewell dinner.

## Day 8 – Saturday, October 11

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