
KEFALONIA YOGA RETREAT

7 Days Yoga Retreat, Sailing, SUP, Hiking, and Wellness in Kefalonia, Greece.



Introduction

Kefalonia Yoga Retreat involves Sailing trips in the Ionian Sea as well as daily Yoga and Meditation sessions in a luxurious villa. The retreat will be taking place between **1st and 7th May 2020** and will be held at “*Verde e Mare Luxury Residences*” in **Agia Efimia, Kefalonia, Greece**.

RECHARGE, REJUVENATE, REBOOT.

A WEEK IN KEFALONIA

Thinking of paradise? Kefalonia Yoga Retreat is the ultimate vacation to the Ionian Sea, Greece, for anyone who is looking for a relaxing wellbeing holiday combined with yoga and sailing! Not only does this 7-day summertime retreat feature daily yoga, but also times to get unforgettable sailing experiences.



Kefalonia Island is part of the Ionian Islands and one of the prime vacation spots in Greece. It is celebrated for its dramatic scenery combining mountain and sea. The island of contrasts, a mix of mythology and history. Most visitors have made Kefalonia a yearly trip, and have marked it as an unforgettable destination. In Kefalonia you can enjoy the Greek nature, the

fresh sea breeze, the welcoming waters of the Ionian Sea, the traditional Greek cuisine and last but not least the unique Greek hospitality!



Highlights

- Daily Yoga sessions
- Daily meditation
- Healthy Meals (Breakfast & Lunch included)
- Sailing trip around Kefalonia and Ithaca Island
- Swim at unspoiled beaches and taste the traditional local cuisine
- SUP Board
- Snorkelling
- Guided hikes
- Free time to explore and do activities of your own choice
- 7 days/ 6 nights accommodation in a luxury villa
- Shuttle transfers from and to the airport (EFL airport only)

PROGRAM

-DAY 1

Arriving at Kefalonia Airport where our car/van will take you to the retreat in Agia Efimia. After check in, we'll begin our program with a relaxing walk to the fabulous village of Agia Efimia followed by a pleasant evening of meeting all of our guests and dining in one of the local restaurants. The intention of the first day is to drop in and ease ourselves into the island atmosphere and vibes.

-DAY 2

When you wake up for the first morning on the island, you can enjoy the fresh Kefalonia's air while having a healthy juice or coffee. As standard afterwards, its time to detox our minds with yoga and meditation sessions. Once you finish, a healthy breakfast will be waiting for you. In the afternoon, you will have all the time to visit the local beaches, just 5minutes walk from the Villa and have lunch when you get back. We'll follow our yoga sessions later on and leave some free time to relax and enjoy your evening.

-DAY 3

The third day and after the standard morning yoga session, you will be having a sailing cruise to Ithaca with our S/Y Venus. We'll set sail as early as possible to Gidaki Beach which is considered the best beach in Ithaca, while it is often ranked among the best beaches in Greece! The turquoise blue waters and the natural landscape with the scenic, lush vegetation impress every visitor. It's a pebbled beach with larger pebbles on the western side and smaller on the sand to the east. The bay is open, ideal for swimming from one side to the other. Afterwards, we will visit Filiatro beach/bay. The water in Filiatro is amazing: transparent, turquoise and clear all year round and the beach is narrow and long ideal for endless swimming. The aim of this retreat

is rejuvenation, so we'll make sure that you get enough wellness classes during your Ithaca cruise.

-DAY 4

For the fourth day, the main activity is a guided hike: Agia Efimia-Drakopoulata. Particularly, from the seaside village of Agia Efimia head to the stone village of Tarkasata, the monastery of Themata and the mountainside village of Drakopoulata. During the hike you can relax and enjoy the nature and scenic views.

-DAY 5

Next day, we have planed another sailing trip to the eastern shore of Kefalonia and all its beautiful bays. Be assured that the skipper always picks the best places to visit, swim and snorkel. If you are also lucky enough, you can even see dolphins, sea turtles as well as rare migratory birds cruising alongside our boat.

-DAY 6

The sixth day, you will be able to enjoy a big hike from Agia Efimia on the east side across to the famous Myrtos Bay on the west. However, It's not as strenuous as it first appears because the walk takes you across the narrowest part of the island. Myrtos is without doubt one of the most important poles of attraction. This marvellous bay is surrounded by tall and green cliffs and is made by million of white small pebbles. The colour of the sea changes from dark blue to electric blue and turquoise, and the panorama offered by Myrtos beach is really stunning at every moment of the day.

-DAY 7

Last day, we'll send you off with a detoxifying yoga or meditation class. Tie the experience together with a final meal and free time to relax by the pool before checking out.

YOGA STYLES (all open to all levels of yoga):

POWER YOGA

Fast-flowing calm and control meets strength and flexibility. Expect to sweat, move and breathe. Static holds, playful flows, all set to uplifting music.

BREATHWORK & YIN

A gentle, slower yoga class allowing time to settle into postures with focus on breath and mindfulness. This practice involves asanas to release tension and increase flexibility. Class ends with long stretches and meditation.

RESTORATIVE YOGA & REIKI:

A deeply relaxing experience where you will be guided through breathing exercises, gentle restorative poses and a reiki meditation. You'll leave feeling: balanced and grounded.

In addition to these 3 yoga styles, optional extra workshop classes can be arranged:

- Chakra workshop
- Body alignment workshop
- Ayurveda and morning rituals workshop

The yoga instructor: Anna Henrika Salomaa



Anna Henrika is a multi-style yoga teacher, with 7 years of practise. Being passionate to yoga, she is also a holistic health coach and a reiki practitioner. Anna helps clients embrace themselves as a whole; respecting the mind and the body equally. Being passionate about different styles of training, her sessions are inspired by power, flow and meditation; ensuring that students feel inspired, energized and motivated on their journey to a healthier, happier and self-loving life. Instagram: @annahenrika

THE VENUE

The retreat is a luxurious residential complex overlooking the picturesque village of Agia Efimia, only 150 meters from the sea. Within a specially designed environment of lush green and stone, the retreat is an attraction for those who want to live unique moments of relaxation and wellbeing. Moreover, the panoramic view of the amazing crystal clear Ionian waters, between Kefalonia and Ithaca emerging from the horizon and the amazing sunshine combined with multifarious colours and earthy aromas, compose an idyllic setting for rejuvenating holidays, as close as it gets to nature.



Amenities:

- Outdoor swimming pool
- Private parking
- Panoramic sea view
- Balconies / Large garden
- Sunbeds / Umbrellas
- Outdoor grill / BBC
- Telephone connection with reception
- Air conditioning in all rooms
- Spacious lounge
- Satellite TV
- DVD / CD player
- Full equipped kitchenette
- Kettle
- Coffee machine
- Toaster
- Refrigerator
- Microwave oven
- Bathrooms with bath accessories
- Wall mounted mirror
- Toilet furniture
- Clothes hamper
- Hairdryer
- Safe deposit box
- Luggage storage
- WiFi





The village of Agia Efimia is one of the most popular tourist destinations, from which the visitor can wander throughout Kefalonia with ease. The traditional architecture, the hospitable residents, the magnificent sceneries, the picturesque bay with the fish taverns, the restaurants and entertainment shops, the endless view of the Ionian Sea and the island of Ithaca, the green landscapes and the crystal waters, create an ideal place for the summer holidays. The beautiful harbour of Agia Efimia is a famous yacht berth for recreational boats from around the world, and also base for our sailing yacht 'Venus' which moors at its harbour.

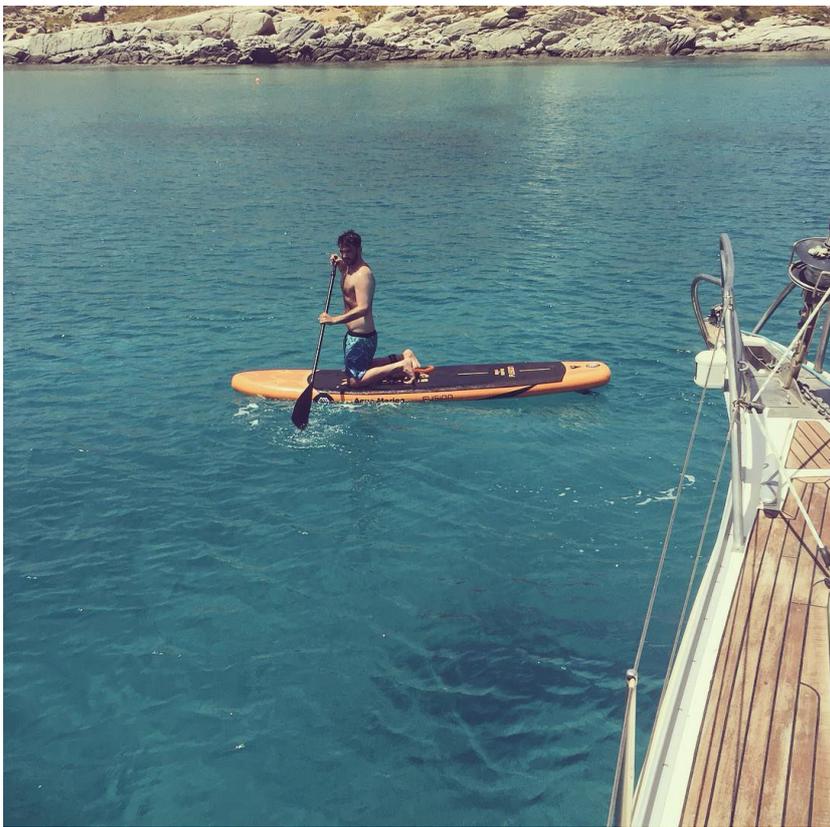


THE BOAT - S/Y Venus

The boat named “Venus”, Ocean Star 51.2ft / Refit 2018, is a fabulous sailing yacht and an excellent charter available in Kefalonia, Greece. It is a wonderful vessel to explore the Ionian Islands including the wonders of Kefalonia and the gorgeous Ithaca which is well-known as the home of Odysseus and is breathtakingly beautiful with its clear turquoise waters and blessed with secluded pebbled beaches.



Water toys : Snorkelling equipment, GoPro Action Camera and SUP (Stand Up Paddle Boarding)



ACCOMMODATION PACKAGES

MAY 1st-7th 2020

-Double room to share

Ideal for solo travellers who would like to share a room with another retreat guest.

FROM £850 / PER PERSON - EARLY BIRD DISCOUNT 10% OFF for bookings made up to 1/3/2020.



-Double Occupancy

Coming with a partner, then the Double occupancy room is for you.

FROM £950 / PER PERSON - EARLY BIRD DISCOUNT 10% OFF for bookings made up to 1/3/2020.

-Single Occupancy

For those who fancy having the whole room to themselves, the Single occupancy room is the most suitable option.

FROM £1,200 / PER PERSON - EARLY BIRD DISCOUNT 10% OFF for bookings made up to 1/3/2020.



PAYMENT INFORMATION

To confirm your reservation, you will be required to make an initial deposit of £500 as well as signing an application form with our terms and conditions (T&C). By reserving your space through placing your deposit with us, you are agreeing to the stated policies in our T&C.

For more information and reservations please contact our customer service at +44 20 3926 5988 or email us at info@yachtpon.com