

YOGA IN KEFALONIA RETREATS

RETREAT ITINERARY

DAY 1 – ARRIVALS DAY

Morning arrivals of guests, handing out of gift packs, meet and greet, coffees, teas and Greek pastries, leisure time

12.00 – Transfer to Lepeda beach for a swim – lunch at your own cost

15.00 - Siesta/free time

18.00 – Kundalini Yoga class and meditation (themed)

20.00 – Gyro dinner on the veranda

DAY 2

07.30 – Kundalini Yoga class and meditation (themed)

09.00 - Al fresco organic breakfast

10.00 - Island tour in 7 seater vehicle (with guide) to Fiskardo, Assos and Myrtos Beach

15.00 - Siesta/free time

18.30 - Leave for Petani Beach, swim and dinner at Erasmia Taverna at sunset

DAY 3

09.00 - Al fresco organic breakfast

10.00 – Transfer to Vouti Beach (or suitable beach). Drinks and snacks

14.00 - Siesta/free time

18.00 – Leave for wine farm. Yoga in the vineyards, followed by a walking wine tour and tasting and picnic on the lawn

DAY 4

09.00 - Al fresco organic breakfast

10.00 – Morning at your leisure

15.00 – Interactive Greek cooking class

18.30 – Kundalini Yoga class and meditation (themed)

20.00 – Dinner on the veranda – We will eat what we cooked in our cooking class

DAY 5

09.00 - Al fresco organic breakfast

10.00 – Transfer to Xi or Lepeda or Atheras beach (to be decided on the day)

15.00 - Siesta/free time

18.00 - Leave for Sparos Bistro at Mega Lakos beach where we will do a yoga class, have a swim and eat a fresh fish dinner

DAY 6

09.00 - Al fresco organic breakfast

10.00 – Morning at your leisure/ beach transfer

15.00 – Interactive Greek cooking class

18.30 – Kundalini Yoga class and meditation (themed)

20.00 – Dinner on the veranda – We will eat what we cooked in our cooking class

DAY 7 - DEPARTURES DAY

Breakfast will be available and Alex and Maria will transfer guests at various times, to the Lixouri ferry.

Note: Schedule is subject to change depending on the weather or other unforeseen circumstances

WHAT'S INCLUDED:

- Accommodation
- Breakfasts, teas, coffees, waters
- Transfer to various beaches
- Daily yoga and meditation

- Vision Board Workshop
- 2 x interactive cooking classes
- 3 dinners
- Recipe file and Yoga file to take home with you

WHAT'S EXCLUDED:

- Flights. Please note that there are many direct flights to Kefalonia/Cephalonia from England, Scotland and Europe.
- Taxi from the airport to Argostoli Port (approx. 20 Euros)
- Ferry boat ride from Argostoli to Lixouri Port (approx. 2.80 euros)
- Lunches
- 3 dinners
- Alcohol, soft drinks
- Any additional tours not mentioned in the itinerary