

GREECE YOGA RETREAT



WITH INNA & EMILY CHILDS
JULY 13 - JULY 18, 2024



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HIGHLAND YOGA
FIND YOUR FLOW

Greece Yoga Retreat

July 13 - 18, 2024



6 days/5 nights at Aegialis Resort
in beautiful Amorgos, Greece



Yoga twice daily



Locally sourced meals
(breakfast and dinner included)



Historical tours, cooking classes,
massage, and more excursions available



Connect with community, relax, and
immerse yourself in Greek culture!

What students are saying...

"The HY retreat to Amansala Tulum in 2019 was one of the best vacations of my life. Food was healthy, fresh and fantastic, Yoga while watching the sun come up over the Carribean Sea was mind blowingly spectacular. Best of all was getting to know other members of the HY community, many of whom we still hang out with on a regular basis. I can't wait to go back" -- Ron Farmer

"Hands down one of the best experiences I have ever had, I can't wait to go on the next HY Adventure (retreat). We did a lot of yoga together, but we also had a lot of excursions and activities off the mat that really made the retreat so fun and memorable. HY yoga does a great job planning out the retreat so that you can do ALL extracurricular activities with the community, or, you can practice chilling in your Savasana on you own any given day. The accommodations chosen by HY were first class, so you'll feel very comfortable throughout your stay. The biggest and perhaps unexpected benefit of the retreat was amazing HY community, I established real meaningful relationships that have continued to last long after the Adventure." --Patrick Lennon

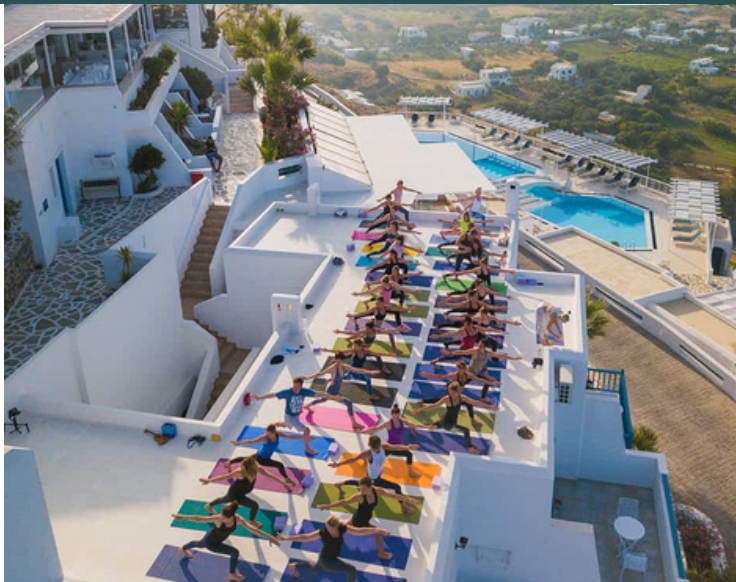
Rooms + Rates

Aegilias is the only 5-star hotel on Amorgos Island + all rooms offer a view!

- **Superior Room with Private Balcony**
 - 1 King OR 2 Twin
 - \$2200/single
 - \$1525/person double
- **Exclusive Room with Private Entrance + Large Private Veranda with Sunbeds**
 - 1 King OR 2 Twin (without gap between)
 - \$2575/single
 - \$1850/person double
- **Junior Suite with Bedroom and Sitting Area + Shaded Private Veranda with Outdoor Bed and TV**
 - 1 King OR 2 Twin (without gap between) + 2 Folded Bunks
 - \$2375/person double
 - \$1800/person triple
 - \$1450/person quadruple
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DAILY YOGA + MEDITATION



Sample Daily Itinerary

- 8:30 am - Power Yoga + Meditation
- 10 am - Coffee + Breakfast
- 11 am - 4:30pm - Free Time
- 4:30 - 6 pm - Deep Stretch + Meditation
- 6:30 pm - Dinner

FAQ

Getting to Aegialis

- Fly to Athens
- Take ferry from Athens directly (approx. 7-8 hours)
OR fly to other islands and take ferry from there
 - Santorini (approx. 75 minute ferry ride)
 - Naxos (approx. 80 minute ferry ride)
 - Mykonos (approx. two hour ferry ride)
- Transfers to hotel are included

What To Bring

- Yoga/workout clothes
- Yoga mat (optional - mats are available to borrow)
- Swimsuit
- Sunscreen
- Sandals
- Cash - USD and EURO (we recommend exchanging currency at the ATL airport)
- Hat + Sunglasses
- Headphones
- Beach bag

What's included?

- Breakfast and dinner daily - excludes alcohol
- Two yoga classes daily
- Transfers upon arrival and departure to Amorgos
- One 30 minute relaxing massage + 10% off additional face and body treatments at Lalon Idor Spa
- Use of Lalon Idor Spa facilities (sauna, hammam, jacuzzi, indoor pool, fitness center)
- Wifi
- Accommodations, plus tax and gratuity, *Please note there is a tourist accommodation tax of 4 € per room per night that is not included and has to be paid separately by all during check out

Ready to book?

- \$600 nonrefundable, nontransferable deposit to secure your spot.
- Payment in full required May 1, 2024.
- Email victoria@highland-yoga.com to secure your spot.



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