

Travel Itinerary

SKYROS, GREECE 8 Day Retreat

Wednesday 18th JUNE- Thursday 26TH JUNE 2025

DAILY SCHEDULE	<p>MORNING: 7AM HERBAL TEA AND SNACKS 7.30-9AM YOGA 10AM - BRUNCH</p> <p>AFTERNOON: MIDDAY CLASS/TREATMENT</p> <p>EVENING: 4.30 PM POWER SNACK 5.30-7PM YOGA 7:30PM DINNER</p>
YOGA	<p>MORNING: 8.30 AM DEEP SLOW FLOW (mobility focus)</p> <p>MIDDAY Conditioning *signature yogastrong</p> <p>EVENING: 5.30 PM DEEP POWER FLOW/ YIN</p>
DURING THE 8 DAYS	<p>DAY 1 ARRIVALS- Please arrive latest by 3pm for checkin - Class 5.30pm (exception for ferry goers- dinner awaits your arrival)</p> <p>DAY 2 YOGA DAY</p> <p>DAY 3 YOGA DAY</p> <p>DAY 4 DAY BOAT TRIP + MEAL OUT</p> <p>DAY 5 YOGA DAY</p> <p>DAY 6 YOGA DAY</p> <p>DAY 7 YOGA + MASSAGE WORKSHOP</p> <p>DAY 8 YOGA DAY+ MEAL OUT/CLOSING OF RETREAT</p> <p>DAY 9 DEPARTURES</p> <p>(subject to minor changes depending on weather)</p>
EXPLORE	<p>TREATMENT Experience the powerful works of Thai Yoga Massage/Ostepathy with Vangelis ONE one hour treatment included during retreat.</p> <p>BOATRIP Inclusive in price with lunch provided on the boat</p> <p>BICYCLE HIRE Bikes are available to hire close by if you wish to purchase for a day at a reasonable day fee of 25 euro/10 euro half day</p> <p>TAXIS Airport/ferry transfers on Skyros on the day of arrival (18th)/departure(26th) are inclusive as well as transport to/from boat trip</p>

[I WANT IN! FILL IN PERSONAL INFORMATION FORM HERE AND NOW- CLICK HERE](#)

Greece Retreat:

Island of Skyros

Greece, Skyros – 8 Days
18th June-26TH JUNE 2025

RETREAT COSTS	<p>TOTAL COST: EARLY BIRD: 2399 CHF PAID IN FULL BY FEBRUARY 28TH 2025</p> <p>STANDARD 2750 CHF PAID IN FULL BY APRIL 15TH 2025</p> <p>DEPOSIT: 950 CHF to confirm spot</p> <p>PAYMENT METHOD: Bank Transfer (details given on confirmation)</p>
TRAVEL INFO	<p>GETTING TO SKYROS</p> <p>There are two options:</p> <ul style="list-style-type: none"> • Fly directly to Skyros • Fly to Athens then take a bus/taxi and a ferry to Skyros (the scenic route) <p>Please be sure not just to check airline searches such as Kayak or Skyscanner. Go directly to Aegean Airlines or Olympic Air, Sky Express or Swiss International Airlines. for potential DIRECT flights as there are not many per day.</p> <p>Once you arrive at Skyros airport you can get a taxi to the hotel.</p> <p>If coming by bus/ferry it is necessary to get the X93 bus from the Athens Airport to KTEL bus station in Liosion and get the bus to Port Kymi (3hrs) or a taxi from the airport to the Port can cost 100+ euro unless shared. The bus will stop briefly at Chalkilda for a break but only briefly so be sure not to miss getting back on. (Chalkilda is a beautiful town if you have time to break your journey up and travel to Chalkilda then to Skyros)</p> <p>LINK TO BUS/ FERRY TIMES <u>FERRY TIMETABLE</u> <u>BUS TIMETABLE</u></p>
ARRIVALS	<p>DAY TIME Once informed of your flight and arrival time, taxis will be arranged on your behalf from airport to retreat location</p> <ul style="list-style-type: none"> • try to arrive midday <p>Welcome ! Settling in time</p> <p>18TH JUNE EVENING: 5.30 PM DEEP POWER FLOW TO YIN</p>
DEPARTURES	<p>25TH JUNE EVENING Fond Farewells at dinner after an amazing retreat.</p> <p>26TH JUNE MORNING *The retreat will end in the evening due to early flights Taxi will be organised to get you to the airport/ferry for a safe journey home.</p>
FOOD/ STAY	<p>MORNING: 7.00am Herbal Tea and Snacks</p> <p>BRUNCH 10AM</p> <p>AFTERNOON Surprise Sweet/Savoury Snacks and Refreshments</p> <p>EVENING: 7.30pm Dinner</p> <p>STAY https://www.skyroshotel.gr</p>