

GREECE RETREAT: ISLAND OF SKYROS

Travel Itinerary

SKYROS, GREECE 10 Day Trip

27th MAY- 6TH JUNE 2024

AVERAGE DAY	MORNING:	7.30AM HERBAL TEA AND SNACKS 8.30-10AM YOGA 10AM -NOON BRUNCH
	AFTERNOON:	REST/ EXPLORE/ TREATMENT
	EVENING:	5PM POWER SNACK 5.30-7PM YOGA 7:30PM DINNER
YOGA	MORNING:	8.30 AM DEEP SLOW FLOW
	EVENING:	5.30 PM DEEP POWER FLOW TO YIN
DURING THE 10 DAYS	DAY 1	ARRIVALS
	DAY 2	YOGA DAY
	DAY 3	YOGA DAY
	DAY 4	DAY BOAT TRIP
	DAY 5	YOGA DAY
	DAY 6	FREE DAY
	DAY 7	YOGA DAY
	DAY 8	HALF YOGA DAY / OPTIONAL HIKE/ TREATMENT
	DAY 9	YOGA DAY
	DAY 10	DEPARTURES
EXPLORE	TREATMENT	Experience the powerful works of Thai Yoga Massage/Ostopathy with Vangelis ONE one hour treatment included during retreat.
	BOATRIP	Inclusive in price with lunch provided on the boat
	DIVING	Exclusive in price but bookable for free day/half day
	FORT SKYROS	Early morning Hike to Skyros Fort and Town
	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

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ISLAND OF SKYROS

Greece, Skyros – 10 Days

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RETREAT COSTS	<p>TOTAL COST: EARLY BIRD: 2500 CHF PAID IN FULL BY MARCH 31ST 2024</p> <p>STANDARD 2700 CHF PAID IN FULL BY APRIL 27TH 2024</p> <p>DEPOSIT: 950 CHF DUE BY FRIDAY MARCH 1ST 2024</p> <p>PAYMENT METHOD: TransferWise (we will send you the link in a personal mail)</p>
TRAVEL INFO	<p>GETTING TO SKYROS 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 FERRY TIMETABLE BUS TIMETABLE</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>27TH MAY EVENING: 5.30 PM DEEP POWER FLOW TO YIN</p>
DEPARTURES	<p>6TH JUNE MORNING Fond farewells after an amazing retreat.</p> <p>*The retreat will end midday noon</p> <p>Taxi will be organised to get you to the airport for a safe journey home.</p>
FOOD/ STAY	<p>MORNING: 7.30am Herbal Tea and Snacks</p> <p>BRUNCH 10AM: International Breakfast of Tea, Fruit, Eggs etc ..</p> <p>AFTERNOON: Afendula Surprise Sweet/Savoury Snacks and Refreshments</p> <p>EVENING: 7.30–8pm Dinner</p> <p>STAY https://www.skyroshotel.gr</p>