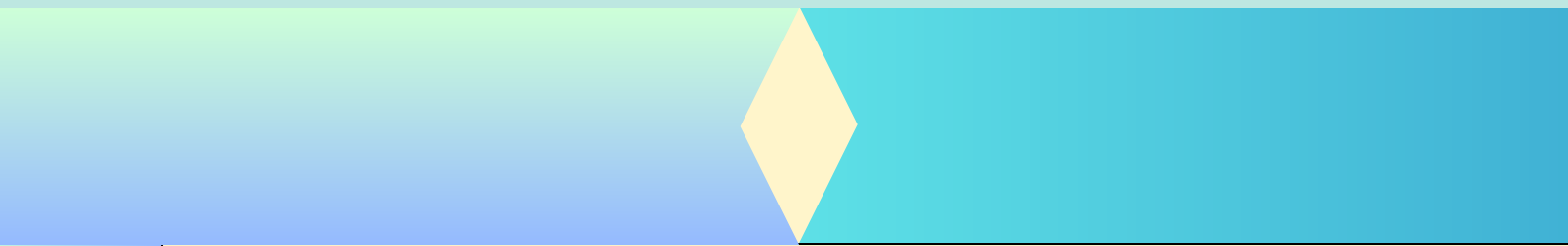


Travel Itinerary

ANDROS INTENSIVE, GREECE 7 Day Retreat
Saturday 10th October- Friday 16th October 2026



DAILY SCHEDULE	<p>MORNING: 7:45 AM HERBAL TEA AND SNACKS 8:30 -10: 30 AM YOGA 11 AM BRUNCH</p> <p>AFTERNOON: MIDDAY TREATMENTS</p> <p>EVENING: 4:30 PM POWER SNACK 5:30 -7PM YOGA 7:45PM DINNER</p>	
YOGA	<p>MORNING: 8.30 AM DEEP FLOW (mobility – strong)</p> <p>MIDDAY Massages/Workshops</p> <p>EVENING: 5.30 PM DEEP RESTORATIVE FLOW/ YIN</p>	
DURING THE 5 DAYS	<p>DAY 1 (10) ARRIVALS- Please arrive by 3pm for checkin – Class 5.30pm, dinner 7.30pm</p> <p>DAY 2 YOGA DAY</p> <p>DAY 3 Yoga and Workshops</p> <p>DAY 4 Yoga and Hike</p> <p>DAY 5 YOGA DAY</p> <p>DAY 6 Yoga and Workshops</p> <p>DAY 7 (16) YOGA + Departures (subject to minor changes depending on weather and timings of day)</p>	
EXPLORE	<p>TREATMENT Experience the powerful works of Thai Yoga Massage/Osteopathy/Craniosacral with Vangelis (ONE one hour treatment included during retreat- any further treatments at your Vangelis is at your disposal at 100 euro/session)</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 Taxis to Andros can be arranged by our island companions otherwise contacts are here for booking:</p> <p>FERRIES</p> <ul style="list-style-type: none"> • Ferries to and from the island stand at 50 euro return.. available times are HERE: 	

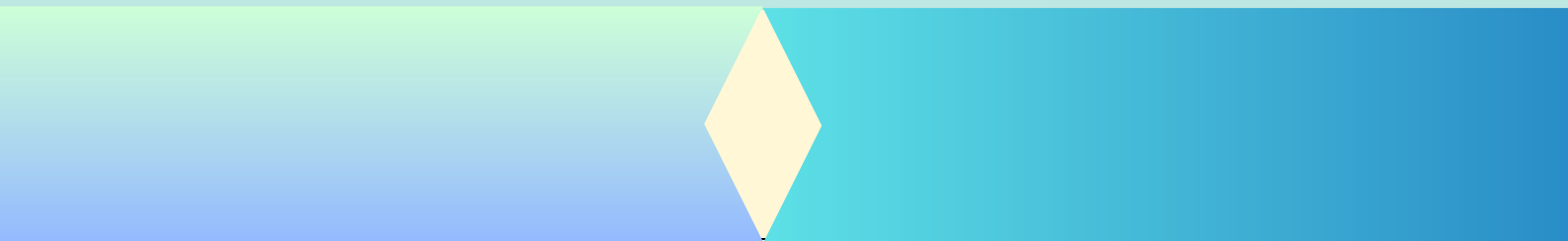
[I WANT IN! FILL IN PERSONAL INFORMATION FORM HERE AND NOW- CLICK HERE](#)



Greece Retreat: Island of Andros



7 Days
10th October-16th October 2026



RETREAT COSTS	<p>TOTAL COST: 3200 CHF PAID IN FULL BY July 16th 2026</p> <p>DEPOSIT: 1600 CHF to confirm spot June 14th</p> <p>PAYMENT METHOD: CASH IS KING!</p>	
TRAVEL INFO	<p>GETTING TO ANDROS</p> <ul style="list-style-type: none"> • Fly directly to Athens • Taxis to Rafina port -(20-30 mins) • Take Ferry to Andros • Taxi Pick up to Accomodation <p>FERRY TIMES <u>FERRY TIMETABLE</u></p>	
ARRIVALS	<p>SATURDAY 10TH OCTOBER</p> <p>Once informed of your flight and arrival time we can aid in arranged your taxi pick up</p> <p>Welcome ! Settling in time</p>	
DEPARTURES	<p>16TH FRIDAY OCTOBER</p> <p>Morning Class / Brunch/ Departures</p> <p>If travel is earlier we will aim to organise taxis to get you to the ferry for a safe journey home.</p>	
FOOD	<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>	