

VILLA EVANGELINI - SYROS - GREECE

UNWINDING YOGA RETREAT

We may adapt the program at any time to best support the comfort and well-being of our retreat participants.

SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 08:30		Sunrise Cacao Ceremony	Meditation	Meditation	Meditation	Meditation
08:30 - 10:00		Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga
10:00 - 12:00		Brunch	Brunch	Brunch	Brunch	Final Sharing Circle
12:00 - 16:00	Arrival & check in	Free Time**	Afternoon at the Beach	Free Time	Free Time	11:00 Brunch
16:00 - 17:00	Afternoon* snack					13:00 Departure
17:30 - 18:30		Evening Yoga	Evening Yoga	Evening Yoga	Evening Yoga	
19:00 - 20:00	Dinner	Dinner	Dinner	Dinner at George's Taverna	Dinner	
20:30	Welcome Sharing Circle		Sound Healing		Closing Ceremony	

**In your free time, explore seaside escapes, join a culinary cooking class, or take cultural strolls—or surrender to pure relaxation with a massage or Shiatsu (extra cost applies). There is also plenty of time to simply unwind by the pool, soak up the sun, read, journal, and listen to the birdsong and the gentle waves at the nearby beach.

* served daily

Unwind & Relax Syros Yoga Retreats

Daily Meditation & Pranayama

We start into the day with a guided morning meditation and breathing exercises.

Daily Yoga

We wake up the body in the morning with an energizing hatha or meridian yoga class and unwind with Hatha, Yin and restorative Yoga at the end of the day.



Relax your Body, Mind and Soul



Small groups of 8-14 persons

Delicious homemade food

Made by our home-chef with fresh and local ingredients of the Greek cuisine, our meals nourish body, mind and soul (vegetarian/vegan options available)



Villa Evangelini

There is plenty of time to simply unwind at the charming villa, in the gardens, by the pool. As the times slows down, soak up the sun, read, journal, or listen to the birdsong and the gentle waves at the nearby beach.

Free time

Excursions on the island, cooking class and massages...

In your free time, explore seaside escapes, join a culinary cooking class, or take cultural strolls. Surrender to pure relaxation with a massage or Shiatsu (extra cost applies).

Cacao Ceremony & Sound Healing

These events are included in the retreat and specially tailored for the group, providing unforgettable experiences.



ENJOY THE STUNNING
SURROUNDINGS OF SYROS

www.villaevangelinisyros.com



unwind by the sea