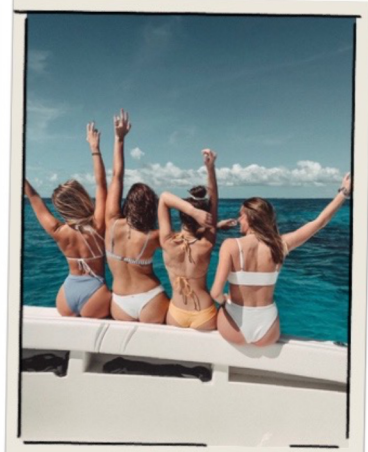
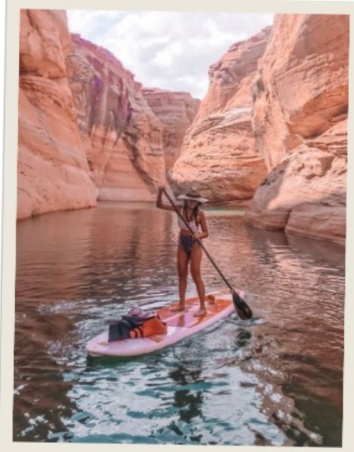
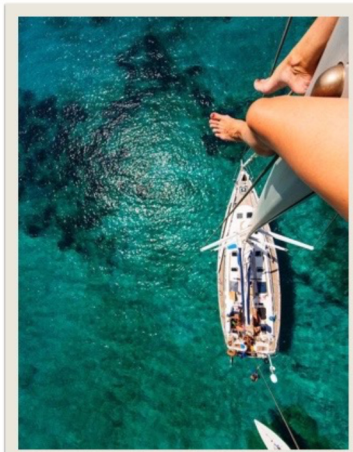




GO WITH
THE FLOW



Sail & Yoga Retreat in Greece

The itinerary



DAY 1 - SATURDAY

AIRPORT PICK UP - SAIL TO SOUNION BAY | OFFSHORE MOORING

Upon arrival, our team is going to welcome you and the group at the provided airport or center city location. Once groups are gathered, you will be taken to lunch at a hand-picked restaurant in Athens. During lunch, a short brief of the trip will take place. After, enjoy an expert guided tour of the Acropolis. Then, you will be transferred to the marina, check in at your boat and then the captain will provide a short safety brief. After, we will set sail to Sounion Bay and moor offshore below the Poseidon Temple. Enjoy dinner while sailing the sea.

DAY 2 - SUNDAY

SOUNION BAY - KYTHNOS ISLAND - MERICHAS MARINA | MARINA MOORING

DISTANCE: 28NM/ EST EN ROUTE: 4 HRS

Next morning, enjoy an organic breakfast on board. We will sail to Kythnos island and moor in Kolona bay. There you will head to your yoga session on a small hill, overlooking the Aegean Archipelago. After the rejuvenating practice, enjoy the sun and the crystal clear waters, participating in a variety of sea activities. A light lunch will be served on board and then we will sail for 15' in Merichas Marina. We will moor there and you will get some free time to explore the sea village located in the marina. In the afternoon, a guided hike from Kanala to Chora will be provided. Then, dinner at a hand-picked restaurant and free time to enjoy your evening.

DAY 3 - MONDAY

KYTHNOS ISLAND - SIFNOS ISLAND (VATHI BAY) | OFFSHORE MOORING

DISTANCE: 35NM/ EST EN ROUTE: 6 HRS

Wake up and enjoy an organic breakfast on board. Post breakfast we will sail to Sifnos island where we will moor in Vathi Bay. Sea activities and exploration of the bay will follow during afternoon. Then, enjoy sunset yoga in Vathi Bay. After, dinner in a hand-picked restaurant by the sea, will energize you. We will overnight offshore, during which you can participate in a philosophy night where discussions based on ancient Greek philosophers' ideas will take place.

DAY 4 - TUESDAY

SIFNOS ISLAND - KAMARES MARINA | MARINA MOORING

Enjoy an organic breakfast on the boat and then head to your yoga session in Vathi Bay. Enjoy some free time before taking a bus to Apollonia where you will have lunch. After, you will have the option to hike to Kastro and Artemonas Village. Dinner will take place in a hand-picked restaurant, located in one of the picturesque alleys of the town. Then, a bus will take you to Kamares Marina, where you will return to your boat and have free time in Sifnos. Plenty of bars are offered both in the Marina and on the main town. So, if you want, you can enjoy a relaxing cocktail with your friends.

DAY 5 - WEDNESDAY

SERIFOS ISLAND - MEGA LIVADI BAY | OFF SHORE MOORING

DISTANCE: 20NM/ EST EN ROUTE: 3,5HRS

Wake and enjoy an organic breakfast on board. Then you will sail to Serifos Mega Livadi. Post lunch, you can take to the sun, relaxing on the boat and participate in sea activities and exploration of the old mines. Sunset yoga session by a breathtaking bridge will follow and then dinner at a tiny Greek Restaurant will signal the closure of a relaxing day.

DAY 6 - THURSDAY

SERIFOS ISLAND - KEA ISLAND - KARTHEA | OFF SHORE MOORING |

DISTANCE: 26NM/ EST EN ROUTE: 4,5 HRS

Wake up in the serene cove of Mega Livadi. Dive into the crystal clear waters and then enjoy a delicious breakfast. Around 9 am we will set sail towards a mythical place; Karthea Bay in Kea island. A secluded cove, accessed only by a boat surrounded by ancient marvels such as a temple and an amphitheater. Light lunch will take place on board and then free time and sea activities. In the afternoon, we will explore the ancient area where your yoga session will take place. Dinner on the beach by a bonfire and then a restful sleep on board will be the perfect closure of this day.

DAY 7 - FRIDAY

KYTHNOS ISLAND - SIFNOS ISLAND (VATHI BAY) | OFFSHORE MOORING

DISTANCE: 35NM/ EST EN ROUTE: 6 HRS

Wake, enjoy breakfast and practice yoga by a temple. Then, sail to Fleves Secret Cove for lunch on board and some last moments for free time amongst the sea. After, we will set sail to Athens Marina. Upon arrival we will give you some time to pack your things. Then, we will enjoy our last dinner in Athens together.

DAY 8 - SATURDAY

CHECK OUT - TRANSFER TO THE AIRPORT

As our trip has come to an end. We will check out the boats at 9 am. A scheduled bus will take you to the Airport, full of memories and stories to share with your loved ones.

Activities

All activities are optional and you can chose to either participate or not.

Sea activities include Stand Up Paddle Board Excursions, Snorkeling Expeditions and Subwing. Hikes are for beginner to intermediate level and again participation is optional.

Yoga Practice

The yoga practice is optional. Our philosophy is that we want your practice to go off the mat and become an immersive experience. Hence, yoga is taking place to a different scenic location every time. We provide yoga mats, blocks and straps if you need to use them during your session.

Meals

All meals are prepared by natural and organic ingredients. We take you only to handpicked restaurants, that offer authentic Greek tastes and use the best components. Prior to your trip we will send you a form, during which you will be invited to inform us about your dietary habits so fur us to ensure that all your meals during the journey are aligned with them.

Weather Conditions

The daily itinerary is weather depended and subject to group dynamics. In the rare case of very strong winds (>26knots) we might modify our itinerary. In the scenario of strong winds, the itinerary is either alternated so to sail the islands of the Saronic Gulf or it might be required to be moored in an island for more days than scheduled. Whatever the case we guarantee that alternative plans will meet the requirements and quality of services as promised.



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