

AMORGOS GREECE

14 - 21 September 2026 Hosted by Michelle + Kylie



ITINERARY

- **Sun 13 Sep** - 5:00pm Sunset welcome dinner. Hill Athens Rooftop Restaurant
- **Mon 14 Sep** - Private transfer to Piraeus Port → SeaJets ferry to Aegiali (approx. 5 hrs) > Hotel check-in → Open Circle → Evening Yin
- **Tue 15 Sep** - Yoga → Pilates → Restorative
- **Wed 16 Sep** - Pilates Mat → Yoga → Yin
- **Thu 17 Sep** - Yoga → Reformer → Meditation
- **Fri 18 Sep** - Greek Cooking or Traditional Dancing
- **Sat 19 Sep** - Pilates Mat → Gentle Yoga
- **Sun 20 Sep** - Stretch → Yoga → Closing Circle
- **Mon 21 Sep** - SeaJets return to Athens → Private transfer to hotel or airport

INFO

- Arrive in Athens by Sunday 13 Sep 2026
- Overnight accommodation in Athens is not included in the retreat price. Guests book independently. Suggest Athens central -
 - Vagabond Guesthouse
 - Attalos Hotel
- Travel insurance is mandatory for all guests
- Optional experiences available during the week (additional cost)
 - Scuba diving or snorkelling
 - Local wine tasting tours

#BEInGreece

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