

# Retreat FAQ's

Athens > Amorgos > Aegialis - 14 – 21 September 2026

Early Bird, up to 28 March      **\$3,995 twin share**  
After 29 March                      **\$4,995 twin share**

Deposit to secure your place      **\$995**

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## Included in the retreat

- 7 nights accommodation at **Aegialis Hotel & Spa, Amorgos**
    - Daily **Pilates and Yoga sessions** with Michelle and Kylie
    - Use of the **yoga shalas and movement spaces**
    - **Athens welcome dinner** on arrival evening
    - **SeaJets ferry transfers** between Athens and Amorgos
    - **Private port transfers** on Amorgos (port-hotel-port)
    - **Daily breakfast**
    - **Daily lunch or dinner** at the hotel
    - **One 30-minute massage** at Lalon Idor Spa
    - **Access to spa facilities** including sauna, hammam, indoor seawater pool and fitness centre
    - **Group cultural experience** – choice of Greek cooking class or traditional dancing
    - **Closing circle and final day movement session**
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## What's not included?

- International or domestic **flights**
  - **Athens accommodation** on Sunday 13 September
  - **Travel insurance**
  - Additional **spa treatments**
  - **Beverages** outside included meals
  - Optional excursions such as **scuba diving, snorkelling or wine tours**
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## Do I need experience in Pilates or yoga?

No prior experience is required. The retreat is designed to welcome **all levels**, from beginners to experienced.

Pilates and yoga sessions will include options and modifications so you can **move at a pace that suits your body** while still enjoying the experience.

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## Twin share or single rooms?

The retreat price is based on **twin-share accommodation**. If travelling with a friend, we will room you together. Solo guests will be paired with another guest.

A limited number of **single rooms are available on request** with a single supplement of \$1,500.

# Travel & Accommodation

## Which airport should I fly into?

Fly into **Athens International Airport (ATH)**.

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## When should I arrive in Athens?

Please arrive in **Athens by Sunday 13 September 2026** so you can attend the welcome dinner that evening before the group travels to Amorgos together the following morning.

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## Do I need travel insurance?

Yes. **Travel insurance is mandatory** and should cover medical care, cancellations and travel disruption.

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## Do I need a visa to travel to Greece?

Most travellers from **Australia, the US, Canada and the UK** can enter Greece visa-free for short stays. Please check your passport requirements.

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## How long is the ferry ride to Amorgos?

We travel by **SeaJets high-speed ferry** from Athens to Amorgos. The journey takes approximately **5 hours**.

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## How will I get from my hotel in Athens to the ferry?

Private transfers will collect the group from central Athens and take us to **Port of Piraeus**, where we board the ferry together.

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## Where should I stay in Athens the night before?

Guests should stay in **central Athens on Sunday 13 September**. Athens accommodation is **not included** in the retreat price.

Suggested options: Vagabond Guesthouse OR Attalos Hotel

### **Do I need to attend the Athens welcome dinner?**

While optional, we strongly recommend attending. It's a relaxed way to meet the group before travelling to Amorgos together the next morning.

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### **Can I choose who I share my room with?**

Yes. Guests travelling together can share a room. If travelling solo, we will pair you with another guest.

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### **How many guests will attend?**

The retreat is **limited up to 16 guests** to keep the experience personal and relaxed.

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## Food & Dietary Requirements

### **Can dietary requirements be accommodated?**

Yes. The hotel can accommodate most dietary needs including **vegetarian, vegan and gluten-free** options. Please advise us in advance.

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## Packing & Weather

### **What season will it be in Greece?**

September is **late Summer in the Greek islands** with warm sunny days and pleasant evenings.

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### **What should I pack?**

Comfortable movement clothing, swimwear, walking shoes, sun protection and a light layer for evenings.

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## Booking

A **\$995 non-refundable deposit** secures your place on the retreat.

Remaining payments are due as follows:

- **\$2,000 due**            **14 May 2026**
- **Final balance due**   **1 July 2026**

All payments must be received by the dates above to retain your reservation.

## Payment Methods

Payments can be made via **direct bank transfer** or **online payment**.

Online payments incur a **2% merchant processing fee**.

Bank transfer details will be provided on request.

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## Cancellation Policy

The **\$995 deposit is non-refundable**.

If you cancel **on or before 14 May 2026**, any payments made beyond the deposit will be refunded.

If you cancel **between 15 May and 14 June 2026**, refunds may be issued only if your place can be filled.

Cancellations **after 14 June 2026 are non-refundable**, as full payment for accommodation is required by the hotel.

Guests are strongly advised to obtain **comprehensive travel insurance**.

Further questions – [kylie@body-ethos.com](mailto:kylie@body-ethos.com)

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