

4 Days Luxury Yoga Retreat at “The Sacred Cape”

5* Grecotel, Cape Sounio Resort, Attica, Greece

Majestic Cape Sounion, a strategic point rising above the Aegean Sea about 65 kilometers away from Athens in the southern region of Attica, was known by Ancient Greeks as the “Sacred Cape”. Join us in a 4 Days (3 nights) yoga retreat, feel the mystique vibes of the place and be a part of a joyful and mindful yoga practice lead by our two certified yoga instructors Zoe and Ada. At the same time, let yourself get spoiled by the luxury of the 5*, Grecotel, Cape Sounio Resort.



Highlights

- Daily Morning and evening Yoga Practice (Hatha, Vinyasa and Yin Yoga)
- Meditation Sessions
- One on one Yoga sessions
- Thai Yoga massage
- Guided walking tour to Poseidon Temple at Cape Sounion
- Guided walking tour of Athens including Acropolis and the New Acropolis Museum

Accommodation





Built amphitheatrically in a 3.500 sq.m of pine forest, the hotel consists of 150 bungalows and villas, with a spectacular view of the Aegean Sea and the ruins of the Temple of Poseidon. You can relax in the hotels' SPA or beach or indoor and outdoor pools. The resort has eight different choices of bars and restaurants. The hotel bungalow amenities include television with satellite channels, mini bar, electronic safe deposit box, individually controlled air-conditioning and CD and DVD player.

Instructors



Zoe Ginnis

YAI certified Yoga instructor, guides yoga classes for the last ten years at her Mind Body Soul Yoga Studio in Athens. Her classes combine different yoga styles and are an explosion of energy, stillness and music.



Ada Kalogeropoulou

YA certified Yoga instructor, and certified Thai Yoga massage therapist. She teaches Hatha Flow Yoga, Yin Yang Yoga and Yin Yoga at Mind Body Soul Yoga Studio in Athens. Her own style on the Hatha Flow Yoga has its very unique name 'Lavanira Yoga'. Lavanya means grace, beauty in the Sanskrit language and Onira means dreams in the Greek language.

Cost

From € 800,00 per person sharing double room

What is included

- 3 nights' accommodation on standard bungalow (Check in time 15.00/Check out time 12.00)
- Breakfast and Dinner
- 2 Yoga Sessions per day