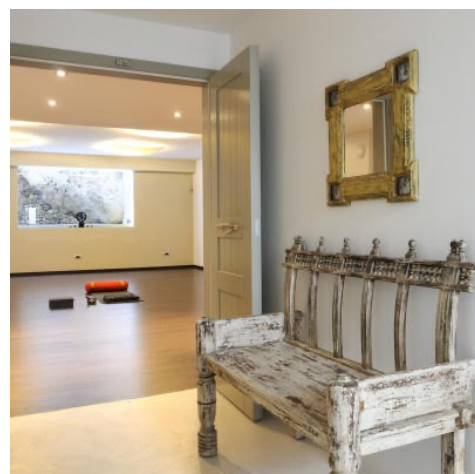


Yoga Retreat with Anna Ashby

Ithaca, Greece

8 - 15 June, 2024



Located on Ithaca, a small Ionian island in Greece, Itha108 offers a unique sanctuary amongst a stunning elemental backdrop of rock and sea. The retreat site has been purpose built with great care and consideration in harmony with its natural environment. It sits on an elevated wilderness of olive trees and rocks overlooking the sparkling sea and beautiful eastern coastline of neighbouring Kefalonia. A haven within which to rest and recharge, Itha108 provides the perfect place to immerse in yoga practices, as well as rest and play in equal measure.

Accommodation

All bedrooms are en-suite, air-conditioned and furnished with Coco-Mat mattresses made of all natural materials designed for relaxing and comfortable sleep. Each bedroom has a unique identity with views across the Ionian sea towards Kefalonia and feature a private or shared terrace.

The Mongolian yurts are light and airy, sleeping between one to two people. They are also furnished with Coco-Mat mattresses on the beds and with mosquito nets. Each Yurt has its own en-suite bathroom and a stand-up fan. Pathways and steps provide access to the yurt platforms, and each Yurt features outdoor seating areas both in sunshine and shade.

All accommodation is artfully designed with comfort, ease and rest in mind.

Vegetarian Food

Food is fresh, sumptuous and made up of local produce. All vegetables are organic and sourced from the best of what Ithaca and neighbouring Kefalonia have to offer. Plentiful, home-cooked menus blend traditional Greek cuisine with a contemporary style. For the retreats, mainly vegetarian food is prepared, although freshly caught fish is available on request. Dining overlooks the sea.

Yoga Room

There is an indoor Yoga Room and an outdoor space, among the rocks and trees with beautiful sea views.

Schedule*

7:30 - 8:00a	meditation
8:00 - 8:30a	tea/fruit
8:30 - 10:30a	yoga
11:00 - 12:00p	brunch
12:00 – 3:00p	free time/rest/excursions
3:00 – 4:00p	snacks/fruit/cake
4:00 - 5:30p	free time/rest
5:30 - 7:00p	restorative yoga
7:30 - 8:30p	dinner

NB: There is one day off from yoga mid-week which can be scheduled for longer excursions.

*Schedule may be changed at the discretion of the teacher.

Activities

Beaches are less than 5 minutes walking distance down from the retreat site. Kayaks and other water sports for rent; car, scooter and mountain bikes for rent; scuba diving and renting a boat can be organised; hiking/walks in the mountains; historical tours can be arranged.

Retreat Fee + Registration

First floor bedrooms & Cave house: Shared = £1995 / Single = £2645

Ground floor bedrooms & Luxury yurts: Shared = £1695 / Single = £2245

A £350 non-refundable deposit reserves your place. A 2nd installment of £750 will be due November 3, 2023, with the full amount due by March 31, 2024.

Retreat Fee includes:

- Group transit to and from the airport EFL Kefalonia by bus/taxi, sea taxi or ferry
- 7 nights accommodation
- Tea/fruit, brunch, tea/snack, dinner
- Filtered water, fresh herbs for infusions, tea bags and coffee, biscuits (gluten free and vegan)
- Organic wine on the final day of the retreat
- Yoga and restorative yoga sessions
- Yoga mats, blocks, belts, bolsters and blankets
- Infused organic olive soap, Basil or Sage, Calendula face balm with 7 essential oils, organic
- Beach towels, hair dryers
- Internet high speed wireless reception all through the retreat site

Excluded: Travel and travel insurance

Available at an extra cost: Laundry, Ironing, Extra Excursions, Massages

To register and/or receive more details about the bedrooms contact Nicole:

ncouloubaritsis@gmail.com

How to get to Itha108

The nearest airport is Kefalonia (EFL). Private group transport will take us to the port of Kefalonia where a private sea taxi will continue the journey to Ithaca and a bus to the retreat site. Please speak with Nicole before booking your flights to coordinate arrival/departure times to coincide with the group transfer included in the price of the retreat (exact time to come).

Traveling outside the group transfer is at your own expense.

There are direct flights to Kefalonia from Heathrow and Gatwick, as well as from Athens and from many cities in Europe. Please contact Nicole if you need more information about your flight or if you want some recommendations to extend your trip in Greece.

Terms & Conditions

Insurance:

To attend this retreat you must be covered by travel insurance which includes adequate cover for medical expenses and the cost of repatriation should you become ill. It is up to each individual to ensure that their travel insurance is adequate for this retreat.

Cancellation policy:

You may cancel your booking up to one month in advance of the retreat and receive a refund minus the non-refundable deposit. If you are cancelling less than a month before, a refund can only be given if we are able to fill your place. If that is possible, we will refund your payment, minus the non-refundable deposit.

If the retreat has to be cancelled due to a national lockdown in either the UK or Greece, you will receive a refund for balance payments and your deposit will be carried forward to the rescheduled/alternative retreat.

To register contact Nicole at ncouloubaritsis@gmail.com