

# Welcome

to a profound experience of: Acceptance – Connection – Balance

We invite you to a 5–days experiential journey of breath, flow and reconnection.

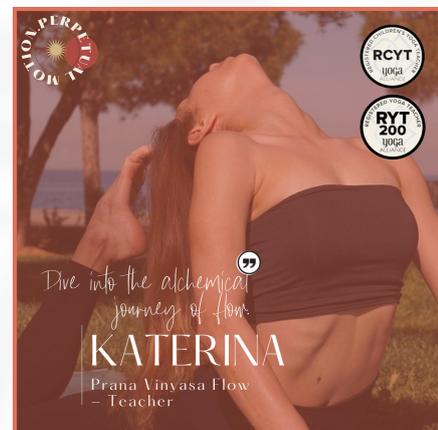
Reconnecting with qualities of the heart we had forgotten. Disconnect and connect. Observe and accept. Love and let go. Bearing in mind the word "Balance", we designed an excursion that combines the warm beauty of nature and the cold magic of the sea, the healing, slow motion and invigorating, dynamic flow. Complementing each other, we created an "escape" of the mind, body and spirit that will be unforgettable.

## Meet the yoginis:



Vasiliki Karydopoulou: a certified Yoga teacher (RYT200h), Pre–Postnatal (95h YACEP), Kids Yoga and continues her education to this day with the 500h TT (Yoga Alliance). Her life changed when she moved permanently to Vienna with her partner in pursuit of what makes her breathe. She realized it was yoga which for the last few years have been an integral part of her life, because simply for Vasiliki Yoga is life itself. She will guide the most therapeutic retreat classes motivating and encouraging each practitioner to experience their own balance.

Katerina Karavangeli: is a certified Prana Vinyasa Flow Yoga teacher (RYT200h) and Kids Yoga, with many years of experience in the field of dance. Because of her special love for the perpetual motion, her lessons stand out for their particular flow, the pulse and the ritual way in which they are structured. Feeling the healing and transforming power of Yoga, the year of Covid–19 she decided to give up her steady job in the book field and to devote herself completely to what she loves. She will guide the most dynamic classes of this retreat, inviting each practitioner to dive into the alchemical journey of flow.



## Our Program offers:

Morning and afternoon practices: "Every sadhana – a different healing journey"

We have prepared a program that balances the female and masculine principles within us. Meditation flow, strengthening, recovery, rejuvenation and relaxation are some of the qualities that every retreat practitioner will experience.

**Inspiring discussions:** The practice of Yoga is not another kind of exercise but a deeper process. The Yoga practitioner comes into contact with an endless cycle of a process. A process of discovery, expression, experimentation, exploration, creation and acceptance. Everyone experiences separately through their own body, the laws of gravity, music, space, time, harmony and attraction. Yoga is a revelation. Yoga is deepening. Yoga is a way of expression. Yoga is fulfillment. Through the discussions we will have the opportunity to turn our attention for another moment inward. I start to "touch" my feelings. I embrace my uniqueness. I accept myself. I love myself.

INSPIRING DISCUSSIONS WILL LEAD US TO TURN OUR ATTENTION INWARD: GET IN TOUCH WITH YOUR FEELINGS, EMBRACE YOUR UNIQUENESS, ACCEPT & LOVE YOURSELF.

## Highlights

RETREAT

### OUR EXCLUSIVE SESSIONS

✓ Meditation & Selfreflection

✓ Pranayama Workshop

✓ Flexibility Masterclass

✓ Essential Oils Co-Healing

✓ 108 Sun-Salutations

✓ Martial Arts Yoga Class

## < Retreat Moodboard...



## Experience "Evia Silence"

"Evia Silence" is located in Porto Buffalo (Πόρτο Μπούφαλο). Porto Buffalo is a fishing settlement built in the southern Gulf of Evia being one of the most mesmerizing corners of South Evia. It is famous for its crystal clear waters and fresh fish." Evia Silence" is located just a few meters from the sea and its view is magical. The hotel also operates as a Yoga Retreat Center with a wonderful Yoga Shala where its view takes your breath away.



WELCOME SPECIAL  
by [www.aenaonkallos.gr](http://www.aenaonkallos.gr)

## 21. - 25. July 2021 Packages & Prices\*

Double Bed Room (2 Single or 1 Double)	490 € p.P.
Single Bed Room	630 € p.P.
Triple Bed Room	upon request

LIMITED SEATS AVAILABLE

\* the price includes:

- 5 days at the mesmerizing Evia Silence/ 4 nights
- Daily morning and afternoon practices
- Daily theoretical lessons with inspirational topics
- Written material included
- Breakfast and dinner daily
- Yoga equipment (mattresses, straps, bricks)

what is NOT included:

- Transfers to and from the port/ airport
- Extra meals/ alcohol
- Personal expenses
- Day trips/ Off-schedule activities

## Eat healthy ~ it tastes better

The hotel has its own vegetarian restaurant.

We will be happily lucky to taste beautiful, pure flavors with local products every day. The dishes have the signature of the chef Antonis Giannakaris.

**P.S.:** Bring your own equipment if needed.

## Cancellation Policy:

- A deposit of 30% of the total price is required for a reservation.
- The deposit is non-refundable if the reservation is canceled.
- The balance of the payment must be paid 30 days in advance of arrival or 15 days before the beginning of the retreat upon request.
- Covid Note: In the event of travel restrictions due to Covid-19 pandemic/ in case of lockdown, any amounts paid will be refunded in full.
- In any other case, you have the option of reprogramming for the next retreat available (no deposit).
- All participants of the retreat, are kindly asked to have upon arrival a negative Covid-19 Test (Preferably PCR-Test).

## How to get to Porto Buffalo (Πόρτο Μπούφαλο):

- Arrival by plane at "Eleftherios Venizelos Airport". From there you have the option of booking a TAXI, for the cost for one person 120 €, for two persons 140 € and for three persons € 150. (one way) (mandatory reservation 1 week before the Retreat).
- By Bus from the Bus Station in 260 Liosion in Athens to Aliveri, Evia. Before arriving in Aliveri, inform the hotel so that a TAXI will be waiting for you at the bus station, the price of which is € 20, regardless of individuals.
- From any other part of Greece the direction is Chalkida, Aliveri, Evia.

For more information and for the detailed program of the excursion

## Contact us:



Katerina Karavangeli

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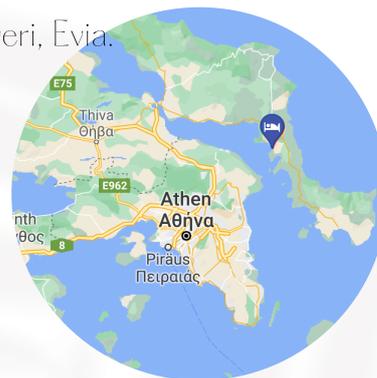
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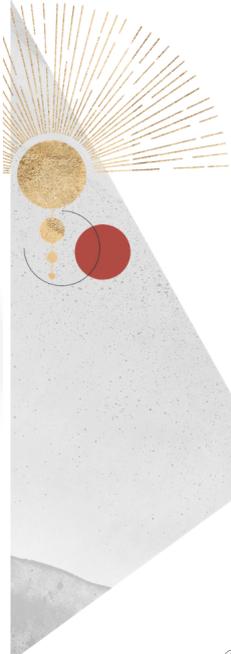


Vasiliki Karydopoulou

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# Timetable

21.07. – WED  
**DAY 1** /DISCONNECTION 

22.07. – THR  
**DAY 2** /OBSERVATION 

23.07. – FRI  
**DAY 3** /BODY AWARENESS  
through YING YANG 

24.07. – SUN  
**DAY 4** /THE HEALING JOURNEY 

25.07. – SAT  
**DAY 5** /ART of JOYFUL LIVING 

YOGA RETREAT 21-25 July EVIA SILENCE | PORTO BUFFALO | GREECE 

## 01 disconnection

14:00-16:00  
Check In & Connect with your 5-Days Sanctuary

17:00-18:00  
Welcome Cycle

18:00-19:30  
Velvet Flow Yoga Class  
(Prana Vinyasa)

20:00  
Dinner

## 02 observation

06:30-07:30  
Meditation/ Self-Reflection Time

8:30-10:00  
Move with Grace Yoga Class  
(Prana Vinyasa)

10:00-11:00  
Brunch



11:30-12:30  
Pranayama Workshop

12:30-17:30  
Free Time

17:30-18:30  
Flexibility Master Class

19:00-20:00  
Conscious Movement Yoga Class  
(Hatha)

20:00  
Dinner

## 03 body awareness THROUGH YIN YANG

6:30-07:30  
Meditation/ Self-Reflection Time

8:30-10:00  
Martial Arts Inspired Yoga Class **YANG** 

10:00-11:00  
Brunch

11:00-18:00  
Free time | Boat Trip (optional)

18:00-19:00  
Deep Inside Yoga Class **YIN** 

19:00-20:00  
Practices for Cleansing and Clearing  
your Body

20:00  
Dinner

## 04 the healing journey

6:30-07:30  
Meditation/ Self-Reflection Time

8:30-10:00  
Strength & Balance Yoga Class  
(Prana Vinyasa)

10:00-11:00  
Brunch

11:30-12:30  
Strength & Balance Yoga Class  
(Prana Vinyasa)

12:30-17:30  
Free Time

17:30-18:00  
Sound Healing With Mudras

18:00-19:00  
Restorative Yoga (Hatha)

19:00-19:30  
Co-Healing Journey With Essential Oils

20:00  
Dinner

## 05 THE ART OF joyful living

6:30-07:30  
Meditation/ Self-Reflection Time

8:30-09:00  
108 Sun Salutations

09:00-10:00  
Embrace a Healthier & Mindful Living

10:00-11:00  
Brunch

11:00  
Check out

11:00-17:00  
Free time

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- ✓ Meditation & Selfreflection
- ✓ Pranayama Workshop
- ✓ Flexibility Masterclass
- ✓ Essential Oils Co-Healing
- ✓ 108 Sun-Salutations
- ✓ Martial Arts Yoga Class

**Inspiring discussions** will lead you to turn your attention inward: to get in touch with your feelings, embracing your uniqueness, accepting & loving yourself.

YOGA RETREAT *21-25 July* | EVIA SILECE | PORTO BLUFFALO | GREECE



## MEDITATION & SELFREFLECTION

Discover the essence of meditation – it's kindness to soften the mind, to nurture the heart and reconnect with people and everything else around us.

# WORKSHOP

With profound breathing techniques we will connect with ourselves – to observe, to accept, to connect, thus find balance.

Let's breathe together!

*Pranayama*



Breathe In

Breathe Out

LET YOUR SPINE MOVE YOUR SOUL.

*Flexibility*

Experience a unique exploration through your spine.

**Note:** The more you're improving your flexibility, the stronger your mental & physical health become.

MASTERCLASS

# ESSENTIAL OILS

## Connecting Senses

*Physical + Spiritual Body*

CO-HEALING JOURNEY



@YOGAFLOW\_KATERINA  
@YOGAPNOE

EMBRACE THE GOOD VIBES

"108 SUN SALUTATIONS"

YOGA CLASS  
INSPIRED BY

# Martial Arts

Experience a dynamic introduction to the ancient Indian martial art form of Kalaripayattu, or Kalari, and its shared roots within Yoga and Ayurveda.



MEET YOUR YOGINIS

LINK IN BIO