

A scenic view of a rocky coastline with a large mountain in the background under a clear blue sky. The foreground shows dark, jagged rocks leading to a calm sea. In the distance, a large, flat-topped mountain rises from the water. The sky is a clear, pale blue.

# cycladic retreat

1-8 JUNE 2025  
KOUFONISIA, GREECE

## CYCLADIC RETREAT

8 days of unwinding, slowing down and replenishing on the shores of the emerald-green Aegean Sea

Our island home is unspoiled Koufonisia, offering uncrowded sandy beaches, glittering turquoise sea, natural pools and traditional Cycladic architecture, enjoyed at truly relaxing pace and infused with bohemian spirit.

The entire island can be explored on foot, offering you an idyllic island paradise to discover or to simply appreciate.

Unwind, relax and soften into vacation pace as you fall under this magical little island's spell

### WELCOME TO YOUR RETREAT GUIDE

Any of your questions and queries should be answered in here, but of course reach out if there's anything else you'd like to know.

p3 : about Koufonisia & Villa St Astra

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## ABOUT KOUFONISIA & VILLA ST ASTRA

If you've never heard of it, be assured that the crowds who visit the busy neighbouring islands of Santorini and Mykonos haven't either!

Koufonisia is a hidden jewel of the Cyclades, offering beautiful, unspoiled and uncrowded beaches, moonscape rock formations, crystal clear waters, and a charming whitewashed town.

Koufonisia is actually plural in Greek, and it is composed of 3 islands which can be visited by boat. Ano Koufonisi is the main island where the small town and habitation are located, measuring just 6km sq., with around only 400 permanent residents. Kato Koufonisi (around 4km sq.) is a short boat ride away, and has only a few houses and a picturesque port where excursion boats arrive but no one leaves there permanently. We'll visit Kato Koufonisia's beautiful bays on a boat trip. The third island of Koufonisia is Keros which has been uninhabited since 1968, and it is an important archaeological site.

This will be our second Cycladic Retreat on Koufonisia - I knew as soon as I arrived last year that I would be back! This magical island offers a unique and idyllic retreat location. Koufonisia's energy is one of slowing down, lingering, and appreciating the simplicities of island life. The island's walkable nature offers us the opportunity to be as active or sedentary as each individual wishes - not reliant on transport to adventure, discover or simply bask in the sun on the shores of the Aegean Sea.

The Villa St Astra complex lends itself most perfectly to retreat, comprising of 2 spacious, luxury villas set above Finikas bay, offering a panoramic view of the island and the Aegean toward uninhabited Keros. The complex is a short walk from Koufonissi town and minutes walk from Finikas beach. Each villa offers a comfortable mix of privacy and community, modern and traditional Greek furnishings, comfortable and ambient rooms. Villas are equipped with kitchen facilities, en suite bathrooms, spacious indoor and outdoor living areas, spa facilities (sauna, hammam, jacuzzi), gym equipment and air conditioning throughout. The complex has a private pool, terraces, garden space, outdoor dining and BBQ areas.

If you've been on retreat with me before, you'll know that time outdoors immersed in beautiful surroundings, slowing down, retreating from our fast-paced lives and finding joy in the simplicity of mindful movement and reconnecting to the elements are key to my retreat experience. Koufonisia offers us just that - an opportunity to slow down enough to reconnect with the rhythms of nature, with each other and with ourselves.

## RETREAT SCHEDULE

Retreat days follow a fluid schedule, allowing you to truly find your own island pace.

After arrival and time to settle in to your island home on Sunday 1st June, we'll have a welcome circle and some movement and meditation to melt away any travel tensions, followed by the short walk to town to for dinner at a local taverna.

The following days will begin with mindful movement and meditation, followed by a delicious brunch of locally sourced produce.

Afternoons are yours to enjoy. Sea swims, beach time, cycling or walking around the island - simply find your own rhythm. One afternoon throughout the week we'll have a group boat trip to Kato Koufonisia to explore untouched bays

We'll unwind into evenings with a yin/restorative practice and guided yoga nidra, before eating either at a local taverna or at the villa.

Each day will explore a different theme for our practice, and we may mix up the schedule with a sunrise meditation, an afternoon boat trip, or a sunset meditation on the beach. We'll embrace island pace throughout our retreat, and nothing shall be too hurried!

Saturday 7th June will be a day for rest and integration with no set schedule - offering the opportunity for a lie in or a morning swim before brunch. This also offers the option to take the ferry on Saturday for a Sunday flight if so required.

Sunday 8th June we'll enjoy a morning practice, a closing circle and brunch before heading back to the port for your onward journey.

# CYCLADIC RETREAT

## WHAT'S INCLUDED :

- 7 x nights accommodation - twin/double sharing or single room supplement
- 7 x brunches (local and even some homegrown produce), teas and coffees
- Pick-up from Koufonisia port
- Daily morning hatha yoga and meditation
- Daily evening yin or restorative yoga and yoga nidra
- Use of spa facilities (sauna, hammam, jacuzzi)
- Sound bath
- Boat trip to Kato Koufonisia
- Free time to explore the island

## WHAT'S NOT INCLUDED :

- Flights to Greece
- Travel to Koufonisia by ferry
- Evening meals at local tavernas (between 20-30€ per night)
- Optional extras - boat tours, bike hire, massage

## ACCOMMODATION :

Villas Dias and Aris rooms are a mix of twins or doubles, set on ground level and a lower (very cool!) level, suitable for shared or solo occupancy. Rooms are cleaned daily and a linen change is offered midway through the week. There is also a safety deposit box in each room.

## ROOM OPTIONS & PRICING :

**\*\*Early bird discount 10% off full pricing until 31/12/2024\*\***

A non-refundable deposit of £350 is required upon reservation to save your spot.

Ground level room with double bed and en suite : £1620

Ground level twin room 2 single beds with en suite : £850 per person shared occupancy

Lower level room with double bed and en suite : £1450

Lower level room with double bed and bathroom shared with another room : £1320

Lower level twin room with shared bathroom with another room : £770 per person shared occupancy

Contact me to discuss room options and to arrange payment.

## GETTING TO KOUFONISIA

Koufonisia does not have an airport, but is served by ferries from other Cycladic Islands.

The nearest islands with direct flights from the UK and Europe are Mykonos (1h20 ferry) and Santorini (1h55 ferry).

Other airports that you can use are Paros (1h40 ferry) or Naxos (45min ferry), with a connecting flight from Athens.

Athens offers a ferry route to Koufonisia, but it is a longer journey (5 hours).

The best option for arriving internationally is to fly to Athens, Mykonos, Santorini (or Paros or Naxos if possible) on Saturday 31st May, spend the night and take the ferry on Sunday 1st June to Koufonisia. Upon arrival in Koufonisia, the team from Villa St Astra will pick you up for the short journey to the villa.

For the return journey, again it is preferable to take the ferry from Koufonisia the day before your flight. If you need to fly back on Sunday 8th June, I have scheduled Saturday 7th June as a free day for rest and integration - so if needed, you can take a ferry on Saturday to fly home on Sunday.

*Example arrival ferry times as of 2024 (subject to change - I'll update when I have Summer 2025 schedule)*

*Mykonos : depart 11:10, arrive Koufonisia 12:30*

*Santorini : depart 12:50, arrive Koufonisia 14:45*

*Paros : depart 12:30, arrive Koufonisia 14:10*

*Naxos : depart 11:50, arrive Koufonisia 12:30 or depart 13:25, arrive 14:10*

*Athens : depart 09:00, arrive Koufonisia 14:10*

*Example departure ferry times :*

*To Mykonos : depart Koufonisia 14:25, arrive 16:40*

*To Santorini : depart Koufonisia 12:40, arrive 14:40*

*To Paros : depart Koufonisia 14:25, arrive 15:45 or depart 16:10 arrive 17:50*

*To Naxos : depart Koufonisia 14:25, arrive 15:05, or depart 16:10 arrive 16:55*

*To Athens : depart Koufonisia 16:10, arrive 21:00*

Of course if you have any questions about travel, don't hesitate to contact me.

## FAQ

### WHAT TO BRING

Yoga equipment will be provided, however of course if you prefer to bring your own please feel free to

Average temperatures at this time of year are 25°C, so comfortable clothing and perhaps some layers as it gets a little cooler in the evenings

Koufonisia beaches are a mix of sandy and rocky, so some suitable footwear and of course your swimmers!

A good book

### WHAT ABOUT DIETARY REQUIREMENTS?

Let me know about any dietary requirements in advance

### WHAT ABOUT YOGA EXPERIENCE?

This retreat is suitable for all levels of yoga practice. The goal of this retreat is simply that, a retreat from the business of day to day life. Time to carve out some calm, peace and connection with nature, with each other and with ourselves.

Of course I will guide you through practices, however the goal of your practice is to get back in touch with your own body and listen to its own cues. The only goal of our yoga sessions is to connect body, mind and spirit in a blissful union, strengthening and soothing the body, calming the mind, and nurturing the spirit - finding your own yoga bliss.

### BEFORE YOU ARRIVE

Please ensure you have returned your indemnity form before arrival, have informed me of any dietary requirements or special requests, and have suitable travel insurance for your trip.

Once your flights are booked, please let me know your travel arrangements and of course get in touch if you require any assistance with ferries.

I'll set up a WhatsApp group prior to the retreat so we can coordinate travel plans.