



## Amorgos, Greece Retreat 2023

26<sup>th</sup> June – 3<sup>rd</sup> July 2023

Join Cherryl for a week of yoga and freediving (optional), locally sourced Greek food and wine at the luxurious Aegialis Hotel and Spa on the beach in Amorgos, Greece.

Wake up every day to the panoramic view of the sea as we start the morning with a short meditation, followed by 90 min of yoga.

What follows is a long and lazy breakfast – the variety of fresh food is a true highlight of our stay at Aegialis.

The day is yours to explore the island, relax on the beach, or by the pools, or relax in the spa (one complimentary 30 min massage included) and 10% off all other treatments.

If you're up for more adventure, then you can explore Freediving with Dimitris Synodinos from The Amorgos Diving Centre. <https://www.amorgos-diving.com/>,

Be it a few hours of exploration or a full Level 1 course.

We meet again in the early evening for a restorative and rejuvenating 60 min Yoga and meditation practice.

Every evening we enjoy a 5 course dinner together, casual Greek style (Sometimes at the hotel, sometimes at the local tavernas)

### What you're in for

- 7 nights' accommodation in a Superior Room with Private Balcony and sea view
- Twice a day Yoga and Meditation
- Breakfast daily in buffet (vegetarian, vegan, gluten-free options are provided upon request)
- Lunch or Dinner daily (vegetarian, vegan, gluten-free options are provided upon request (No drinks included)
- \*\* if you choose to join the group at a local taverna for dinner, then your lunch will be included in the package.
- Transfers upon arrival and departure on Amorgos (port-hotel-port)
- One 30 min relaxing massage
- 10% discount on Face and Body Treatments at Lalon Idor Spa
- Use of Lalon Idor Spa Facilities (Sauna, hammam, jacuzzi, indoor seawater swimming pool, fitness)
- WIFI
- Vat, City Tax

## Hotel and Yoga Cost Split

### Shared Room Package

€1110 (Paid on Invoice) by 10.02.2023

Yoga: €450 (Paid on Invoice Incl VAT) payable by 10.02.2023 (Non-Refundable)

**Total: €1550**

(Please note these are two separate payments payable on 2 separate invoices)

### Single Room Package

€1770 (Paid on Invoice) by 10.02.2023

Yoga: €450 (Paid on Invoice Incl VAT) payable 10.11.2022 (Non-Refundable)

**Total: €2220**

(Please note these are two separate payments payable on 2 separate invoices)

### Excludes:

Drinks

Flights (Easiest connection Munich via Santorini/Mykonos, one hour Ferry Ride to Amorgos)

Laundry Service

\*\*Tourist accommodation of 4€ per room per night is not included and must be paid separately

\*\*\*In case of any kind of unpredictable situations, such as pandemics, and only if traveling on booking's period is forbidden by Governments, In case re-booking is requested for a higher season, then the package's cost will have to apply with the rates of that season.

Email [cherry@cherrylduncan.com](mailto:cherry@cherrylduncan.com) to book your spot

### FREEDIVING

Expect to add an extra €310 EUR for the Level 1 Freediving Course and €80 the 'Try Freediving' course (3 hours)