

Yoga & Massage Retreats at the Kastro Maistro Hotel

Recharge with a wellness holiday package! Choose between a 6-day or an 8-day stay in our hotel combined with self-care activities, special massage workshops, local food, a cruise and a tour of the island's highlights.

8 days/7 nights: 21-28 May & 1-8 October 2023

6 days/5 nights: 23-28 May & 3-8 October 2023

Practice yoga, enjoy massage and discover the beauties of a magnificent island! Each morning begins with pranayama and meditation to help cleanse our mind and connect with our inner self. A variety of yoga classes and massage workshops held twice a day create the perfect opportunity to work on your flexibility and strength but also teach you simple massage techniques to take care of yourself and others in your daily life. Throughout the group sessions, you will receive regular Thai massage from your instructor, while your retreat package also includes an individual 30' Thai massage treatment. A cruise on the Ionian Sea, combined with yoga on the beach, adds to your retreat experience. Other features include a tour around Lefkada to visit popular landmarks, such as the stunning beach of Porto Katsiki and the "Deck", a breathtaking sunset spot where we will enjoy a soothing yoga practice.

Elli Kamilali is an experienced yoga instructor (E-RYT 200 / RYT 500 Yoga Alliance) and a highly trained Thai massage professional (600hrs Lotus Palm, Montreal / Thai Hand, Amsterdam / Sunshine House, Evia / Old Medicine Hospital, Chiang Mai, and more). She offers yoga classes accessible to all, with modifications and props, and massage treatments tailored to individual needs. She has created her own distinctive style of yoga, called "YogaThai", incorporating Thai massage into the yoga practice. She is the author of the book *Thai Massage Handy Techniques*.

Special guest: Elli's "Thai massage soulmate" **Julia Planicka** from Vienna. Julia will hold a Detox Self-Massage workshop and a Fire Massage workshop. She will also be available for special Thai massage treatments (Chi Nei Tsang, Tok Sen, Fire Massage).

Classes are held in English. Elli also speaks Greek and Italian. Julia also speaks German.

Retreat Schedule

1st DAY (21 May / 1 October)

Arrival at your own time (from 3pm onwards) and settling in

20:00 Welcome dinner, getting to know each other

2nd DAY (22 May / 2 October)

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai – Classes based on the YogaWorks method with specific alignment instruction, props (blocks and straps) and hands-on adjustments. The practice is

supplemented with Thai massage, offered by the instructor, to further aid in relaxation, flexibility and release of muscular tension.

10:00-11:00 Breakfast

11:00-17:45 Time for chilling out and booking a massage treatment – Pool or beach time, countryside walks, visiting the town, tennis, kitesurfing, windsurfing, paragliding and other personal activities of your choice.

17:45-19:00 Thai Massage Workshop: Handy Techniques. Let's massage each other! (1) – In this workshop, half the participants, the so-called givers, are guided to apply simple but effective Thai massage techniques to the rest of the participants, called receivers. Then they change roles. Massaging each other you get the chance to acquire some basic massage skills and enjoy the benefits of receiving a massage at the same time.

Dinner Out

3rd DAY (23 May / 3 October)

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai

10:00-11:00 Breakfast

11:00-17:45 Time for chilling out and booking a massage treatment – Pool or beach time, countryside walks, visiting the town, tennis, kitesurfing, windsurfing, paragliding and other personal activities of your choice.

Participants in the 6-day retreat: Arrival at your own time (from 3pm onwards) and settling in

17:45-19:00 Detox Workshop: Abdominal Self-massage – In this workshop, we use special massage and breathing techniques to relax our own abdominal organs as well as our heart and lungs. The detox self-massage techniques improve the function of the digestive system but also help release emotional tension accumulated in the stomach area.

20:00 Welcome dinner for the participants in the 6-day retreat, group bonding

4th DAY: CRUISE & YOGA ON THE BEACH (24 May / 4 October)

8:30-9:00 Pranayama and Meditation

9:00-10:00 Breakfast

10:00-18:00 Cruise on the Ionian Sea

In the afternoon: Yin Yoga with Thai Massage on the Beach – Yin yoga is a slow practice that requires staying still in each pose for a few minutes, so that poses deliver their best results. Practitioners are guided through a sequence of poses that allow for Thai massage applications.

19:30-22:00 Dinner

5th DAY (25 May / 5 October)

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai

10:00-11:00 Breakfast

11:00-17:00 Time for chilling out and booking a massage treatment – Pool or beach time, countryside walks, visiting the town, tennis, kitesurfing, windsurfing, paragliding and other personal activities of your choice.

17:00-19:00 Thai Fire Massage Workshop – This traditional massage technique involves using hot feet or a hot herbal compress directly on the skin. We light a fire and practice on each other, passing our feet and herbal compresses over the fire before we use them to apply massage, for a unique and soothing experience.

19:30-22:00 Dinner

6th DAY: ISLAND TOUR & SUNSET YOGA (26 May / 6 October)

8:30-9:00 Pranayama and Meditation

9:00-10:00 Breakfast

10:00-20:30 Tour of the island with stops at the harbor town of Nidri, famous Porto Katsiki beach, endless Kathisma beach, Agios Nikitas fishing village, and finally Pefkoulia beach for a sunset yoga session

Around sunset: Yin Yoga with Massage Balls at the "Deck" Seaside Cafe (Pefkoulia beach) –

In this slow yin-style practice, we use massage balls to pass over certain areas of the body with a simple back and forth movement or pause over painful tissue to release blockages. This special practice raises body awareness while providing self-care tools for use in daily life.

20:30-22:00 Dinner

7th DAY (27 May / 7 October)

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai

10:00-11:00 Breakfast

11:00-17:45 Time for chilling out and booking a massage treatment – Pool or beach time, countryside walks, visiting the town, tennis, kitesurfing, windsurfing, paragliding and other personal activities of your choice.

17:45-19:00 Thai Massage Workshop: Handy Techniques. Let's massage each other! (2)

Dinner out

8th DAY (28 May / 8 October)

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai

10:00-11:00 Farewell breakfast (check out by 12:00)

Retreat Cost

1st Wellness Package at the Kastro Maistro Hotel

8 days/7 nights: 21-28 May & 1-8 October

1 person / Shared twin room **€1,280**

1 person / Private single room **€1,420**

2 persons / Private twin room **€2,440 (€1,220 per person)**

2 persons / Private double room **€2,440 (€1,220 per person)**

3 persons / Private triple room **€3,480 (€1,160 per person)**

The price includes:

- 7 nights' accommodation with breakfast at the Kastro Maistro Hotel
- 7 pranayama/meditation sessions (30' each), 5 YogaThai sessions (60' each), 5 special workshops/yoga sessions (75' each), 1 Thai fire massage workshop (120')
- 1 individual Thai massage treatment (30')
- 5 dinners at the Kastro Maistro Restaurant (vegan, vegetarian, fish and meat options). Enjoy the delicious Greek cuisine! Our chef will cater to any special dietary requirements you may have.
- A day cruise
- An island tour
- VAT

The price does NOT include:

- Airfare to and from any Greek airport
- Airport transfers
- Extra massage treatments (Thai Massage, Chi Nei Tsang, Tok Sen, Fire Massage)
- 2 dinners out
- Carbonated and alcoholic beverages. Please bear in mind that sobriety is recommended for higher self-awareness and genuine connection.
- Tennis facilities, kitesurfing, windsurfing, and paragliding (just the services or with private lessons are available at an extra charge)
- Travel insurance (highly recommended)

2nd Wellness Package at the Kastro Maistro Hotel

6 days/5 nights: 23-28 May & 3-8 October

1 person / Shared twin room **€1,120**

1 person / Private single room **€1,240**

2 persons / Private twin room **€2,160 (€1,080 per person)**

2 persons / Private double room **€2,160 (€1,080 per person)**

3 persons / Private triple room **€3,120 (€1,040 per person)**

The price includes:

- 5 nights' accommodation with breakfast at the Kastro Maistro Hotel
- 5 pranayama/meditation sessions (30' each), 3 YogaThai sessions (60' each), 4 special workshops/yoga sessions (75' each), 1 Thai fire massage workshop (120')
- 1 individual Thai massage treatment (30')
- 4 dinners at the Kastro Maistro Restaurant (vegan, vegetarian, fish and meat options). Enjoy the delicious Greek cuisine! Our chef will cater to any special dietary requirements you may have.

- A day cruise
- An island tour
- VAT

The price does NOT include:

- Airfare to and from any Greek airport
- Airport transfers
- Extra massage treatments (Thai Massage, Chi Nei Tsang, Tok Sen, Fire Massage)
- 1 dinner out
- Carbonated and alcoholic beverages. Please bear in mind that sobriety is recommended for higher self-awareness and genuine connection.
- Tennis facilities, kitesurfing, windsurfing, and paragliding (just the services or with private lessons are available at an extra charge)
- Travel insurance (highly recommended)

Reservation and Payment Policy

- A deposit of 30% of the total price is required to reserve your place on the retreat.
- The final payment is due upon arrival.
- Currently, payments can be made by cash, bank transfer or PayPal.

Cancellation/Refund Policy

- Cancellations made up to 20 days prior to the start of the retreat are eligible for a refund of the deposit, minus a €40 administration fee, and minus any bank fees (if applicable). However, if you can fill the spot vacated by your cancellation, your deposit may be transferred to another individual.
- Cancellations within 20 days prior to the start of the retreat are not eligible for a refund of the deposit. However, if you can fill the spot vacated by your cancellation, your deposit may be transferred to another individual.
- A minimum of 6 participants is required for each retreat. In the event the retreat is cancelled due to low enrollment, you will be notified 20 days before the start of the retreat and your deposit will be fully refunded. If you need to plan your trip early, feel free to contact Elli at any time for confirmation on the number of bookings.
- It is recommended you purchase travel insurance for coverage in case of cancellation.

Other things to consider:

- The 6 day/5 night retreats start on 23 May and 3 October 2023 with the Detox Workshop.
- For information about how to get to Lefkada by land, air and sea: <https://lefkadaslowguide.gr/en/how-to-get-to-lefkada/by-land/>
- Local taxi drivers offer transfer to and from “Eleftherios Venizelos” Athens International Airport daily, at specific times of the day, for €80 per person. Pets are welcome, at an extra charge. Please contact Elli to help you arrange your transfer.
- The Kastro Maistro Hotel offers transfer to and from the Aktion airport (Preveza), at an extra charge. Please contact Elli to help you arrange your transfer.

- You can choose from a private single, private twin, private double, private triple or shared twin room to fit your budget and personal preference. If you are travelling alone and wish to book a bed in a shared twin room, we will match you with someone of the same gender where possible.
- Should your partner, family or friends wish to join you in Lefkada, without participating in the retreat sessions, they are welcome to share a room with you at the Kastro Maistro Hotel. Please contact Elli with the specifics of your request (twin/double/triple room, optional cruise and/or island tour) for information on the cost of their individual package.
- If you plan to arrive at an earlier day or stay longer in the island, we are happy to arrange your accommodation in Kastro Maistro for any extra days you may need.
- If you plan to arrive on an earlier day or stay on the island longer, we will be happy to arrange your accommodation at the Kastro Maistro Hotel for any extra days you may need.
- If you plan to arrive at an earlier time on the starting day of your retreat, please contact Elli and she will do her best to arrange an earlier check-in for you.
- The Kastro Maistro Hotel is pet friendly.
- For information about Lefkada and other things to do on the island: <https://lefkadaslowguide.gr/en/>
- Island residents and visitors can also join the retreat yoga sessions and workshops, depending upon availability, except for the Fire Massage Workshop, which is exclusively available to retreat participants. Cost per session: €20.
- Island residents and visitors can also join the yoga cruise, depending upon availability. Cost: €85.
- Island residents and visitors can also join the island tour, including a sunset yoga session at the “Deck” seaside café, depending upon availability. Cost: €65.

To reserve your place for the retreat of your choice, please contact Elli Kamilali to manage your booking:

mail@ellikamilali.gr

+30 697 5932034 (WhatsApp/Viber)