

# Yoga and Pilates Retreats in Greece (380 GBP)



Location **East of England, Essex**  
<https://www.freeadsz.co.uk/x-553577-z>

## Poros Pilates and Yoga Retreats

For the past 20+ years, I have taken my holiday vacation on the beautiful Island of Poros, Greece. As much as I love my time on holiday, I always miss my clients and teaching. So, I want to invite you to join me on a journey to mindfulness and relaxation, practicing our Pilates and Yoga in this wonderful destination.

The accommodation: Apartment with small kitchenette, air conditioning and outdoor space is situated only a few meters from the beach. Just downstairs is our outdoor exercise area and Petros taverna with tantalizing traditional home cooked Greek food and a friendly atmosphere. There are spectacular and mesmerizing views of the sea, sunsets, and stunning Poros light reflections on the sea at night. The sweet sea salt smell with hints of jasmine, Greek food, and the sound of gentle Greek music is perfect for our mini escape.

Yoga and Pilates: The lessons will be tailored for mixed abilities, inclusive and welcoming for beginners with challenging twists for those more advanced.

Free time: Between classes there are many things to do; why not be a tourist and visit Poros town or one of the nearby Islands. Visit Sirene Blue, a spectacular hotel with divine food and a stunning setting. Take a walk or hire a bike and explore this magical island. If your feeling daring, there are water sports such as water skiing, wake-boarding or a banana ride close to your accommodation. Swim in the sea or sunbathe and top up that tan!

Week 1: 26th May - 31st May 2018 (this is a long holiday for school holidays)  
 Week 2: 2nd September - 7th September 2018  
 Location: Poros Bay, Poros Island, Greece

Why? Enjoy a slice of paradise. Quality 'you time' a whole week to relax and rejuvenate mind, body and spirit. Read testimonials below to see what previous clients thought.

How much? £380 per person based on 2 people sharing, or £485 for single occupancy  
 Children age 16 and under, £35. Maximum of 2 children per room. Classes are not included for children, therefore childcare provision will be your responsibility. There may be childcare options available please



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contact me for more information.

A non-refundable deposit of £150 will be required per person at time of booking, balance due 10 weeks before departure. Deposit for children £35.

What the price includes? Morning Yoga class 8-9am and early evening Pilates class 6-7pm  
Accommodation based on 2 people sharing  
Goody bag!

Testimonials:

"Back to reality after a wonderful week in Poros on a yoga and pilates retreat. I had the most amazing time. It was an active but relaxing holiday. I took a risk by going on holiday by myself but I never once felt lonely thanks to all the lovely people I met and made friends with.

Thank you Pauline for organising such a brilliant retreat. It was such a joy to be taking your classes again! I loved them! Thank you Sofia for everything! You took good care of us and I felt at home." Doriane

"Just wanted to thank you for an absolutely lovely holiday, the yoga and Pilates classes were great! I felt really chilled and made some friends as well. I really couldn't say what the best part of the holiday was as the whole experience was great.

Sofia was wonderful she made us all feel very welcome, she is such a lovely lady. I would love to go back to the island sometime." Wendy

"Thomas Carlyle said "He who has health, has hope; and he who has hope, has everything." Thank you Pauline for "everything", I came with Hazel on your retreat with no plan to join in the contortional activities, but having done so under your expert guidance, you have started me down a road of a healthier life and provided hope for even the most rigid and out of shape human." Harris - feeling thankful

"Having never been to Greece we did not know what to expect. We couldn't have been more delighted. Poros the island is small but perfect and feels safe and friendly. The town/ harbour area is beautiful with some very nice shops, bars and restaurants. The Gellato shop is not to be missed!!

We loved the quietness of the bay where we stayed, looking out from our balcony every morning was such a joy. Petros taverna run by Sophia was ideal and we really didn't feel the need to venture far from Sophia's food and hospitality. The food was exceptional. We felt that we were experiencing genuine Greek, home cooked food, and that we were Sophia's guests rather than her customers. The portions are very generous and fresh. The little super market in the bay was very handy for anything else we.