

A VOYAGE TO YOUR BETTER SELF:

*Where Wellness  
Meets Adventure*



OHSO  
YOGA

**A 5-DAY, 4-NIGHT YOGA AND  
SAILING RETREAT FROM CORFU**



# About the retreat

YOUR PERSONAL VOYAGE TO REDISCOVER  
SELF AND WELLNESS

Immerse yourself in an exclusive journey tailored just for you. After years of prioritising family and work, it's your time to invest in rediscovering who you truly are. Unplug and let the revitalising energy of yoga and the open sea connect you back to your inner self.

**Daily Yoga & Meditation:** Deepen your practice to clear your mind and strengthen your body.

**Exploratory Sailing:** Connect with your adventurous spirit and let the sea's spiritual energy elevate your soul.

**Gourmet Meals:** Indulge in the finer experiences with gourmet dining, served with a backdrop of paradise.

**Snorkelling & Paddle Boarding:** Dive beneath or float above the waves to interact with nature's vibrant marine life.

**Explore:** Secluded Islands, beaches, harbours and villages.





# Our home

WELCOME ABOARD OUR SANCTUARY AT SEA

A family owned, **beautifully crafted**, wooden Yacht offering intimate and customised sailing experiences. Journey across the **tranquil waters** of the Ionian Sea, where every turn offers a blend of natural beauty and cultural richness. Indulge in authentic **Greek hospitality** as you **explore hidden bays**, historical ruins, and quaint villages that dot the coastline.

Elevate your experience with half-board gourmet meals and a variety of onboard activities tailored to enrich your well-being. Join us, and transform your voyage into a **retreat for the soul**.



# What to expect

## **Unbridled Leisure & Discovery::**

Imagine the freedom to craft your perfect day aboard a luxury yacht, anchored in the crystal-clear waters of the Ionian Sea. Whether you wish to recline with a captivating book, dive into the refreshing azure for a swim, snorkel or paddle board, or explore exotic anchor points your time is entirely your own.

This isn't just a retreat; it's your personal sanctuary on the waves, offering both adventure and the ultimate in luxury.

## **Life-Long Friendships Await:**

You might come alone, but you'll leave as part of an unforgettable sisterhood. The retreat is designed to foster deep, meaningful connections among like-minded souls. By the journey's end, you won't just have Instagram-worthy photos; you'll have friendships that could last a lifetime.

## **A Host with Passion and Experience:**

Your retreat experience is in the capable hands of a seasoned yoga teacher and retreat host. I can't wait to welcome you aboard and guide you through transformative experiences in one of Earth's most stunning settings.





# Day 1

CORFU OLD TOWN PORT

**17.00**

Welcome drink & safety drill and boat introduction

**18:00**

Visit to the Old Castle - the Old Town\*

Eat out in the Old Town\*



# Day 2

CORFU - SYVOTTA

**07:00**

Yoga & Meditation

**09:00**

Sail for Blue Lagoon

**09:30**

Breakfast

**14:00**

Swim stop & lunch on the boat

**17:00**

Sail for Syvotta Port

**18:00**

Restorative Yoga

**19:30**

Free time for exploring Syvota village

**20:00**

Dinner in Syvotta\*

Optional tour to Acherontas archeological site\*



# Day 3

SYVOTTA - PARGA

**07:00**

Yoga & Meditation

**08.30**

Sail for Agios Giannis Bay

**09:30**

Breakfast

**12:00**

Lunch and exploring in Parga\*

**17:00**

Sail for Parga Port

**17:30**

Workshop

**19:30**

Evening swimming and BBQ at Agios Giannis Bay

Optional visit to the castle\*

Optional water sport activities at Valtos Bay\*



# Day 4

## PARGA - ANTIPAXOI

**07:00**

Yoga & Meditation

**08:30**

Sail for Arnia Bay of Antipaxos

**09:30**

Breakfast

**14.00**

Swim stop & Lunch on the boat

**17:00**

Sail for Rodovani Bay OR Sarakiniko Bay

**17:30**

Restorative Yoga

**19:00**

Evening and dinner on the boat at Rodovan. Enjoy the unique sunset and then a buffet dinner on the boat, Greek music and the sky full of stars



# Day 5

ANTPAXOI - CORFU OLD TOWN

**08.00**  
Closing Circle

**09:00**  
Disembark



# *Included*

**4 nights accommodation on a luxury 35 meter Yacht**

All meals on the yacht

2 x Yoga / Meditation /Workshop sessions per day

Tea, coffee and water

## **Not Included**

Flights to Corfu Meals  
away from the boat  
Alcohol Gratuities  
Yoga Mat



# *Bookings*

## **Expect pure happiness**

You'll receive lots of love and care from Stacey and the amazing teams onboard the Yacht

We will allocate you with another yogi or you can choose to come as a couple or bring a friend.

[BOOK A CONNECT CALL](#)

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