



Yoga & Massage Autumn Retreat in Kastro Maistro, Lefkada

Full Retreat Schedule & Cost of Individual Packages

Sunday 9.10.22

Arrival at your own time (check-in after 15:00¹)

20:00 Welcome dinner, getting to know each other

Monday 10.10.22

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai

Classes based on the YogaWorks style with specific alignment instruction, props (blocks and straps) and hands-on adjustments. The practice is supplemented with Thai massage, offered by the instructor, to aid practitioners in the relaxation process.

10:00-11:00 Breakfast

Time for chilling out (pool, beach, countryside walk, visit to the town) and own personal activities.

18:00-19:15 Yin Yoga with Thai Massage (1)

Yin yoga is a slow practice that requires staying still in each pose for a few minutes, so that poses deliver their deepest possible effect. Practitioners are guided through a sequence properly designed for Thai massage applications.

19:30-21:30 Dinner

Tuesday 11.10.22

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai

10:00-11:00 Breakfast

Time for chilling out and own personal activities

18:00-19:15 Thai Massage workshop: Handy Techniques, let's massage each other! (1)

Half the participants (givers) are guided to apply simple but effective Thai massage techniques to the other half (receivers). Then they change roles. In this workshop you get the chance to acquire some basic massage skills and enjoy receiving massage at the same time.

19:30-21:30 Dinner

Wednesday 12.10.22

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai

10:00-11:00 Breakfast

Time for chilling out and own personal activities

18:00-19:15 Detox workshop: Abdominal self-massage

In this workshop we use special massage and breathing techniques to relax our own abdominal organs as well as the heart and lungs. The detox techniques presented improve the function of the digestive system while at the same time help release emotional tension accumulated in the stomach area.

Dinner out

Thursday 13.10.22

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai

10:00-11:00 Breakfast

Time for chilling out and own personal activities

18:00-19:15 Yin Yoga with Thai Massage (2)

19:30-21:30 Dinner

¹ Does your flight arrive early? Contact Hotels Maistro reception for an earlier check-in!



Friday 14.10.22

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai

10:00-11:00 Breakfast

Time for chilling out and own personal activities

18:00-19:15 Thai Massage workshop: Handy Techniques, let's massage each other! (2)

19:30-21:30 Dinner

Saturday 15.10.22

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai

10:00-11:00 Breakfast

Time for chilling out and own personal activities

18:00-19:15 Yin Yoga with Massage Balls

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

Dinner out

Sunday 16.10.22

8:30-9:00 Pranayama and Meditation

9:00-10:00 YogaThai

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

1st PACKAGE: 4 days/3 nights, 13-16 October

Single Room 390€

Double Room 330€/person

Triple Room 300€/person

Price includes 3 nights accommodation with breakfast in Maistro Hotels, 2 dinners in Maistro Hotels restaurant (vegan, vegetarian, fish and meat options), 3 morning group sessions (90' each), 3 evening group sessions (75' each), 1 individual Thai massage treatment (30')

2nd PACKAGE: 5 days/4 nights, 9-13 October

Single Room 450€

Double Room 380€/person

Triple Room 350€/person

Price includes 4 nights accommodation with breakfast in Maistro Hotels, 3 dinners in Maistro Hotels restaurant (vegan, vegetarian, fish and meat options), 4 morning group sessions (90' each), 3 evening group sessions (75' each), 1 individual Thai massage treatment (30')

3rd PACKAGE: 8 days/7 nights, 9-16 October

Single Room 690€

Double Room 560€/person

Triple Room 520€/person

Price includes 7 nights accommodation with breakfast in Maistro Hotels, 5 dinners in Maistro Hotels restaurant (vegan, vegetarian, fish and meat options), 7 morning group sessions (90' each), 6 evening group sessions (75' each), 1 individual Thai massage treatment (30')

Thai massage treatments by Elli or Julia. Julia also offers 15' Tok Sen sessions at an extra cost of 15€.

Would you prefer choosing your own 4 or 5 days within the 8 days of the full retreat? Contact Elli with the dates of your interest and will arrange that for you!

Are you living in the island and interested in joining only one or a few group sessions? Book your place and you are in! 15€/session

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