

## 8 Day Season of Renewal: Spring Yoga and Culture Holiday in Tsagkarada, Thessaly



### **Program**

#### **About the Experience**

Join for a unique spring retreat in Tsagarada Pelion, offering yoga, meditation, outdoor adventures, immersive cultural experiences, and even a delightful cooking class. Set against the backdrop of the Greek countryside, the 12 Months Luxury Hotel becomes your sanctuary for self-discovery and relaxation.

Dive into nature's renewal, refresh your spirit and explore local culture with village hopping, wine tasting, and hands-on cooking classes. Embark on boat trips to discover nearby beaches and unveil the hidden gems of this picturesque region. This retreat is your gateway to savor the little moments that make life truly precious."

## **Saturday (18 May): Arrival Day**

- Check in after 3:00 p.m
- 18:30 - 19:30 Gently Flow and Restore Yoga Class
- 19:30 - 20:00 Opening circle & orientation
- 20:00 Welcome Drinks
- 20:30 Dinner

## **Sunday (19 May)**

- 08:00 - 09:15 Rise & Shine Yoga Class
- 09:30 - 10:30 Breakfast
- 12:00 - 14:00 Hike
- Free time for Relaxation, journaling, pool, massages
- 18:30 - 19:30 Yoga Nidra for deep relaxation
- 20:00 Dinner

## **Monday (20 May)**

- 08:00 - 09:15 Rise & Shine Yoga Class
- 09:30 - 10:30 Breakfast
- 11:00 - 17:30 Village Hoping & Women's Cooperative & Wine Tasting
- 18:30 - 19:30 Peaceful Yin & meditation
- 20:00 Dinner

## **Tuesday (21 May)**

- 08:00 - 09:15 Rise & Shine Yoga class
- 09:30 - 10:30 Breakfast
- Free time for Relaxation, journaling, pool, massages
- 18:30 - 19:30 Gently Flow and Restore
- 20:00 Dinner

## **Wednesday (22 May)**

- 08:00 - 09:15 Rise & Shine Yoga Class
- 09:30 - 10:30 Breakfast
- 11:30 - 13:30 Cooking lesson in the forest (learn how the famous homemade marmalades of Pelion are made & drink your own homemade lemonade)
- 18:30 - 19:30 Yoga Nidra for deep relaxation
- 20:00 Dinner

## **Thursday (23 May)**

- 07:30 - 08:30 Breakfast
- 08:45 - 07:00 Argonauts for one day! Boat cruise in Pagasitikos Golf, boat trip on small islands & beaches, full moon gazing
- 20:00 Dinner

## **Friday (24 May)**

- 08:00 - 09:15 Rise & Shine Yoga Class
- 09:30 - 10:30 Breakfast
- 12:00 - 14:00 Hike
- Free time for relaxation, journaling, pool, massages
- 18:30 - 19:30 Peaceful Yin & meditation
- 20:00 Dinner & farewell drink

## **Saturday (25 May)**

- Departure day
- 11:00 Check out

## **Included excursions**

### **Village Hopping and Wine Tasting**

Embark on an enriching journey through the picturesque region of Pelion, starting with a visit to a charming winery in Argalasti. Immerse yourself in the world of winemaking as you tour the vineyards, learn about the fermentation process, and witness the meticulous craftsmanship that goes into creating exceptional wines.

Indulge in a wine-tasting experience, allowing your palate to explore the rich flavors and aromas of Pelion's finest wines. From robust reds to crisp whites, each sip tells a story of the region's unique terroir and dedication to quality.

Continue your adventure by visiting the traditional villages of Pelion. Wander through narrow cobblestone streets lined with charming stone houses, and soak up the authentic atmosphere of these age-old settlements. Engage with the friendly locals, savor traditional cuisine in local tavernas, and immerse yourself in the culture and history of Pelion. It's a journey of discovery, taste, and genuine connection with this beautiful region.

## Argonauts for One Day

Set sail on a captivating boat cruise in the serene waters of the Pagasitikos Gulf. As you cruise through these tranquil waters, you'll be surrounded by breathtaking natural beauty, with the lush coastal landscapes of Pelion as your backdrop.

The adventure continues with a delightful boat trip that takes you to explore the hidden gems of small islands and secluded beaches in the Gulf. Step ashore on pristine, sun-kissed beaches, dip your toes in the crystal-clear waters and relish the tranquility of these coastal paradises.

This boat cruise and island-hopping excursion promises a day of relaxation, exploration, and the chance to discover the hidden treasures of the Pagasitikos Gulf.

## Instructors



**Anna Zorzou**

2 CERTIFICATES SHOW

As long as Anna can remember, she has always been an adventurer; a curious and active girl. Her quest for new discoveries led her away from her birthplace, Greece, to California, where she was offered a full scholarship as a college basketball player. Following college and after going through sev...[Read more](#)

## Retreat location

### Tsagkarada, Thessaly

This program will take place in the village of Tsagkarada which is in the municipal unit of Moursi in the municipality of Zagora-Moursi in the region of Magnesia in Thessaly, Greece.

## About the Location

Nestled in Tsagkarada, Pelion, the 12 Months Luxury Resort offers a prime location granting convenient access to both the Pelion ski resort and renowned pebble beaches like Mylopotamos and St. Ioannis.

Experience the unique advantage of the 12 Months Luxury Resort, where you can revel in all seasons without limitation, embracing the beauty and activities that each one brings.

## **Food**

Fresh vegetables sourced from local farms come together to create a medley of delicious, mouthwatering dishes, showcasing the true essence of the region's culinary heritage.

The use of traditional recipes adds an authentic and tasteful twist to every meal, while the addition of seasonal fruits provides a sweet and refreshing touch to the dining experience.

### **The following meals are included:**

- Breakfast
- Dinner
- Drinks

### **The following drinks are included:**

- Water
- Coffee
- Tea
- Soda

### **The following dietary requirement(s) are served and/or catered for:**

- Vegetarian
- Gluten Free

If you have special dietary requirements it's a good idea to communicate it to the organiser when making a reservation

## **Health & Hygiene**

### **Safety precautions**

- PCR test available on location (at additional costs)

### **Cleaning**

- Uses cleaning chemicals that are effective against coronavirus.

- Linens, towels and laundry washed in line with local authority guidelines.
- Guest accommodation is disinfected between stays.
- The accommodation partner we work with follows the guidelines of local authorities.
- Equipment for activities is disinfected before and/or after use.

### **Physical distancing**

- Cashless payment available.
- Physical distancing is maintained.
- Instructors maintain a distance from the client at all times possible.
- Activities take place outside where possible.

### **Safety features**

- Staff follow all safety protocols as directed by the local government.
- Hand sanitizer available in guest rooms and key areas.
- First aid kit available.
- A room is available to isolate suspected or infected COVID-19 patients.
- Protective masks available for clients.
- All staff are fully vaccinated

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## **Things to do (optional)**

### **Spa treatments in Forest Spa of 12 Months Luxury Hotel**

### **Activities in Green Mountain Activities Area:**

- Paintball
- Archery
- Zip line

### **What's included**

- 5 morning and 6 evening yoga classes
- 1 daily trip "Village Hopping and wine tasting"
- 1 daily Cruise " Argonauts for one day"
- 1 culinary lesson in the forest
- 2 hikes in the village
- Free access to the wet spa area of Forest Spa
- Free access to 12 months of luxury resort pool area
- 7 local Greek breakfasts, and 7 traditional Greek dinners
- 7 nights accommodation

### **What's not included**

- Flights

- Transportation on arrival and departure day
- Lunches
- Spa therapies
- Drinks of dinners
- Mini bar and extra charges during your stay