

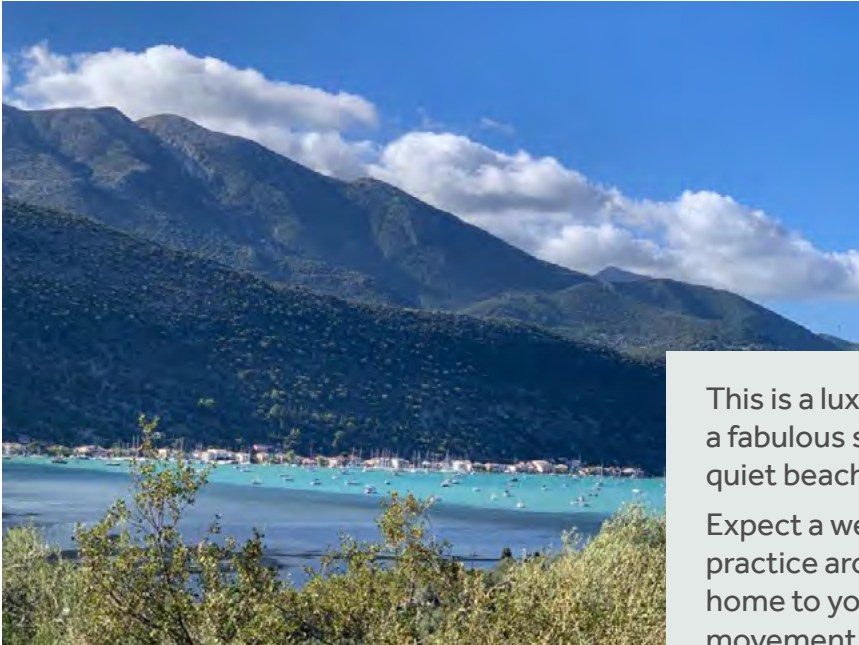
# GREEK YOGA RETREAT

with LUCY BISHOP

MAY  
19TH - 25TH  
2024



A luxurious week  
of yoga classes  
and delicious  
food moments  
away from the  
beach!



WELCOME TO THIS  
INCREDIBLE RETREAT SET  
ON THE BREATHTAKING  
GREEK ISLAND OF LEFKADA.

This is a luxury yoga holiday which includes a fabulous stay just moments away from a quiet beach.

Expect a week focused on building your practice around your needs, coming back home to your body and finding joy in movement.

Set nearby the seaside, the retreat will be a home for you to relax, enjoy daily yoga practice and not to mention, a feast of delicious, vegan food for seven days.

Beautiful modern and calm interiors make this stay a total paradise. Over six nights, you'll enjoy a wonderful, peaceful rest at a private resort.



**A NOTE FROM YOUR HOST -  
LUCY BISHOP**

Yoga, self acceptance and feeling good are an important part of practicing yoga. Throughout the week, a series of classes have been designed to be inclusive, welcoming and suitable for every body.

I really look forward to teaching you and enjoying a week of yoga, right by the beach in Greece. I couldn't think of a better location for my second retreat; I am excited to visit Lefkada Island! .





# THE VENUE

Situated between two beautiful blue bays is the venue for your stay: **Lekfkada Retreat**.

A world class luxurious facility offering indoor and open air spaces for yoga classes in a gorgeous mediterranean setting.

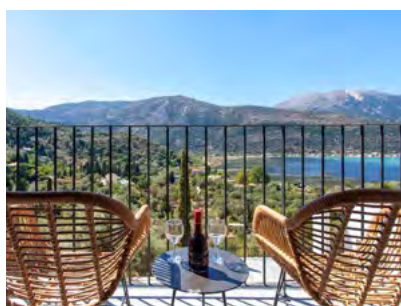
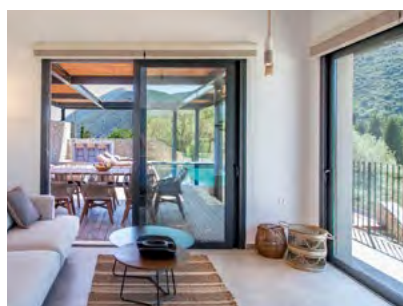
The retreat centre is located just 50 minutes from Preveza Airport.

Just five minutes walk away are great beaches, tavernas and water sport activities.



Set across two spacious villas, there are two pools to enjoy which offer plenty of space for relaxation, swimming and sun lounging.

Other shaded areas will give you space to relax and hang out. A private massage area is available for add-on treatments during the week.



# ABOUT THE RETREAT

The beautiful surroundings of Lefkada Island remind us of our connection to nature.

With two daily practices of yoga, breathwork and meditation, Lucy will lead a week focused on building your practice around your needs, coming back home to your body and finding joy in movement.

This retreat is for all levels of experience, first-timers, long-timers and everyone in between.





## WHAT'S INCLUDED

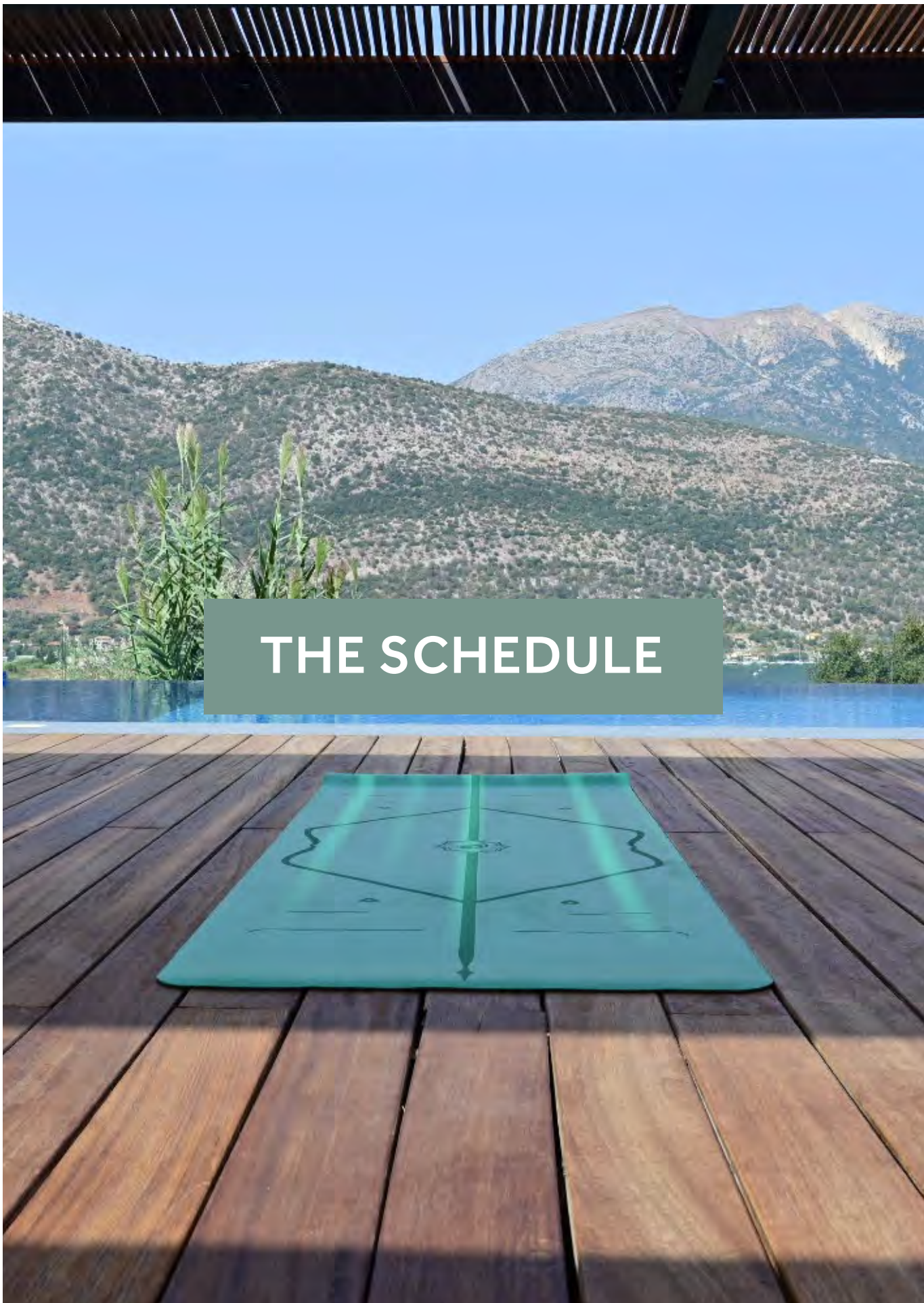
- Lefkada Retreat Resort: 6 nights luxury accommodation over 7 days.
- Fully inclusive food for 7 days which includes three meals per day plus extras (such as juice, snacks, vegan treats and cakes, fruit, nuts and further refreshments).
- A week long yoga programme, including extended yoga sessions and workshops to deepen your individual practise.
- From start to finish a complete booking service. We'll take care of everything from flight guidance, airport shuttle, and organising trips and tours during the retreat. Your booking will be supported by Will Wheeler who is the retreat organiser and has been planning and facilitating retreats for 10 years.



## WHAT ISN'T INCLUDED

- Flight expenses are not included in the retreat cost.
- Additional extras such as therapeutic massages are not included. The trips will be optional and arranged for you, but incur an extra cost.
- There will be no alcoholic beverages offered in this retreat. There are local shops and taverns for those who would like to purchase alcohol and enjoy it with their meals.





# THE SCHEDULE





## SUNDAY

---

**Arrival day at Lefkada Retreat.**

The nearest airport is Preveza (about 3.5 hours flight time from London/Manchester). Upon arrival, a group transfer will be waiting for you; this is arranged and organised for you. The transfer is provided (but not included - budget around €25-30 euros per person).

\*See [booking form](#) for more information.

**19.00: Welcome dinner**

A Welcome dinner will be served. For those arriving later, there will be tea, snacks and water available for you in the communal kitchen when you arrive.



## MONDAY

---

**08.00: Vinyasa yoga**

**10.00: Breakfast**

**13.30: Lunch**

**Free time**

Relax by the pool, chill on the beach, explore the grounds or visit a local village.

**17.30: Yin**

**19.00: Dinner**

# TUESDAY

---

**08.00: Vinyasa yoga**

**10.00: Breakfast**

**13.30: Lunch**

**Free time**

Time to explore the island or take a trip.

**17.00: Yoga - self compassion and acceptance class**

**19.00: Dinner**

# WEDNESDAY

---

**08.00: Vinyasa yoga**

**09.00: Breakfast**

**13.30: Lunch**

**Day Excursion:**

Optional sailing trip with lunch by the beach.

**19.00: Dinner**

# THURSDAY

---

**08.00: Vinyasa yoga**

**10.00: Breakfast**

**13.30: Lunch**

**Free time**

Relax by the pool, chill on the beach, explore the grounds or visit a local village.

**17.30: Slow Flow and Yoga Nidra**

**19.00: Dinner**

# FRIDAY

---

**08.00: Vinyasa yoga**

**10.00: Breakfast**

**13.30: Lunch**

**Free time**

Time to explore the island or take a trip.

**17.30: Yin**

**19.00: Dinner**





# SATURDAY

---

**07.30:** Vinyasa yoga

**09.00:** Breakfast

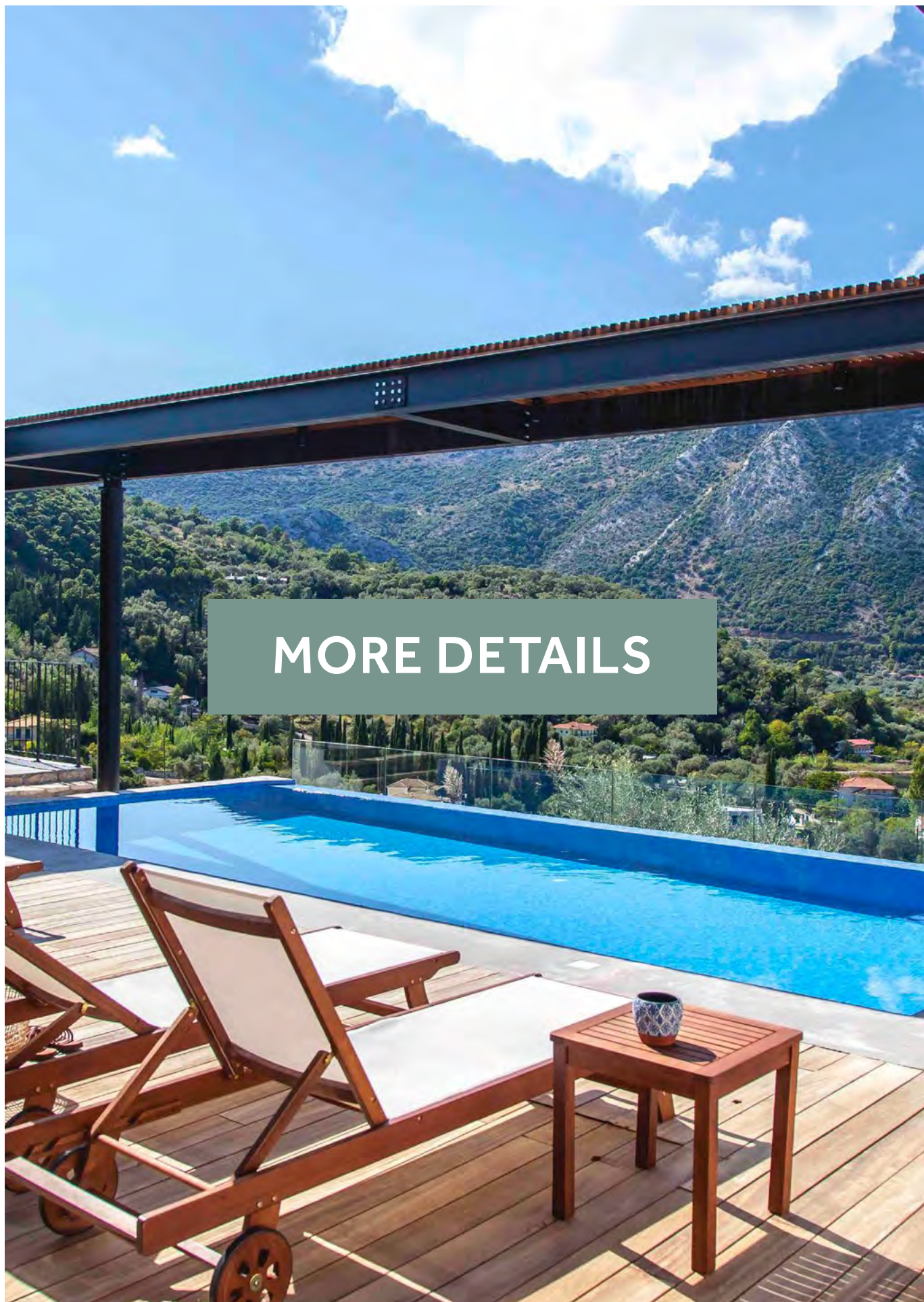
**10.30:** Departures

You can stay at Lefkada retreat centre until you're ready to depart.

## PACKING LIST

- Yogamats will be provided, but if you'd rather bring your own, then please do
- Yoga and movement clothes
- Sun cream
- Sun hat
- Sunglasses
- Swimwear
- Sweat towel and beach towel
- Sleep essentials: eye mask, ear plugs, etc
- Reusable water bottle
- Cash (GBP) or card for currency exchange
- European plug adaptor
- Notepad and pen





**MORE DETAILS**





## A DAY IN THE RETREAT

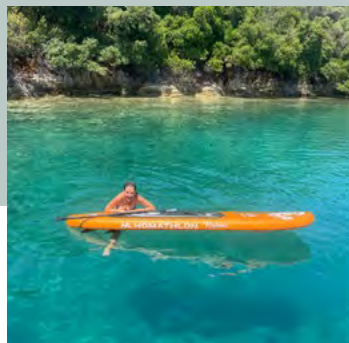
To compliment the retreat and make the most of your time on this Greek island, a range of adventures and activities can be arranged.

Enjoy the beach only 5 minutes walk away from the retreat which offers magical crystal waters, tavernas and water sports activities. This could include kayaking, swimming, snorkelling and stand up paddle board lessons.

There is an opportunity to enjoy a private cruise to tour Lefkada Island which will explore amazing and world famous beaches.

You can also head on guided hikes, wine tasting at the local vineyard.

These activities can be arranged and booked at the venue during your stay, they come at an additional cost.



## FOOD

You'll nourish your body all week long through great food and hopefully come away feeling healthier and inspired. All your food is included.

During your retreat, a private chef will cater for the retreat group.

Expect delicious vegan food served daily at the retreat centre.

Catering for allergies and dietary requirements is possible.





# ACCOMMODATION & PRICING

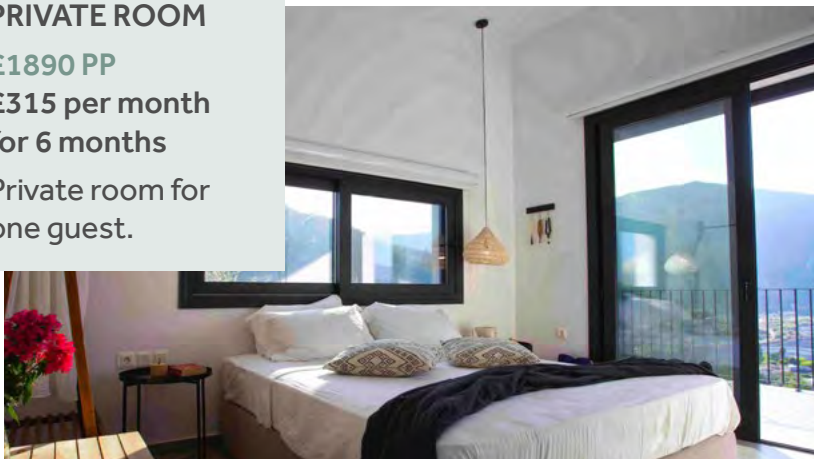
## PRICES PER PERSON

### PRIVATE ROOM

£1890 PP

£315 per month  
for 6 months

Private room for  
one guest.

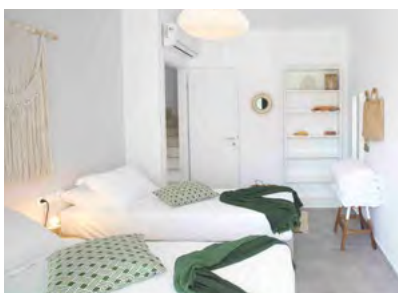


### SHARED ROOM

£1380 PP

£214 per month  
for 6 months

Shared room for  
two guests.





# A NOTE FROM WILL

A spectacular location on the beautiful island of Lefkada will be your retreat location. I recently went to visit the venue and was struck by the incredible hilltop location of the retreat, set between two beautiful blue bays.

This retreat, set over 6 nights will allow plenty of time for yoga but also offer various trips, tours, with your kind and welcoming host, Lucy Bishop.

Take time to relax by the pool and enjoy outings to experience this charming island in Greece. You'll dine at the venue and enjoy fantastic food and drink. All meals are included.

I look forward to creating a wholesome and peaceful retreat for Lucy and her group.

## FAQ'S

### **New to yoga or regular yogi? Who is this retreat for?**

We welcome all levels. It is useful to have done some yoga or movement prior to the retreat. If you're brand new, it's advisable to have practised at least 10 sessions before joining the retreat to give you a foundation. We can advise you where to find suitable classes or how to find classes near you.

### **I'm thinking of coming alone, is this ok?**

Yes! Most guests are solo travellers and we welcome single riders! It is an opportunity for you to fully immerse yourself in your practice but also to meet like minded individuals.

Guests always come away with a network of new yoga connections and stay friends beyond the retreat.

### **I'd like to come, but can I spread the cost?**

Payment plans are available. Spread the cost with a 6 month plan and pay from £214 per month. (6 month payment plan).

# BOOKING INFO / TERMS:

1. To secure your space, please complete the [booking form](#).
2. If you'd like to split the cost into a payment plan, please contact Will.
3. UK Bank Account. Payment instruction via Bank Transfer/Payment Plan:  
William Wheeler  
HSBC  
Sort code 40-11-91  
Account 41333674
4. Transfer for non UK and UK bank accounts. Via [Wise](#) (see link on booking form to complete your booking).
5. Your reference should be detailed as follows: 'SURNAME + LUCY24' (EG SMITHLUCY24)
6. If you have any questions please contact Will via email or telephone.
7. You must take out travel insurance for your trip. If you are a UK citizen, it is also advised that you have a valid European Health Insurance Card. If our travel plans are disrupted due to travel restrictions caused by Covid-19, you'll have the option to reschedule or receive a refund.
8. Injuries and health concerns: please contact Will prior to the retreat to discuss any injuries which may affect your practice. Equally all guests will be required to complete a short health questionnaire prior to the trip.

## TERMS AND CONDITIONS

1. The deposit is non refundable unless the trip is postponed or cancelled due to entry restrictions into Italy from the UK in light of Covid-19 or unprecedented security measures.
2. Please ensure you purchase the appropriate travel insurance for your holiday. In the event you are no longer able to attend the retreat, your space is transferable to another client, this is on a fill your spot basis.
3. An admin charge of £85 per client will be applied to change the name, booking and rooming details.
4. The balance is only refundable if your spot is rebooked by another client and their transaction has been processed.

Please contact me via email if you have any questions.  
I am happy to help you with your booking!

**WILL WHEELER**

+ 44 (0) 7917 346 593

[willwheeler242@gmail.com](mailto:willwheeler242@gmail.com)