

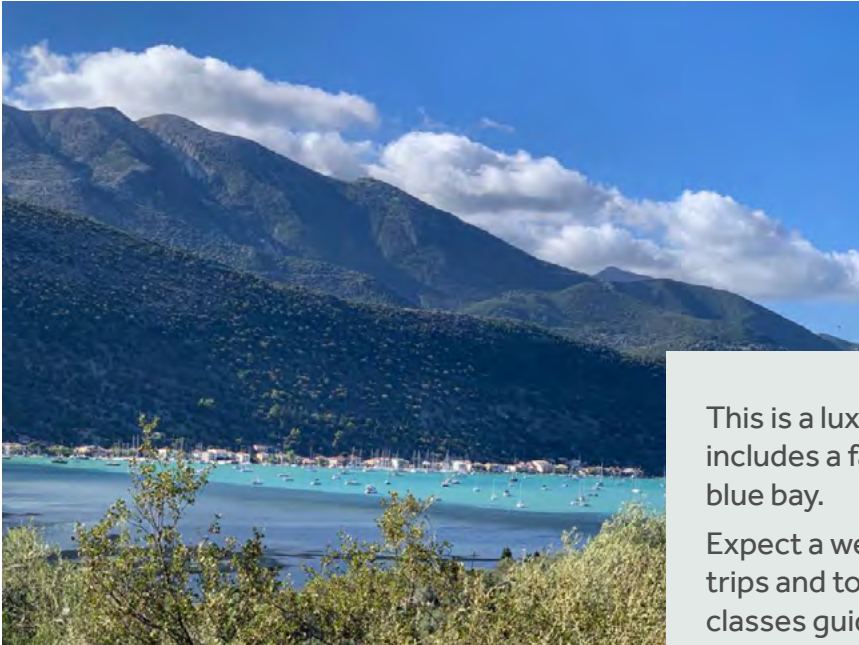
# GREEK BARRE RETREAT

with YAZ

AUGUST  
25TH - 31ST  
2024



A fantastic week  
of fitness 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 wellness holiday which includes a fabulous stay close to a beautiful blue bay.

Expect a week of delicious food, exciting trips and tours and a schedule of exciting classes guided by Yaz.

Set back from a quiet bay, the Lefkada Retreat will be a home for you to relax, enjoy daily yoga practice and feast on delicious vegetarian food for seven days.

Beautiful modern and calm interiors make this retreat stay a beach lover's paradise. Over six nights, you'll enjoy a wonderful, peaceful reset at a private resort. A pair retreat chefs Adonis and Stavros will cater for you and the group three times per day, offering wonderful Mediterranean dishes.



### A NOTE FROM YOUR HOST YAZ

Yaz has been a professional fitness instructor in London for five years. Whether it's a dance cardio class, a lengthening and sculpting Barre class or a strength-building fitness class, Yaz is experienced in multidisciplinary workouts.

Yaz has trained hundreds of clients in group classes and private sessions, all with her light, upbeat style.

She says, "fitness has always been a part of my life from a young age, I've always felt a drive towards how fitness makes me feel empowered."



# 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 fitness and 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 retreat is designed to inspire you through fun activities, daily fitness, great food and drink and plenty of sunshine.

A beautiful pair of spacious villas, two large pools and a hilltop studio for classes make Lefkada Retreat a fantastic place to rejuvenate - not to mention the proximity to the island's great beaches.

Incredible classes and workshops throughout the week will be provided by Yaz. Expect 2-3 sessions per day which are expertly designed and delivered by Yaz. Enjoy themed classes, such as Disco Barre on the final day.

In two inspiring and educational workshops there will be time to look at fundamental postures and movements in order to break them down to help understand them. This will advance your practice, improve your technique and enable you to come home with new skills. These sessions are low impact and you'll need your notebook and pen.



# WHAT'S INCLUDED

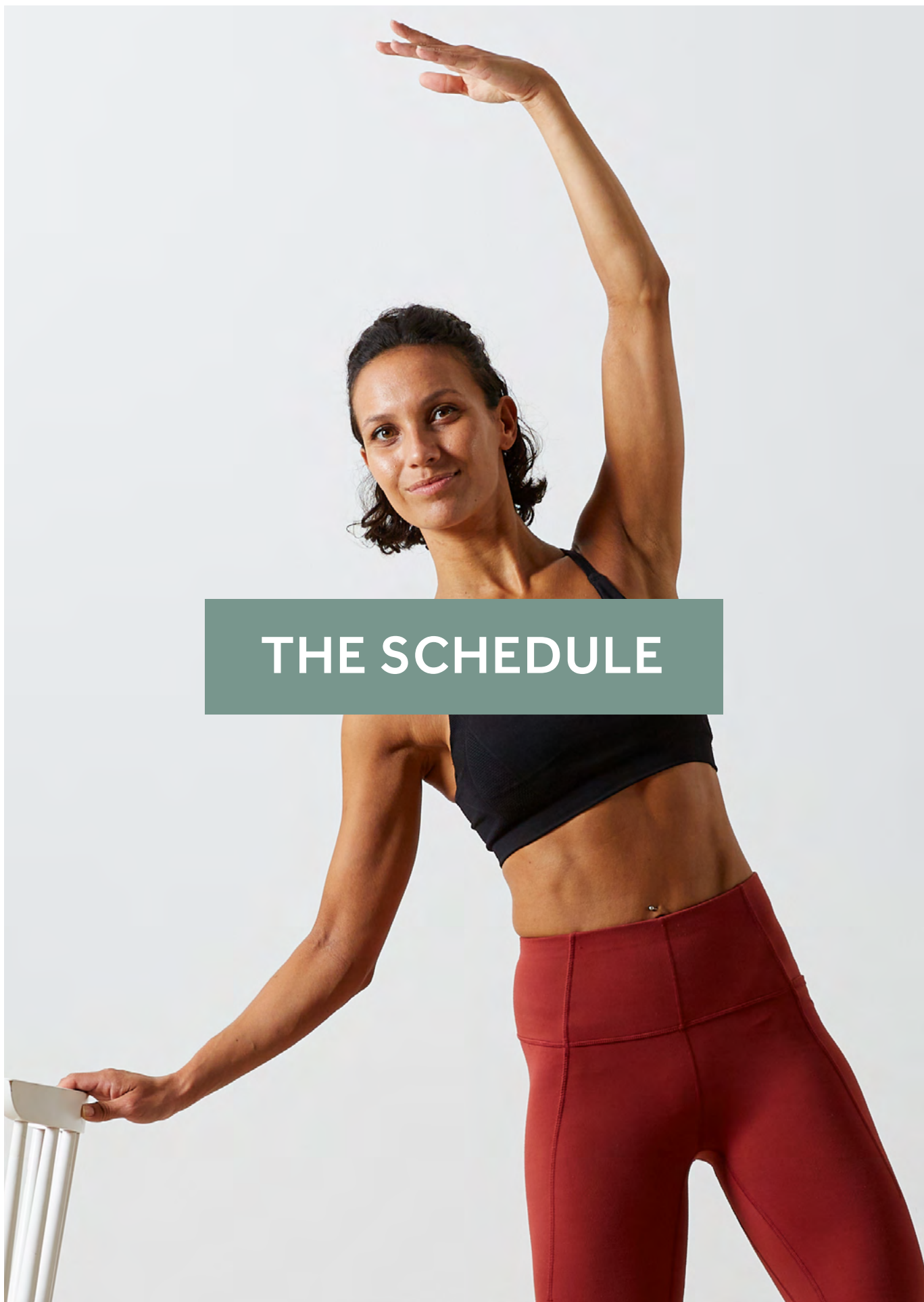
- 6 nights accommodation at Lefkada Retreat.
- Full board food/drink for 7 days. (This is made up of three meals per day plus juices, snacks, vegan treats and cakes, fruit, nuts and further refreshments).
- A week long yoga programme, including extended yoga sessions and workshops to deepen your individual practise.
- We'll take care of everything from travel support, flight guidance, airport transfers and getting you back to the airport on time on your final day.
- We'll also be organising trips and tours during the retreat which are optional and chargeable extra but everything is arranged for you.
- The yacht trip for example is a highlight and not to be missed for those seeking a fun day out at sea. Expect watersports, relaxation onboard a traditional wooden yacht and food and drinks included. You can read more about the Yacht trip on the registration form here. Your booking and communication will be with 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

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Arrival day at Lefkada Retreat.

Please arrive by 15.00 into Preveza Aktion Airport.

**16.00:** Arrive & settle in

**18.00:** Welcome dinner.

## MONDAY

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**08.00:** An introduction to Barre

You'll ease into the retreat with a carefully guided class to release tension, increase your stamina and begin to build your strength. This class is slightly longer than usual to give you a more indepth intro or a welcome back to Barre.

**09.30:** Breakfast

Tea, coffee, smoothies and juices are served every morning. There will be a selection of local fruits, toast, preserves and other delicious breakfast offerings which vary daily.

**13.00:** Lunch

**17.00:** Yoga flow & restore with Will

Enjoy a 75 minute yoga flow into a restorative session with Will. The session is designed to compliment your other classes and offer a little yin and relaxation to help you unwind your muscles and prepare for upcoming Barre and Fitness classes in the week to follow. The session is for all levels and those newer to yoga.

**18.30:** Dinner



# TUESDAY

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**08.00: Barre class with Yaz**

**09.00: Breakfast**

**11.30: Barre workshop (Part I)**

**17.30: Barre with mobility stretch**

**18.30: Dinner**

# WEDNESDAY

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**08.00: Yacht Excursion**

Those on the excursion should be ready to depart by 08.00am for the minibus to the harbor. The journey time is 30 minutes. The trip will last for around 5 hours.

**15.00: Return to the venue**

**18.30: Dinner**

# THURSDAY

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**08.00: Barre**

**09.00: Breakfast**

**11.30: Barre workshop (Part II)**

**17.30: Barre with mobility stretch**

**18.30: Dinner**

# FRIDAY

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**08.00: Barre**

**09.00: Breakfast**

**17.30: Barre**

**18.30: Dinner**





# SATURDAY

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## **07.30: Barre express (35min)**

A final class to kick start your day and send you on your way.

## **08.15: Breakfast**

## **09.30: 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
- Please bring clothes for fitness/movement classes (remember your trainers!)
- Sun cream
- Sun hat
- Sunglasses
- Swimwear
- Sweat towel and beach towel
- Sleep essentials: eye mask, ear plugs, etc
- Reusable water bottle
- Cash (EUR) 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

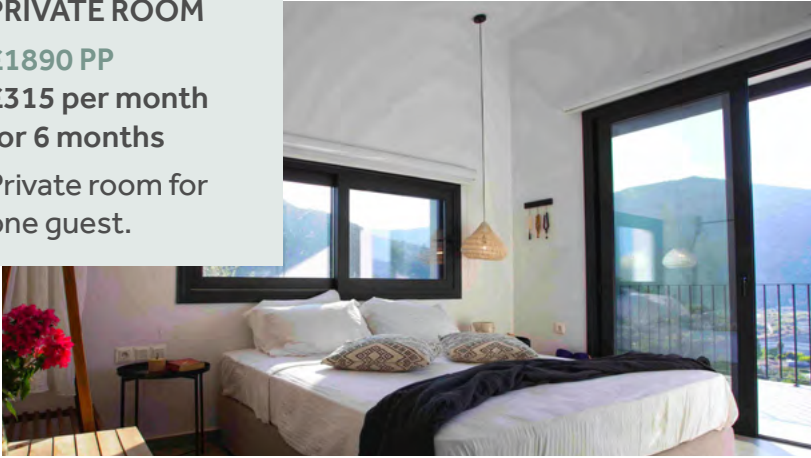
## PRICES PER PERSON

### PRIVATE ROOM

£1890 PP

£315 per month  
for 6 months

Private room for  
one guest.

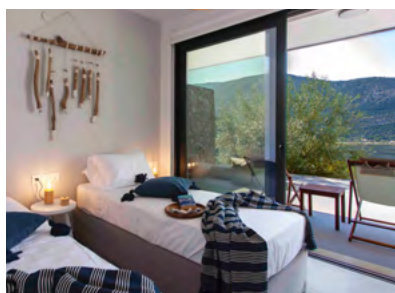
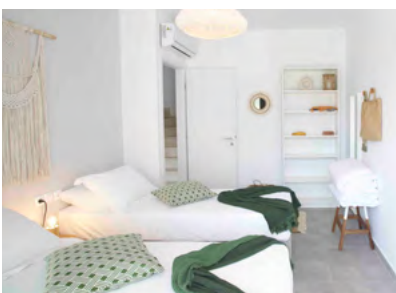


### SHARED ROOM

£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 fun and inclusive instructor, Yaz.

Take your 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 Yaz and her group in Lefkada.

## FAQ'S

### Who is this retreat for?

This retreat is for those seeking a week of energising classes, a beach villa holiday and some Greek sunshine. We welcome all levels whether you're a beginner to Barre or more experienced. There will be options and modifications to suit all levels and injuries. If you're brand new, we'd like you to have tried at least 4-5 sessions prior to the retreat to pick up the basics and fundamentals of a Barre class. If you don't have a studio near you, we can send you links to online classes and so on.

### 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 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 + YAZ24' (EG SMITHYAZ24)
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**

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