



SAILING & YOGA IN GREEK CYCLADES ISLANDS

08/10/22-15/10/22
22/10/22-29/10/22



A NEW ADVENTURE

BEGINS...



SAIL

with Captain Elias,
explore beautiful
Cycladic Islands,
find hidden
beaches, maybe
spot dolphins or
turtles, swim in
different water..



Practice Yoga and Meditation

with Anetta every
day on a different
island with a small
group of 4 to 8
persons



YOGA & MEDITATION with Anetta

Vinyasa Yoga, Intuitive Movements,
Restorative Yoga, Breathing, Hands-On-
Adjustments, ALL LEVELS



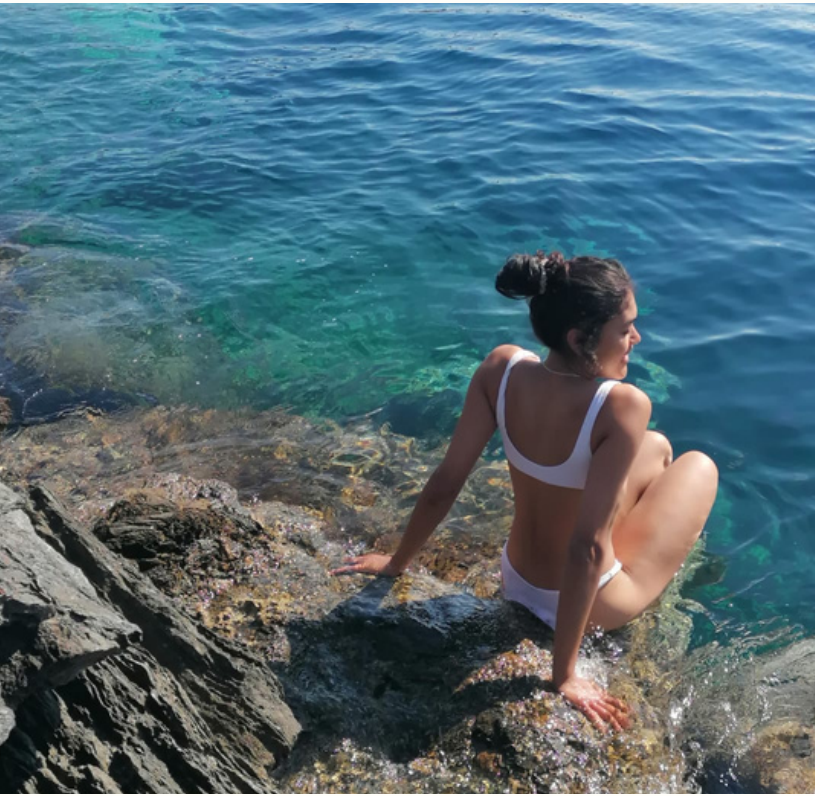
different location every day:
tranquil spots at the beach, in hidden back
yards, next to churches or on terraces with a
stunning view over the coast...
Anetta finds a spot where you can connect with
the power of stillness

DISCOVER THE ISLANDS

depending on the weather, we will discover 3-4 different islands
and have dinner in traditional Greek Tavernas every night



SWIM IN DIFFERENT CLEAR AND BEAUTIFUL WATERS





THE SAILING BOAT

Boats from 40 feet (3 cabins) to 50 feet (4 cabins)
Share your cabin with your travel companion or another person from your group (same-sex), optional book the whole cabin for yourself. Maybe you are an outdoor person and want to watch the Mediterranean sky as you fall asleep Sleeping on deck is always an option if you wish to do so. As an experienced skipper, Elias will take care to not take any risks on sailing days so the final itinerary depending on wind force and direction.

Please note that cabin space and comfort on board are limited, so please pack lightly and do not bring big hardcover suitcases. For the days on the boat, you will not need much more than your swimwear, sunscreen, and sunglasses. Don't forget to bring one warm jumper & a waterproof jacket as the evenings can feel chilly after a warm day on the water. Before departure, we will hit the supermarkets together to stock up on ingredients for breakfast and lunches during sailing. In the evenings, we will always overnight in harbors (obligatory from the boat insurance company) .





PRICES

SHARED CABIN 890 EUR/P.P

OWN CABIN 1335 EUR/P.P

Prices include 7 nights accommodation on board, towels, bed linen, a fully equipped kitchen, electricity, warm showers and bathrooms, airport pick up if wished, daily 1-2 Yoga/Meditation Sessions, use of the SUP board, seasickness medicine if needed.

Excluded: flight, insurances, meals, beverages (the cost of food is relatively cheap in Greece, for a week you, should plan 100-150 EUR for all your shopping, meals, and drinks).



IT HAS BEEN TWO WEEKS SINCE I WAS ON THIS SAILING & YOGA TRIP AND I STILL CAN'T BELIEVE HOW AMAZING IT WAS! I USED TO DREAM OF BEING ON A SAILING BOAT WALKING AROUND MARINAS AND NOW I ACTUALLY GOT TO SPEND A WHOLE WEEK LIVING THE BOAT LIFE! THE SEA, THE ISLANDS, THE FOOD – THE SURROUNDINGS WERE INCREDIBLE. BUT WHAT MADE THE JOURNEY PERFECT WAS THE COMPANY: ELIAS AND HIS CHILLED OUT VIBES, HUMOR AND SAILING SKILLS; ANETTA OUR LOVELY YOGA TEACHER WHO TOOK US TO SOME OF THE MOST BEAUTIFUL SPOTS FOR YOGA & MEDITATION I HAVE EVER SEEN AND ALWAYS ADJUSTED PERFECTLY TO THE GROUP DYNAMIC; THE GROUP AS A WHOLE WITH SUCH DIFFERENT PERSONALITIES THAT ALL BROUGHT SO MUCH TO THE GROUP AND WERE EACH IN THEIR OWN WAY INCREDIBLY INSPIRING – EVERYTHING JUST KIND OF CLICKED INTO PLACE.



I WAS SO LUCKY TO GET TO SPEND A WHOLE WEEK WITH ANETTA ON A SAILING BOAT IN GREECE ON WHAT WAS HER FIRST JOURNEY OF THE KIND – SO WE ALL GOT TO EXPLORE THE BOAT AND ISLAND HOPPING LIFE TOGETHER! ANETTA WAS OUR YOGA TEACHER DURING THIS TRIP. SHE IS A LOVELY PERSON TO TALK TO AND BE AROUND, WHICH IS ALSO THE PERFECT ENERGY TO HAVE AROUND YOU DURING A YOGA OR MEDITATION SESSION. WE FOUND SOME OF THE MOST BEAUTIFUL SPOTS FOR YOGA WITH VIEWS OF THE SEA. I FEEL LIKE SHE ALWAYS ADJUSTED HER CLASSES TO THE MOOD AND ABILITIES OF THE PARTICIPANTS AND TO OUR SURROUNDINGS AND SHE ALSO GOT US ALL TO CONNECT MORE NOT ONLY WITH OURSELVES, BUT ALSO WITH EACH OTHER. I REALLY LOVED THE MASSAGE OIL THAT SHE ALWAYS BROUGHT ALONG AND SHE REALLY HAS A WAY OF INCORPORATING SMALL TOUCHES DURING THE PRACTICE THAT REALLY HELP TO RELAX AND LET GO. I ALSO APPRECIATED IT VERY MUCH THAT SHE TOOK THE TIME TO GO AROUND AND CORRECT POSITIONS OR MAKE SUGGESTIONS FOR IMPROVEMENT. I WOULD BOOK ANOTHER YOGA RETREAT WITH ANETTA ANYTIME!



CONTACT

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If you want to be part of this
unique adventure!