



UPTOWN  
YOGA

# GREEK ISLAND RETREAT

SEPT 15-22, 2025



\*7 nights in the Aegialis 5 star hotel in Amorgos. Full access to spa facilities including sauna, hammam and sea water pool.



\*Twice daily yoga +meditation  
2 Breathwork Sessions  
2 Yoga Workshops



\*Fresh and locally sourced, wholesome, Mediterranean meals + a cooking class to take the goodness home with you.



\*Connection with community,making life long friend. Relaxing days to connect with yourself and immerse yourself in Greek culture,.

*This retreat is designed to for you to drop deeper into your practice, develop harmony with your body + mind and connect to your inner peace. Be ready to relax ,nourish your being.and have fun exploring a new land + culture.*





## Our Days

*We will have relaxed starts to our day, as we slip into Greek pace of life.*

- 8:00 Morning practice of breathwork, meditation and vinyasa flow
- 10:00 Breakfast

*Our afternoons consist of relaxing, spa treatments, excursions or workshops*

- 4:00 Asana Workshop
- 5:00 Sunset Deep Stretch
- 7:00 Dinner

*Our evenings include Sound Bath or Breath work sessions & chats under the stars*







## Our spaces

*Aegialis has an abundance of gorgeous outdoor spaces for you to enjoy. Spa, sauna, pool, gym is all included in your stay. Multiple yoga spaces, all with stunning sea views. Our meals will take place on the beautiful open air terrace.*





# Our Rooms

## Single Room

\$3495

## Double Room

(per person) \$2600

*We will do our best to place you with a roommate, if requested. If not available, single room payment will be required.*

\$600 Deposit due at registration

50% due by 1/1/25

Remaining balance due 4/1/25

To register email:

[jen@uptownyoga.com](mailto:jen@uptownyoga.com)



## Getting to Amorgos

- Fly to Athens, Santorini, Naxos or Mykonos
- Take Ferry to Amorgos
- You will be picked up at the port and transfer to the hotel.

*Estimated ferry travel time from:  
Athens- 7-8 hours*

*Santorini and Naxos- 75 minutes*

*Mykonos- 2 hours*

We will have a group chat for participants to share their pre-retreat travel plans and flights.

## What's Included?

- 7 nights at Aegialis 5 star hotel
- Twice daily yoga classes
- Afternoon workshops
- 2 Breathwork Sessions
- Breakfast and dinner daily
- 30 minute massage
- 10% off spa treatments
- Use of sauna, hammam, pool, gym
- Transfer to and from the port.

## Extras

- Additional purchases of spa services, excursions, alcohol or extra food will be the responsibility of guest

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## Ready to book?

- Email [jen@uptownyoga.com](mailto:jen@uptownyoga.com)
- Spot is secured with \$600 non- refundable, non-transferrable deposit
- 50% of total is due 1/1/25
- Final balance due 4/1/25
- Refunds on payments are not available after Nov 1, 2024
- Should you need to cancel before April, payments will be refunded up to 50% of total.
- No refunds after 4/1/25