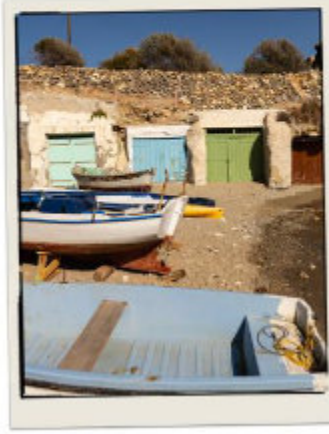
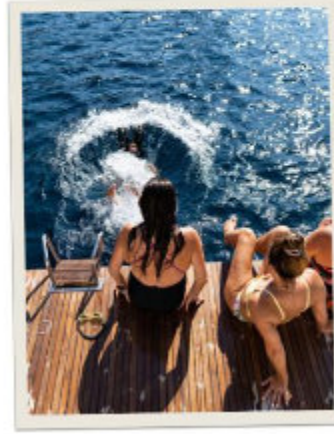
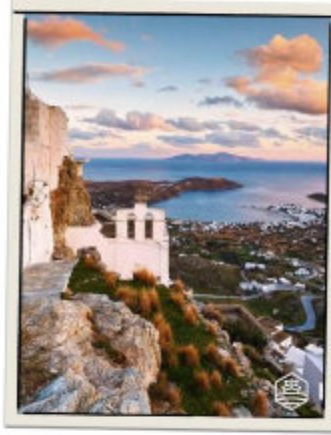
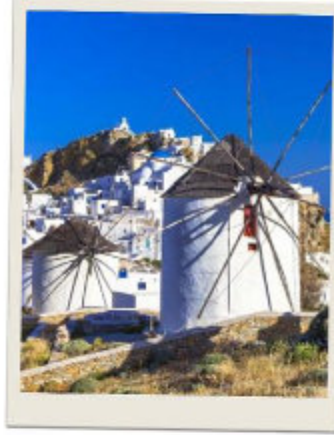
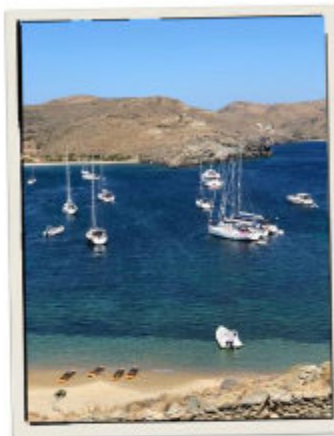




RasVida

SAIL & YOGA IN GREECE

Oct 12 - 19, 2024



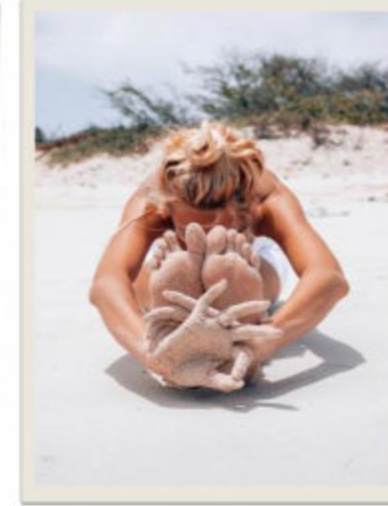
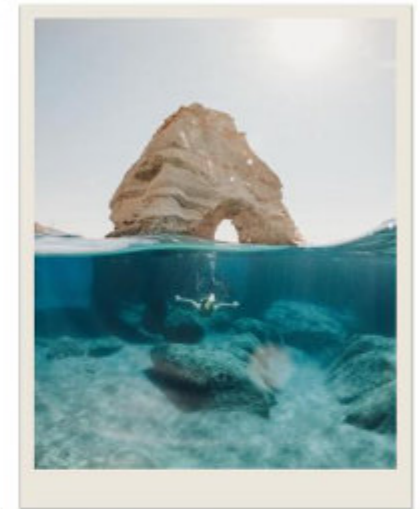
Go With The Flow



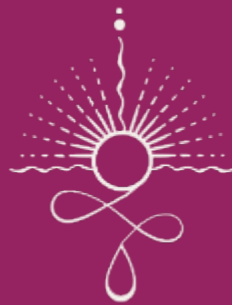
Embark on a bucket-list retreat experience, navigating the pristine Cycladic islands of Greece. Set sail across the captivating Aegean Archipelago. Lose yourself in secluded havens, where tranquil beaches and breathtaking vistas abound. Delight in the flavors of the region's exquisite local cuisine.

Elevate your yoga practice beyond the mat, amidst breathtaking landscapes. Uncover the enchanting allure of the Cyclades. Immerse yourself in nature, engage in diverse activities, and forge connections with like-minded individuals.

This meticulously curated all-inclusive voyage strikes the perfect balance, enabling you to detach from the world, harmonize with the serenity of the deep blue sea, and immerse yourself in the timeless simplicity of the Greek way of life.



Greece



Embrace the sea's serendipitous touch as you embark on a sailing yoga retreat where the whims of wind and weather chart a course to hidden island gems. Whether the Cyclades' iconic beauty or the Saronic Gulf's captivating charm calls to us, each destination is a revelation in its own right.

Beyond the familiar allure of Mykonos and Santorini, our voyage seeks the tranquility of the western Cyclades and the uncharted grace of the Saronic islands—places where the spirit of serene beauty resides.

This journey is an odyssey to the heart of authenticity, steering clear of the well-trodden paths of mass tourism and into the embrace of the region's most secluded and genuine sanctuaries.



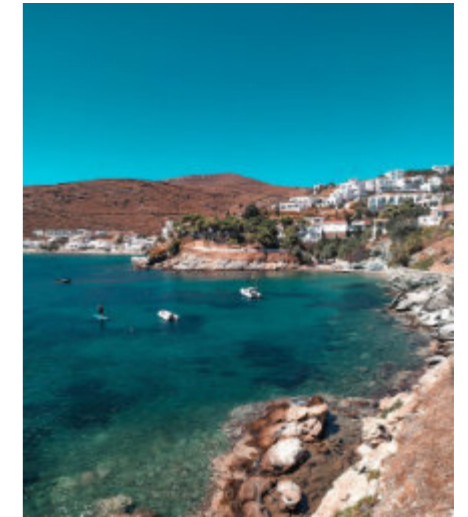


Destinations

As the wind sets our sails towards the horizon, it mirrors the very essence of yoga—aligning with the breath, yielding to the present moment, and embracing the flow of nature. Our final itinerary, whispered by the breeze, will unfold much like our yoga practice: intuitively, gracefully, revealing the path as we journey inward and explore outward. Let us be guided by the breath of the Aegean, finding balance between the adventure of discovery and the tranquility of the soul.

Kythnos

Kythnos Island, a treasure of deep-rooted traditions and warm hospitality, is framed by a mountainous landscape and iconic Cycladic features. Stroll through enchanting villages, reflecting traditional architecture, with cobblestone pathways, white-washed residences, sun-kissed squares, numerous churches, and classic windmills. The island boasts a variety of beaches and crystal-clear waters, creating a serene and tranquil atmosphere perfect for an idyllic escape.

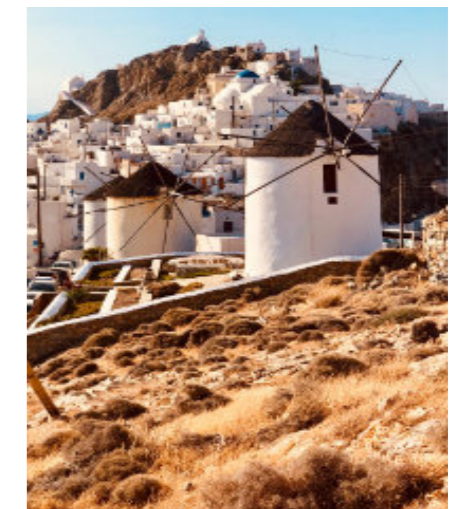


Sifnos

Sifnos showcases quintessential Cycladic architecture, adorned with traditional whitewashed houses, 300 scenic churches, dovecotes, and quaint earthenware shops. The island strikes harmony between stunning beaches, understated nightlife, charming blue & white Cycladic villages, responsible tourism, and arguably the Cyclades' finest cuisine. Every culinary experience is a delight. The landscape extends an inviting embrace, with infinite hiking trails and serenely peaceful yoga enclaves.

Serifos

In Greek mythology, Serifos was the birthplace of Perseus, the heroic slayer of Medusa, and a supposed dwelling of the Cyclopes. Exhibiting raw, rugged allure, Serifos boasts steep mountains cascading into expansive ultramarine bays. The hillsides bear captivating natural formations, evoking an enchanting atmosphere. The island's town, an embodiment of purity, captivates with its brilliance, a cascade of white descending a conical hill.



Kea

Kea, also known as Tzia, abounds with natural allure, showcasing rugged cliffs, a breathtaking coastline, and lush valleys adorned with orchards, olive groves, and oak trees. Beach exploration, historical churches, Hellenistic towers, watermills, and windmills await your discovery. Traverse its trails, which traverse no less than four ancient cities (Ioulis, Korissia, Poiessa, and Karthaia). Mythology suggests this was the nymphs' initial abode, a notion easy to fathom given the island's captivating charm.



Hydra

Hydra, an enchanting island, is a car-free sanctuary where time stands still. Its stone mansions and narrow alleyways exude a timeless charm, harmoniously blending with the tranquil seafront. Renowned for its artistic heritage and vibrant cultural scene, Hydra offers a unique escape from the modern world. The island's rugged terrain and crystal-clear waters provide a picturesque backdrop for adventurous explorations, all complemented by its rich, local cuisine.



Aegina

Aegina, a jewel of the Saronic Gulf, radiates with elegant neoclassical buildings, ancient temples, and vibrant cultural heritage. This island blends idyllic beaches with a lively yet laid-back ambiance, offering a unique blend of history and modernity. Famous for its pistachios, Aegina's culinary scene is a celebration of local flavors. The landscape unfolds with picturesque trails and tranquil spots perfect for yoga, inviting visitors to explore its natural and historical wonders.



Epidaurus

Epidaurus, steeped in ancient Greek history, is renowned for its magnificent amphitheater and healing center of Asklepios. This UNESCO World Heritage site balances historical allure with natural beauty, offering lush landscapes and serene beaches. Visitors can immerse in the rich cultural legacy, explore archaeological marvels, and enjoy local gastronomic delights. The tranquil environment makes it an ideal spot for rejuvenating yoga amidst a backdrop of unparalleled historical significance and natural splendor.

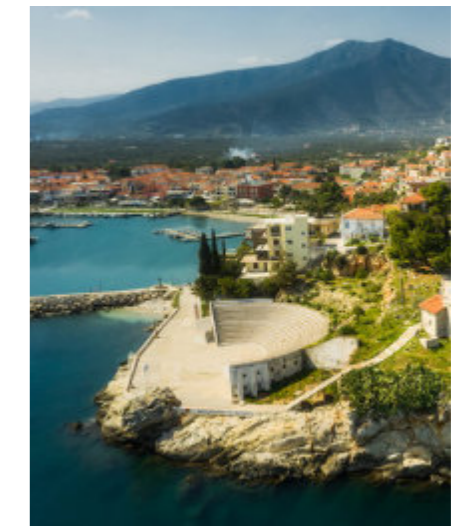
Poros

Poros, nestled in the Saronic Gulf, captivates with its lush pine forests and soft sandy beaches. The island is a picturesque tapestry of neoclassical architecture and narrow, winding streets, leading to bustling waterfront cafes and serene, hidden coves. Known for its tranquil charm and hospitable locals, Poros offers a perfect blend of relaxation and adventure. With every turn, you'll find traditional Greek tavernas and opportunities for peaceful yoga retreats amidst its serene natural beauty.



Astros

Astros, a hidden gem in the Peloponnese, offers a quaint blend of coastal charm and historic intrigue. This picturesque town is graced with a medieval castle, embracing panoramic sea views. Its unspoiled beaches and vibrant harbor life provide a perfect backdrop for relaxation and exploration. Astros invites visitors to unwind, whether through leisurely strolls along its scenic waterfront or peaceful yoga sessions by the azure waters.



MAP OF GREECE



A WIND WHISPERED ITINERARY

Aegina / Poros / Hydra /
Epidauros / Kythnos / Sifnos /
Serifos / Kea





A day on board

During our retreat we will be journeying to 3-4 of the previously presented exquisite destinations. Most days, we'll moor in marinas, with one or two nights spent off shore in secluded coves. Daily sails will last a few hours, transitioning from one captivating locale to another. Some days, we'll enjoy brief sails to idyllic spots for swimming and sea adventures. Regardless of where the winds guide us, each destination promises spectacular experiences and unforgettable memories.



Our itinerary, artfully crafted each day, guarantees a soul-enriching experience. Picture this: daily yoga sessions set against breathtaking backdrops, each a new vista of natural splendor. Add to this an exhilarating blend of activities—be it a rejuvenating hike or an invigorating SUP excursion. We'll also explore stunning destinations, immersing in their unique charm. Culinary delights await to tantalize your taste buds, complementing a journey filled with discovery and wonder. Prepare for an awe-inspiring yoga retreat that promises to awaken your spirit and senses.



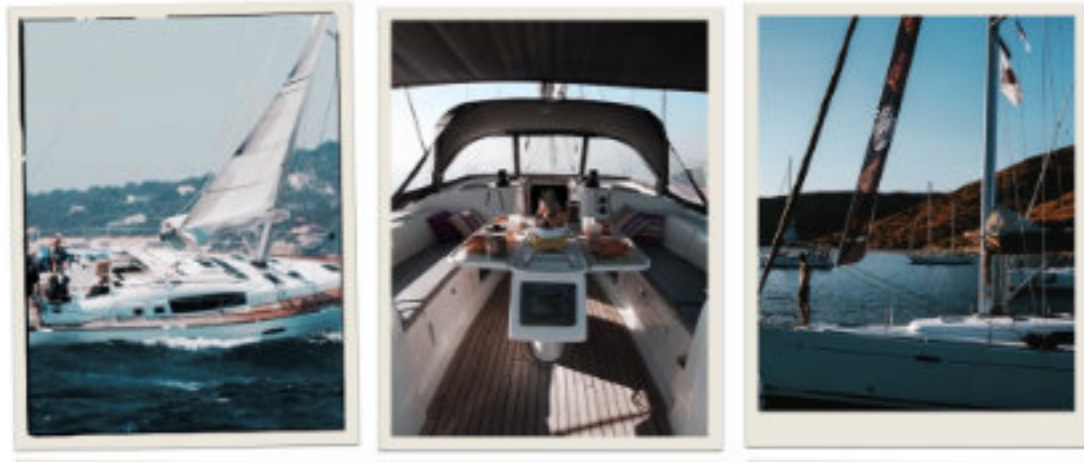
The Boats

Experience the allure of the open seas with our sailboats, offering a comfortable accommodation on water. Designed to host up to 8 guests, each boat is a floating oasis, complete with plenty of amenities. Indulge in the comfort of air-conditioned cabins, high-quality bed linen and towels, and cozy cockpit cushions. Modern conveniences like electric flush restrooms and USB sockets in both cabins and the saloon seamlessly blend adventure with comfort, ensuring an unforgettable glamping - style sailing excursion.



The sailboats will journey
As a flotilla, a collection of small
ships sailing in unison. You'll sail
alongside your group, and we'll
convene for yoga sessions,
excursions, and meals as a united
gathering.

Exterior



Living Room & Kitchen



Cabins & Bathroom



EACH 50FT SAIL BOAT HAS
5 CABINS

2 DOUBLE BED CABINS WITH ENSUITE BATHROOM
2 DOUBLE BED CABINS WITH SHARED BATHROOM
1 BUNK BED CABIN USED BY THE CREW

CAPTAINS

Our captains fearlessly navigate the most challenging waters, uncover hidden gems, and excel in seamanship. Just as the adage goes, skillful sailors are forged through rough seas. Like you, we possess a fervor for the educational journey that water provides, valuing safe sailing and seamless voyages. Regardless of the wind's direction, our captains skillfully ensure your sailboat's secure docking in any marina.

HOSTS

They will expertly craft your meals, oversee boatkeeping, and readily assist you. Our hosts are dedicated to enriching your voyage, alleviating any worries, and realizing your every desire. They are committed to pampering you, tending to your needs, and ensuring that Greece bestows upon you the most exceptional experience of a lifetime.

ACCOMMODATION

6 nights accommodation 45- 50ft SailBoats
Private or Shared Cabin Options
1 night hotel accommodation on the last day

SAILING TRIP

Visit 3-4 Greek Islands & sailing destinations
Mooring in marinas & Secluded Coves
Linen & Towels
Captains
1 host per boat
Activities Manager
Boat Fuel & Marina Fees

MEALS & DRINKS

Organic breakfast
Light lunch on board
Dinner in hand picked restaurants
Unlimited Snacks/ coffee/ beverages & water

TRANSFERS

Group pick up from Athens international airport
Group Bus from Athens airport to the marina
Group Bus from marina to Athens airport

ACTIVITIES

1 organized hike
Sup Excursions
Snorkeling Expeditions
Snorkels & SUPs available on board

YOGA

Daily Yoga Sessions in outdoor locations
Yoga Mats are provided

*Travel Insurance is not included but always recommended.



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CONTACT DETAILS

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