



April 15, 2022

Suggested Packing List For your Upcoming Retreat

Our retreat center is a five star space located on a hill with two pools, ocean view yoga shalas and restaurants, and an indoor spa. There will be two classes per day, and your stay includes unlimited usage of the spa facilities and a group boat trip. Please plan accordingly.

Lastly, as we get closer to the date, we will send a suggested activities list that includes hikes, must see beaches and restaurants. If you have any questions, please reach out to Ewa or Patricia



Please consider the environment when preparing for this trip and bring reusable and environmentally friendly items.

- Greece will be warm and sunny. Bring light, comfortable clothing for yoga, beach/pool and sleeping.
- Bring sun protection such as reef safe SPF, sunglasses and hats.
- Mosquito repellent.
- There will be yoga mats available so no need to bring your yoga props unless you have a mat you love.
- You will have a safety box in your room for your passports and laptops/tablets. Please just bring the basics.
- Bring a pair of walking shoes or sneakers to walk.
- A couple of hoodies or sweater for a random cool evening.

TRAVEL DOCUMENTS

- Please check that your passport is up to date and does not expire within the next 6 months from our departure date.
- Save a copy of your passport, vaccine records, and a credit card on your phone and on a cloud like your email in case of an emergency.