

ROCABELLA MYKONOS X FYKIADA RETREATS

Rocabella Mykonos joins forces with Fykiada Retreats to offer once in a lifetime wellness experiences in the most exciting Greek island!

Embark on a 6 day yoga holiday and enjoy daily practices from top international teachers, a bespoke Greek-inspired healthy menu and outdoor activities revealing the mythical side of Mykonos!



ASHTANGA RETREAT WITH LARUGA GLASER 3 - 8 MAY 2019

Rates per person start from 2.190€

THE EXPERIENCE

Our five star stay along with our award winning restaurant 'Reeza' and a dedicated yogashala gazing the Aegean Sea will provide all the zen needed for a dreamy island retreat. A rich schedule of ashtanga practices will be accompanied by outdoor adventures, fine dining nights and a taste of Mykonos vibrant culture and beachlife. Fykiada Retreats' tried & tested relationship with Laruga promises that you're in good hands to let yourself go and immerse into the art of Ashtanga.

THE YOGA PRACTICE

The yoga classes will be a balanced blend of Mysore practice and Ashtanga specific workshops. Mornings classes will be dedicated to Mysore practice under Laruga's guidance and they will be suitable for both experienced students as well as beginners.

The afternoon classes will be workshops going deeper into the foundations of the Ashtanga yoga practice. By the end of the week, you will have a greater grounding in all aspects of the Ashtanga yoga tradition and leave the retreat refreshed, recharged, and inspired, maintaining the gift of yoga.

** All practices are open to all levels from beginners to more advanced yogis*



THE RETREAT INCLUDES

- 6 island days / 5 nights - luxury accommodation at Rocabella Mykonos Resort
- 2 daily yoga practices
- Daily brunch with an à la carte menu
- Four dinners at the award winning 'Reeza' restaurant, including a three-course vegetarian menu
- **Sailing Day in Delos** with a swim at the magical waters of Rhenia and a Greek-style lunch on board
- A stroll at the alleys of Mykonos Chora followed by a special dinner out (extra cost)

- Eco-bikes to cycle around the area
- Yoga equipment (Manduka mats, straps, blocks)
- Mykonos airport pick-up & drop-of

OPTIONAL ACTIVITIES (EXTRA COST)

- Sunset drinks at 'Skorpios', the hottest spot of Mykonos
- 'Vioma' Organic Farm visit and wine tasting
- Spa treatments and therapies
- Greek food classes & wine tasting
- Horse riding at Fokos beach
- Kite surfing at Korfos beach

CONTACT

For more information about the retreat and the pricing please contact info@fykiada.com