

Yoga Vacation in Ithaca, Greece w/ Athena Pappas

Saturday, September 27th – Saturday, October 4th 2025

Double occupancy \$2530 or \$2790 per person

Single Occupancy \$3290 or \$3680



Are you ready for a wonderful getaway to a gorgeous Greek island, a bit of adventure, twice daily yoga and delicious Mediterranean food? Treat yourself to a yoga retreat/vacation in Greece this October. Ithaca is a secluded island in the Ionian Sea with dynamic hills, coastal landscapes, hidden beaches and cozy villages. The weather will be lovely – not too hot, the sea warm and the island uncrowded.

Each day will begin with yoga, after class a brunch buffet will be served outdoors overlooking the sea, the afternoon is yours to enjoy the property or explore the area, there will be a late afternoon snack, a bit more time to relax and the day will come to a close with another yoga class followed by a delicious dinner. One afternoon will be free for an adventure or non-adventure of your choosing.

Itha108 is a magical retreat center built into the mountain side, it has gorgeous views of the surrounding landscape. Natural beauty, indoor-outdoor living, peace, relaxation and a dedication to practice are all part of Itha108's ethos. The property and guests are lovingly cared for by the proprietor, Ingrid Gottschalk.

Cost includes: 7 nights of accommodation, meals, yoga classes, group transfers to/from Kefalonia airport.

A \$1000 non-refundable deposit holds your place. The balance is due by May 23rd, 2025. Registration will open in March 2025.

2025 Yoga Vacation in Greece Terms and Conditions

- All accommodations, meals and yoga classes are at Itha108 located on the island of Ithaca in Greece.
- Cost includes 7 nights of accommodation, meals, yoga classes, one group transfer to/from Kefalonia airport.
- Cost does not include airfare, gratuity, alcohol, soft drinks, laundry, massages, local transportation or excursions.
- Wine and soft drinks are available for purchase, guests may NOT bring wine, spirits or any other beverages onto the property.
- Laundry service is available.
- Massages are available on-site.

Accommodations: There are nine unique rooms on the property, all have ensuite bathrooms and outdoor spaces. Each space is beautifully appointed and can be double or single. Beds feature comfortable mattresses made by a Greek company called Coco-mat that specializes in natural lifestyle products. Bath products include organic olive oil soap and calendula face balm. Room names and descriptions can be found [here](#).

Accommodation options and pricing per person:

Presenter (Athena) will do her very best to give you your first room choice. When registering participant will indicate room choice and alternative choice. Presenter cannot guarantee shared accommodation unless you have someone with whom you'd like to share a room with. If you want to bring someone who does not want to participate in yoga classes you will pay the single accommodation rate plus a non-participating guest cost determined by cost of room assigned.

Meals/Snacks/Beverages: All meals will be prepared and served onsite by Itha108's cook. Food at Itha108 is fresh, sumptuous and made up of local produce. All vegetables are organic and sourced from the best of what Ithaca and neighboring Kefalonia has to offer. Plentiful, home-cooked menus blend traditional Greek cuisine with a contemporary style. Meals are vegetarian with fresh fish served at two dinners. Tea, coffee, biscuits and breadsticks are available all of the time. Soft drinks and organic wine are available for purchase. There is a corkage fee for wine brought in. Participants should bring a water bottle for filtered water which is provided.

Given the remote location dietary preferences cannot be accommodated. When registering you can indicate any food allergies (i.e. nuts). If you require a very restrictive diet (i.e. no grains) or have a severe food-related condition (i.e. celiac) please contact presenter to ensure your needs can be met.

Yoga Classes: Participants must have Iyengar Yoga experience and be taking Iyengar Yoga classes with a Certified Iyengar Yoga Teacher on a regular basis. If you do not meet this criteria please contact Athena prior to registering. There is a shaded outdoor yoga space and an indoor yoga space. Yoga mats, bricks, belts, blankets and bolsters are provided. There will be a morning and afternoon class each day, participants can expect 3 hours of yoga practice daily (including asana, restorative and pranayama). No afternoon class on one afternoon.

Beaches/Activities: 2 beaches are less than 5 minutes walk from the retreat center, a tree-shaded beach is about 10 minutes walk. Renting a boat can be organized. Scooters, bikes can be rented. Guided tours can be arranged. There is a well-stocked library, board games and a gift shop at the retreat center. Massage therapy is available.

Also included: Hair dryers, beach towels and high-speed internet.

A **gratuity** for staff is recommended in the amount of 20 - 30 Euros.

Arrival and departure: The retreat begins Saturday Sept. 27, 2025. Check in is after 3pm. Dinner will be served on arrival day. The retreat comes to a close after an early breakfast on departure day Saturday October 4th, 2025, check out is 9 am. The group will be taken to Kefalonia airport. Keep in mind some flights may not depart until later in the afternoon. In past years the group has spent a few hours having coffee and exploring the port village Fiskardo before heading to the airport.

Travel Information: Participants are responsible for booking and purchasing their flights. The closest airport is on the nearby island Kefalonia (EFL). A private group transfer to and from the retreat center is included in the cost. The group will take a bus from Kefalonia airport to Fiskardo (approx. 75 minutes), from there the Itha108 boat takes the group across to Polis Bay, Ithaca – about 10-15 minutes. The trip is completed with a 10 minute minibus or taxi ride up to the retreat center Itha108. The group will have to coordinate arrival times. Participants travelling outside the group transfer are responsible for the costs of getting to the retreat center, Itha108 will assist with booking transit. Previous years participants all agreed that any other travel or exploration is best done before the retreat. If you haven't been to Athens in a while it is well worth a visit. There are some lovely villages on the island of Kefalonia. Ideally arrive in Europe at least 3 days in advance of retreat start so that you may acclimate to the time change. It is possible to get to/from Kefalonia from London, Paris and other places in Europe check out <https://www.skyscanner.com> for booking flights within Europe.

Health: All participants must be fully vaccinated & boosted per current CDC Covid vaccination guidelines. Prior to the retreat participants are requested to do their best to maintain good health and follow covid-related protocols such as mask wearing, social distancing, testing (if potentially exposed), avoiding possible exposure to Covid/Flu/Colds for at least 10 days prior to travel. If you are traveling to other cities before the retreat please be mindful of exposure to any and all illnesses and avoid getting

sick. If participant is ill and unable to travel no refunds will be made. Any participant who is or becomes symptomatic or sick upon arrival at Itha108 or during the retreat will be required to isolate from the group – no refunds or credits for missed classes or meals due to illness. Ithaca is a remote place with limited resources and medical services, therefore it is recommended that participants bring rapid tests with them in the event that covid testing is needed. Purchasing travel insurance is highly encouraged. Health protocols are subject to change owing to the changing nature of local, state and country covid-related mandates.

Bottom line – stay healthy if you are in anyway unwell prior to the trip stay at home. Buy travel insurance to protect your purchase and yourself.

Drugs/Alcohol: Do not travel with or under the influence of illicit drugs (cannabis in any form, heroin, cocaine, prescription drugs intended for non-medical or recreational use). Participants are not to use illicit drugs before or during yoga classes nor before or during meals at Itha108. Athena Pappas (presenter) reserves the right to ask any participant who is intoxicated by drugs of any kind or alcohol use to leave class and/or onsite meals.

Release and Responsibility: The participant agrees that Athena Pappas (presenter) will not be held liable for any injury, damage, loss, delay or irregularity that may be occasioned for any reason. The participant agrees to assume all risks associated with retreat and agrees that no liability will attach to Athena Pappas in respect of death, personal injury, illness, delay, or for any loss or damage to the property (including luggage) of the participant during the course of the retreat, howsoever caused.

Cancellation Policy: All cancellations must be in writing (e-mail is o.k.) and received no later than May 23, 2025. Upon receipt of cancellation letter any fees paid will be refunded less the \$1000.00 deposit. No refunds will be made after May 23, 2025. No refunds will be given for late arrival or early departure from retreat. Because cancellations result in additional costs for the Presenter (Athena Pappas), under no circumstances, regardless of reason for cancellation on the part of the participant will the \$1000.00 deposit fee be returned or credited in any way, nor will the terms of cancellation as stated above be waived. Presenter reserves the right to cancel the retreat prior to departure. If such cancellation is NOT due to circumstances beyond the Presenter's control – such as war, terrorist activity, adverse weather conditions, pandemics, fire and natural disaster – Presenter will refund all payments, constituting full settlement with the participant. However, should cancellation or early termination of the retreat be deemed necessary by Presenter due to reasons beyond Presenter's control as outlined above, no refund or compensations will be made unless Presenter is able to recover any trip-related sums from Itha108. Athena Pappas is not responsible for expenses incurred for delays as a result of circumstances beyond her control.

Registration: Registration will open in March 2025.