

Yoga retreats with EYsailing

1 session/day
Extra workshops
Fresh meals
Local gastronomy
7 days
7 destinations

6 spots only!

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www.eysailing.gr



“Yoga and Sailing Retreats”

Enjoy an ideal setup with

- 1 yoga session/day
- 7 days / nights
- 7 different destinations/islands
- Freshly prepared meals onboard with local products
- Intro to freediving
- Snorkelling
- Local culture
- Local gastronomy
- Ideal locations for yoga
- Yoga mats onboard
- Unique exploration opportunities
- Sea-caves and swim-throughs
- Up to 6 guests onboard

The ideal environment to relax, re-connect with nature, explore new and secluded destinations, practice yoga and enjoy..









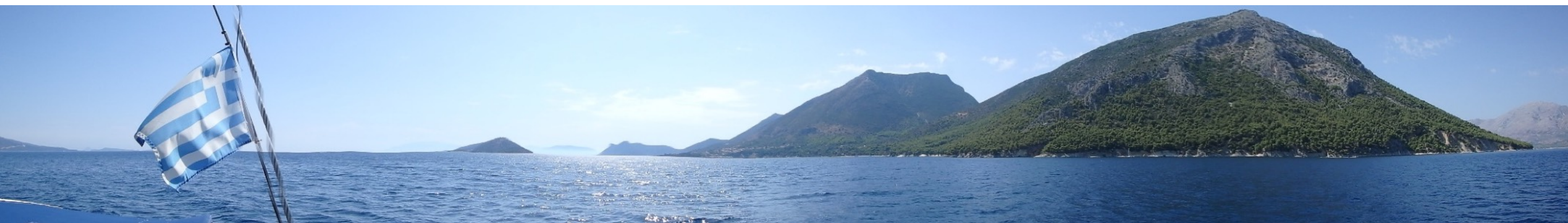




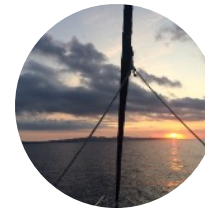
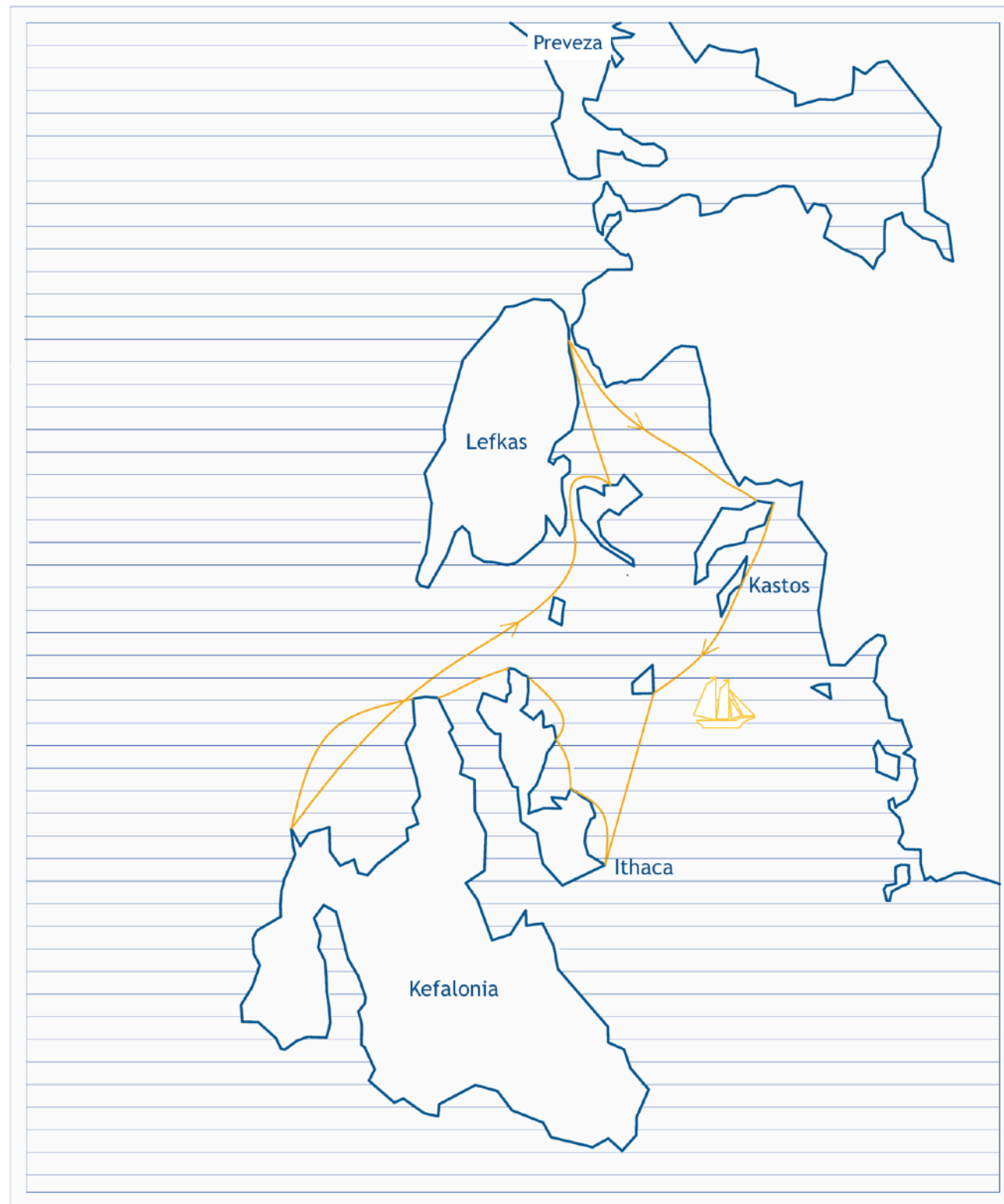
Sailing with EYsailing

During our EYsailing trips, there is always space for an introduction to the basic principles of sailing, navigation, knots and others. Travelling from island to island, you will get used to and experience the life aboard a yacht!

Besides the yoga sessions, you will enjoy swimming in small remote bays which are only reached with a yacht and visit little harbours and villages of the Ionian Sea. On these islands there are also opportunities to visit museums, exhibitions and festivals. The local gastronomy is also a major part of the trip with freshly-prepared meals onboard and local restaurants!



EYsailing route



Suggested itinerary of the week :

Day 1(day sailing: 3 hours-25NM): check-in at Lefkas marina in the early afternoon and Discover the diamond of Kastos!

Day 2 (day sailing: 1,5 hour-12NM): After a morning coffee at the Windmill of Kastos, short sail to Atokos and then to beautiful Kioni.

Day 3 : (day sailing: <1 hour): Breakfast in Kioni and exploration of the nearby remote beaches before mooring in Vathi for the local museums and gastronomy.

Day 4 day sailing: <1 hour: Explore the “Kraken” and remote beaches of East coast of Ithaca.

Day 5 (day sailing: 2 hours-15NM): Visit the cosmopolitan Fiskardo of Kefalonia with its famous restaurants.

Day 6 (day sailing: 1.5 hours-12NM): West-coast magic in Assos or Melissani Cave in Sami.

Day 7 : (day sailing: 1 hour-10NM): Sail to Meganisi and to Papanikolis cave.

Day 8 : check-out.









Stunning sunsets





EYsailing yacht

EYsailing yacht

Specifications of “Lito”:

- Bavaria 44'
- Built in 2003
- Refurbished in 2016
- 4 double cabins
- 2 WCs
- 3 showers
- Capacity: 8 passengers
 - (**6 guests + instructor + skipper**)
- Equipped with
 - oven
 - fridge
 - cooking equipment
 - yoga mats**
 - dinghy with outboard motor
 - snorkelling equipment
 - water toys
 - books
 - laptop
 - telescope!**
 - and many others!



EYsailing yacht



EYsailing yacht



Breakfast onboard



Breakfast onboard



Prices

Based on 2 sharing a cabin

- Check-in/out: Lefkas Marina or Kefalonia Sami
- Nearest airport: Preveza PVK or Kefalonia EFL with direct flights from many EU airports as London, Manchester, Berlin, Munich, Vienna, Helsinki, Rome ...
- Travel time to Marina: 20' or 45'

Included:

- *Yacht*
- *Yoga Instructor*
- *Skipper*
- *Linen and towels*
- *Fuels and water for the yacht*
- *Breakfast with Greek and local products*
- *Lunch and dinner onboard*
- *End cleaning*
- *Dinghy with engine*
- *EY+ package with*
 - *snorkelling equipment*
 - *hiking through our top-rated paths*
 - *attendance to available festivals*
 - *basic sailing lesson*
 - *archaeological sites depending on the route*
 - *local gastronomy*

Not included:

- *Air-flights to Preveza PVK*
- *Dinners at local restaurants*
- *Airport transfer from PVK*

30/6-7/7/2024 or

14-21/7/2024

1000£ (shared cabin)

1300£ (single occupancy)

Only 6 spots onboard!

Confirmation of participation requires 30% of total cost. Full payment is due 45 days before boarding.



Thematic sailing in Greece

www.EYsailing.gr