

Yoga & Meditation Retreat in Glorious Greece

In Pelion

From Thursday 10th to Thursday 17th June 2027



Yoga with Janet Evans & Marie Hudson

Meditation with Jonathan (Suddhaka) Clark

"Amazing experience- one of the best weeks of my life!" MP

Please join us for a week's immersion into gentle yoga practice & teachings, Buddhist meditation and sound & voice work in a truly beautiful space, off the beaten track, and close to nature where everything slows down. Let your body, breath, mind and emotions find peace and wellbeing.

A week of practice with plenty of space and free time to explore the wonderful area with other optional excursions and activities available.

About Pelion



The beautiful Mount Pelion peninsula is on mainland Greece, northeast of Athens, combining mountain villages with gorgeous beaches. **Mount Pelion** is considered one of the most beautiful mountains in Greece.

“Thank you for finding this little bit of paradise for a wonderful and unforgettable yoga retreat” DC

Pelion-A hidden gem of Greece: *“Part of the joy of Pelion is that it has no high-profile or large-scale tourism. **It is a perfect getaway to a remote corner of heaven**, to just enjoy the sea and the sun all day long with beautiful Mediterranean scenery. Pelion is a place where we have found everything: pine-tree forests with waterfalls and water springs, long sandy beaches, villages with traditional architecture and beautiful squares in shade of thousand years old plane trees. The Mount Olympus gods use to spend their holidays in Pelion. Pelion is rich in myths and history, so this is the place where gods of Olympus resided in the summer and Jason and the Argonauts went in search of the Golden Fleece.”*

Walkcatwalk.com

Pelion-A perfect corner of Greece: *“Greece isn't best known for its mainland; the Greek Islands always take the limelight. But make for Pelion and you'll find a secret stretch of coast with sleepy fishing villages and deserted beaches, where the swimming is heaven and you can go completely off-grid This was where gods and mortals feasted together: it was at one of these that Paris was asked to choose the most beautiful woman in all the world, a conversation that led to the Trojan War. More recently, but still long ago, Christian monks came in search of retreat. Like the more famous Mount Athos, on the other side of Thessaloniki, Pelion is dotted with monasteries, some still thriving, some dating to the time of the Crusades. **So if this place of respite and pleasure was good enough for gods and mystics, surely it would do for me?”** Conde Nast Traveller*

We will arrange your transit to and from Athens which is about a 4 .5 hour drive.

Accommodation

We will be hosted by Pelion Homes <https://www.pelionhomes.com/>

Pelion Homes' Philosophy: *"We were inspired many years ago to create an off the beaten track community. A community eager to embrace nature and explore the enchanting secrets of Pelion as a region. Where our knowledge, traditions, and passion for living in nature, growing and cooking food and maintaining a healthy lifestyle could be shared amongst friends and family from around the world. Where people staying with us have a home away from home and feel welcomed by our warmth and exquisite hospitality."*



Accommodation is in spacious villas close to the village of Agios Georgios Nilias. A group of between 13 and 18 will be using 4-5 beautiful villas, each with WIFI, A/C, a garden and pool and surrounded by scenic nature and beautiful views. Most rooms are single but there are some doubles too. The villas and bathrooms are cleaned daily. Food is provided at the Retreat Centre and there are also basic supplies in each villa e.g. tea, coffee, nuts and fruit. You can also buy extras from the kitchen (smoothies, nuts etc).

Meals. Brunch & Dinner are provided each day. There is a wonderful communal area for dining, with delicious farm-to-table cuisine and refreshments prepared by Pelion Homes' trained holistic nutritionist and cook. All dietary requirements can be catered for. The dining area has a wraparound balcony, with stunning views overlooking the village of Agios Georgios Nilias, Pelion Mountain and the sea below. *"You can expect an infusion of delicious vegetarian & vegan dishes with a mouth-watering twist. We're confident you'll be wanting to come back to visit us just for a taste of this truly nutritious and amazing food! Soul food made with love!" Pelion Homes*



Retreat Centre

The Farm & Cherry Tree Orchard

The Practices will all take place at the **Retreat Centre**, which is a short walk away from the villas along a lovely path through nature. It has breath-taking views overlooking the Pagasitikos Gulf and Pelion Mountain. It is located at the farm and cherry orchard.



"A magical and inviting space that is surrounded by pure nature and warmth. It is a unique and wonderful venue that you will fall in love with. Here you can breathe, unwind and relax whilst embarking upon a new and enlightening spiritual journey. A place where you will be submerged within nature and find your inner self"



Practice Spaces Practice will mostly take place inside a charming, spacious **Bedouin tent** which can be open or closed sided and is fitted with mosquito nets and ceiling fans. There is also an **open-air decking area** which is perfectly shaded by trees and wonderful for outside meditation. We may also use the **garden areas**, **open-air theatre space**, & **walks in nature** for other practices.

"I loved everything about this retreat, being in a beautiful natural environment, yoga practices, amazing meals, group energy - everything!" JC

All equipment will be provided: yoga mats, cushions etc.

All sessions are optional.

Yoga & Meditation

There will be **two practices of yoga and meditation** offered each day: one early morning about 8.00am and one late afternoon about 5.30pm. **Janet and Marie** will share the yoga teaching and **Jonathan** will run the meditation sessions.

There will be **additional workshops** offered including Vedic Chanting, Walking meditation and Buddhist Metta Bhāvana meditation.

Yoga with Janet Evans and Marie Hudson

Sessions will include thoughtful sequencing of āsana (postures), dynamic as well as static work with careful attention to the breath. Some classes may be more strenuous and some more relaxing and meditative. In some sessions prānāyāma (breathing techniques) will be explored, in others sound work may be introduced. By the end of the week, you will experience the possibilities yoga practice can have at promoting a healthy body, a calm mind and increased emotional balance.

Meditation with Jonathan Clark

Sessions will complement the yoga practice and will be based on mindfulness and the cultivation of positive emotion. There will be moving meditations as well as sitting practice including a beautiful silent forest walk meditation and a Buddhist Meditation workshop.

THE TEACHERS

Janet Evans has been practising yoga since the 1980s and teaching for nearly 30 years. Her work is based on the teachings of Krishnamacharya and TKV Desikachar. She was trained by Paul Harvey completing his practitioner and postgraduate training programs. She has trained as a Vedic Chant teacher. She is based in Southeast London where she teaches groups and also on a 1:1 basis. She runs courses, workshops and retreats in the UK and abroad and continues to work with her own teachers both in the UK and India.

Marie Hudson has been practising yoga in the tradition of Krishnamacharya and Desikachar since 1997, in group classes and then 1:1. Completing the 4-year AYS practitioner and postgraduate training in 2009 with Paul Harvey, Marie developed a keen interest in Vedic chanting. She has since completed the Sadhana Mala/Yoga Nidhi Vedic Chant teacher training with Sheela Shankar and the Cikitsa Krama/Sadhana Mala yoga therapy training. She continues to study yoga with her teachers both in the UK and India. Marie lives in the Welsh Borders and teaches 1:1 and group classes at her home studio and chanting online.

Jonathan Clark (Suddhaka) has been practising meditation since 1992 and teaching meditation and mindfulness Courses for over fifteen years. He is an ordained member of the Triratna Buddhist Order. He runs regular group meditation classes in Southeast London and also offers 1:1 meditation support.

“What an amazing experience this week has been. Please book me in for next year!!!!” KH

THE COSTS

Total Cost of the Retreat

£1375 per person for a shared double (double bed)

£1575 per person for a single room with a shared bathroom

£1675 for a single ensuite room (these few available rooms are not necessarily the best rooms but they do have a private bathroom)

Includes:

- All accommodation. Toiletries and basic provisions included.
- All breakfasts/brunch.
- All evening meals.
- Airport transfers from/to Athens Airport (we will give you the time of this).
- Beach/mountain excursion.
- All yoga and meditation practice.

Does NOT include:

- Flights (we shall suggest a flight to fit with the airport transfer).
- Other optional excursions and activities.
- Lunches and extra provisions.
- Massage (which can be provided)
- **Travel Insurance, which we ask you to get (including cancellation, in case you cannot travel).**

To reserve your place, we require a non-refundable deposit of £350 at the time of booking. Payable into Account: 00115772 Sort: 110484 Name: JE Evans. **50% of the balance will be due by the end of January 2027 The final balance will be due by the end of April 2027** Payment in more instalments is available upon request.

Bookings: Janet: jevans238@hotmail.co.uk **or Marie:** marieh279@gmail.com

Cancellation: The **non-refundable deposit** at the time of booking will reserve your place. Payment is then due in 2 instalments. No refund is available after each of these payments have been made unless we are able to fill any cancelled spaces. The deposit in any case is non-refundable. We strongly advise taking out insurance that covers you if you need to cancel. If we need to cancel, a refund will be made but no refund is possible in the event of unforeseen natural disasters such as pandemic, war, weather catastrophe etc.

