

# CYPRUS WOMEN'S RETREAT

## MAY 13-20, 2026





# Rest. Reconnect. Be inspired.

In a quiet, pristine corner of Cyprus, we gather for a 7 night retreat in the natural beauty of this ancient landscape.

Through gentle and deeply impactful Hatha Yoga practices, sunrise meditations, and starlight Yoga Nidra, we soften, open, and return to deep rest and soul connection.

Peace, completeness and a natural joie de vivre are reawakened.

This is a space to nourish body, mind, and spirit.

7 peaceful, potent, and transformative days await you in the natural splendour of Cyprus.







“She is home at the sea: her soul a  
part of its deep melody.”  
Angie Weiland-Crosby



# WHAT TO EXPECT...

This week offers you a sanctuary from the pace and pressures of everyday life — a space to soften and restore balance to body, heart, and mind.

Rooted in the wisdom of Yoga and Ayurveda, our approach is gentle yet deeply effective, designed especially for women seeking practices that nurture resilience, vitality, and inner harmony.

Here, there is no forcing or striving. Instead, we cultivate sensitivity and awareness, allowing each person — regardless of age, experience, or physical capacity — to honour their unique body and discover their own rhythm. Through breath-coordinated movement, mindful postures, flowing sequences, meditation, yoga nidra, and breathing practices, we gently awaken strength, suppleness, and self-awareness.

Ayurvedic principles weave throughout our work, guiding us towards balance not only on the mat but in daily life — supporting health, energy, and clarity through nourishing lifestyle and dietary wisdom.

This is Yoga as a journey inward: a practice of listening deeply, responding kindly, and opening to healing from within. Many discover a renewed love for themselves and life itself, along with a greater sense of connection, purpose, and joy.

Whether you are seeking to ease tension, restore energy, or embrace a more conscious and fulfilling way of being, this retreat invites you to a supportive and uplifting path to wholeness.





## WHAT'S ON OFFER?

- 7 nights accommodation in a peaceful, family-run eco-hotel.
- Three seasonal Cypriot vegan/vegetarian meals daily
- Two daily Yoga classes
- Morning meditation
- Daily Ayurveda self-care talks
- Guided inner journey processes
- Self enquiry and awareness practices
- Candlelit Yoga Nidra under the stars
- Access to the hotel pool, beach, gardens.
- Excursion to a nearby beauty spot for lunch, swimming, walking, reading. ❤️

On this retreat we enter a sanctuary of stillness and sensory delight..  
A beautiful sense of community seamlessly develops, bringing extra nurturance  
to your retreat experience.

You'll leave feeling rejuvenated, inspired and empowered to make better choices for your  
self-care, and excited to meet life renewed and revived





# WEDNESDAY MAY 13TH

## ARRIVE & RETIRE

Check in any time after 3pm on Wednesday May 13th. Our local taxi company will bring from the airport.

Join us for a welcome buffet supper at 7.00pm and retire early to take rest after the journey to Cyprus.

Many flights arrive in the evening. In case of late arrivals, a welcome plate of food can be put aside for you. You will be guided to your room on arrival for a good night sleep .

We begin the retreat classes with our first Yoga class at 8am on Thursday morning, May 14<sup>th</sup> - a gentle practice to support body and mind to recover from the travel and to ease us softly into our new Mediterranean home for the coming week.





## DAILY ITINERARY

**7.30am – Morning Yoga & meditation by the sea**

**9:00am – Nourishing Breakfast Feast**

**12:00pm – Yoga and Meditation Reset**

**1:00pm – Wholesome Cypriot Vegetarian Lunch**

**2:00pm – Rest, Reflect, or Explore**

Free time to rest by the pool, take a dip in the sea or explore the area.

**5:00pm – Afternoon Ayurveda or Yoga Philosophy Talk**

Ayurveda, lifestyle, seasonal living, breath, sound and meditation

**7:15pm – Sunset Buffet Supper**

**8:30pm – Candlelit Yoga Nidra Under the Stars**





## INCLUSIONS

- Light, spacious single or shared accommodation, with private terrace, AC, safe box, and en-suite. Choose from sea view or garden view rooms.
- Early and Midday Yoga
- Morning Meditation
- Moments of Silence
- Afternoon Ayurveda Talks
- Evening Yoga Nidra under the stars, next to the sea.
- Daily guided Inner Journey and Self-Enquiry Practices
- Wake Up and Lunch Time Herbal Teas
- Three delicious Cypriot, home-cooked vegetarian/vegan meals. Adjustable to special dietary requirements
- Use of the hotel pool, gardens, beach and sun beds - towels provided

(Lunch not provided on day 5- option of excursion to nearby taverna).





## EXTRAS AVAILABLE

### MASSAGE TREATMENTS

Enjoy a treatment to soothe or uplift. The hotel masseuse is skilled and experienced and can offer a range of treatments, including facials, Indian head massage, deep tissue massage and aromatherapy in the comfort of your own room.

### EXCURSION:- DAY 5

On day 5, join an optional excursion. After breakfast, the local taxi company will collect us to take us to a nearby beauty spot. Take the chance to walk along the coastal path of the beautiful Akamas Peninsula, visit Aphrodite's Baths - fountain of eternal youth, and spend time on the pretty beach. We will enjoy lunch together at the Aphrodite Bath's Taverna, with its spectacular vistas across the sea..

Budget 40 - 50 Euros including taxis and lunch for this excursion.





## VENUE FEATURES

Award winning family-run eco hotel

Spacious en suite accommodation with private terrace

Two swimming pools

Expansive lawns

Herb garden, olive grove, orange grove and vegetable fields for home-grown organic produce

Home-made breads, preserves, olive oil, and cheeses

Long stretch of deserted beach

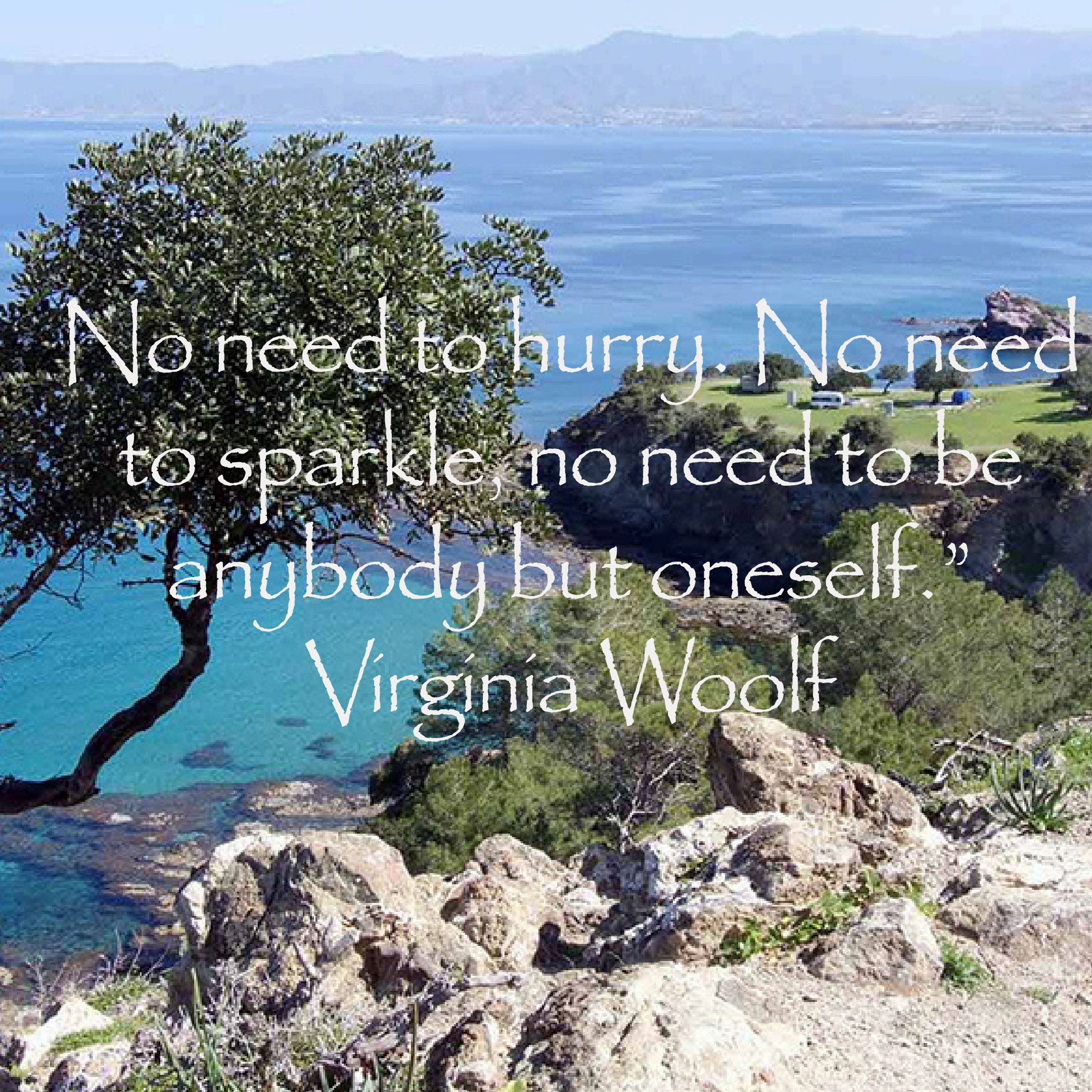
Restaurant and pool bar

15 minutes walk from small town of Polis

Spectacular views across the Akamas Peninsula

45 mins by taxi from Paphos International Airport





No need to hurry. No need  
to sparkle, no need to be  
anybody but oneself.”  
Virginia Woolf





# RE-TREAT YOURSELF

**Payment plans are available. Enquire about early bird rates**

## GARDEN ROOM BALANCE

Single £1370 , Shared Twin or Double £1180

## STANDARD SEA-VIEW ROOM BALANCE

Single £1450, Shared Twin or Double £1215

## PREMIUM SEA-VIEW ROOM BALANCE

Single £1515 , Shared Twin or Double £1225

All rooms are spacious, double-size with AC, en-suite, safe box, hairdryer, towels, private terrace and view of gardens or sea. Booking is full board, apart from day 6 which is half board.





# BOOKINGS AND RESERVATIONS

To secure your place, please click the button below to schedule a chat. We can then reserve the room of your choice for you, and arrange your preferred payment method.

Choose from the following payment options:

🔥 Pay in full up front

🔥 In monthly installments up to May 2026, for retreats booked at least 3 months in advance

🔥 An initial £600 deposit, and the balance two weeks before the retreat start date.

£60 off for bookings made before December 1<sup>st</sup> 2025

Once we have these details, we will send you a payment link to secure your booking using your preferred method.





“We share some amazingly special moments  
together and I've found it to be a truly  
spiritually nourishing time.”

Past participant

