

CORFU YOGA RETREAT



6-13TH OCTOBER 2025 £1250PP

THE BENEFITS OF YOGA RETREATS



Rejuvenation in a Peaceful Environment

Yoga retreats offer participants the chance to disconnect from daily stress and reconnect with themselves in a serene, natural setting. The peaceful surroundings provide the perfect environment for relaxation, helping to restore balance and energy.

Deepen Yoga Practice

A retreat allows individuals to fully immerse themselves in yoga without distractions. With daily sessions guided by experienced instructors, participants can deepen their practice and achieve personal goals, whether they are beginners or advanced yogis.

Holistic Well-being

Yoga retreats focus on the mind, body, and spirit. Through yoga, meditation, and mindfulness workshops, participants can reduce stress, improve focus, and foster a sense of inner calm. This holistic approach promotes mental clarity, emotional balance, and physical vitality.

Community & Connection

Retreats often create a strong sense of community, as participants bond over shared experiences. You can create friendships that last after your yoga retreat.

Cultural Exploration

Many yoga retreats offer the option to explore the local culture and surroundings. Whether it's discovering local traditions, enjoying regional cuisine, or exploring scenic landscapes, these experiences can enrich the retreat and make it a more memorable holiday.

Personal Growth & Reflection

A retreat provides valuable time for introspection and self-discovery. Away from the distractions of everyday life, participants can reflect on their personal journey, set goals, and cultivate positive habits.

Physical Health Benefits

Yoga is known for improving flexibility, strength, and balance, while also relieving muscle tension and fatigue. The extended practice during a retreat helps participants make significant progress in their physical health. Combined with the peaceful environment, this promotes a sense of vitality and well-being.

Lasting Impact Beyond the Retreat

The benefits of a yoga retreat often continue well beyond the experience itself. Participants leave with tools, techniques, and insights that they can integrate into their daily lives. The retreat can serve as a transformative moment, inspiring lasting changes and a renewed commitment to self-care.

THE CORFU EXPERIENCE

Corfu is a stunning Greek island located in the Ionian Sea, known for its lush landscapes, vibrant history, and crystal-clear waters. The island is characterized by its diverse terrain, from olive groves and rolling hills to dramatic cliffs and pristine beaches. Corfu's coastline is dotted with charming villages and hidden coves, offering a mix of lively tourist spots and tranquil retreats.



The Villa is close to Kassiopi, which is a picturesque village located on the northeastern coast of Corfu, blending natural beauty, historical charm, and a laid-back atmosphere. This small fishing village, is stunning, featuring crystal-clear turquoise waters, pebbled beaches, and dramatic views of both the Albanian coastline and the lush green hills of Corfu.



The village is surrounded by small bays and hidden coves, perfect for swimming, snorkeling, or simply relaxing by the sea.



THE VILLA

You will be staying in a stunning seafront 6 bedroom villa

This exclusive property boast a superb setting in the heart of Kassiopi. The villa overlooks the beach and the charming harbour. Its been recently restored interiors are a sublime mix of classic and contemporary lines.

The Villa is designed to take full advantage of Corfu's enviable climate: spend your stay relaxing in the villa's lush gardens, splashing about in the amazing oval-shaped pool or sunbathing on comfortable sunbeds.



All bedrooms in the villa are en-suite. Fitting two to three people per bedroom.

There is also a luxurious outdoor dining area right by the sea, next to a fascinating pebbled and rocky spot, ideal for romantic retreats and special occasions.

THE IMPORTANT BITS

When

6-13th October 2025

7 Nights

Direct Flights are available from Bristol and London

Price

£1250pp in a shared room

Single occupancy + £400

What's included

7 Nights in the Villa

2 Daily Yoga Classes

Barre or Pilates

Daily Meditation

Boat trip

Nature Walks

3 Meals Daily

Sound bath

Airport Transfer

YOUR TEACHER

Laura Cepaite



Laura began practicing yoga about ten years ago to relieve lower back pain and mild depression, seeking peace and balance. She fell in love with yoga, exploring different styles and eventually changing her lifestyle. Laura believes Yoga practice has the power to change our outlook on life. It can create a sense of happiness deep within, encourage to follow your dreams, trust, believe and love yourself the way you are.



Join us for this transformative
experience today

Any questions please contact
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