

# Yoga & Trekking Escape



25 - 27 September  
3 days / 2 Nights

## Ideal for :

Couples  
Singles

## Rates

**EARLY BIRDS RATES UNTIL 18.09.2020**

Single Room : 350 € pp  
Double Room : 295 € pp  
Triple Room : 275 € pp

Three days full of tranquility and relaxing moments create the ideal escape to restore our balance at Abelonia Retreat, built on the mountainside with a view out to the hilly landscape of Arcadia. Yoga & Trekking Escape, a weekend full of wellness experiences with Yoga Specialist Panos Kontogiorgos, Yoga & Mindfulness rituals, delicious meals, Trekking experience at the Chestnut Tree Forest, visit to the masterpiece of Iktinos, the Apollo Epicurius Temple and swimming in the magical Neda Waterfalls!

### What's included

3 days - 2 Nights / 25 - 27 September  
Location : Arcadia  
2 Nights Accommodation in Abelonia Retreat  
Yoga Sessions with Panos Kontogiorgos  
Trekking Experience at the chestnut tree forest  
Neda Waterfall Visit & Swimming Experience  
Apollo Epicurius Temple visit & mindfulness Experience  
2 Breakfast Meals  
2 Dinner Meals

### Location

Abelonia Retreat  
Arkadia

### Wellness Specialists

Panos Kontogiorgos

### Optional (extra cost)

A la Carte menu

Video



Photos



**PREMIUM WELLNESS**

CONCEPTS | EXPERIENCES | RETREATS



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