

# 5 Day Contemplation & Meditation Retreat in Kastoria, Greece

## 8–12 June 2026

### **Yoga as a Path to Freedom**

**Yoga is more than a physical practice — it is a path toward clarity, balance, and inner freedom.**

This retreat invites you to experience yoga in its deeper context through twice-daily yoga sessions (asana and pranayama), morning meditation, and contemplative practice. Together, we explore how conscious movement, breath, and reflection help us step out of habitual patterns and reconnect with what truly matters.

**Yoga Instructors: Thalia and Mathias,**  
*certificated yoga instructors*



*Nature is calling you..*

## Daily Schedule Overview

- **Day 1:** Arrival, Relaxation, evening Hatha Yoga practice, welcome dinner
- **Days 2–4:**
  - Morning meditation
  - Morning yoga session (asana & pranayama)
  - Breakfast
  - Free time / rest
  - One day includes guided hiking in nature
  - Free time / Chilling at Swimming Eco Pool
  - Dinner
  - Evening Hatha Yoga session
- **Day 5:** Morning meditation, breakfast, departure

Guided by Amritsagar-Thalia and Mathiós, the retreat weaves together Satyananda Yoga, classical Hatha Yoga, and Buddhist contemplative wisdom, offering a supportive space to slow down, reflect, and reconnect — both on and off the mat.

**Location:** Loggas Hotel || Sidirochori Kastorias || Greece  
**Check in time:** From 15:00  
**Check out time:** Free late check out based on availability

## Arrival & Transfers:

**Nearest Airport:** Thessaloniki International Airport (SKG)

Kastoria is located approximately **1 hour and 45 minutes** from Thessaloniki by road.

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### Transfer Options

#### **Private Transfer (Recommended)**

Enjoy a seamless, door-to-door transfer from the airport directly to the hotel by private car or minivan.

**Cost:** €90 per person

*The most comfortable and effortless way to begin your retreat.*

#### **Public Bus Option**

Travel from Thessaloniki Airport to the Thessaloniki KTEL Bus Station, then continue by KTEL bus to Kastoria.

Schedules and fares are available at: [www.ktel-kastorias.gr](http://www.ktel-kastorias.gr)

**We will ask you after your booking if you need private transfer to organize it for you in advance based on your needs.**

### Contact

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