

4 Days / 3 Nights Top Mountain Luxury Yoga Retreat with Hiking and Kayaking in Kastoria, Greece

Yoga & Nature Retreat at Loggas Hotel, Kastoria Sustainable living | Inner balance | Natural beauty

Rediscover your connection with nature and yourself in one of Greece's most tranquil regions. Set against the backdrop of the stunning Lake Orestiada and surrounded by the wild beauty of Western Macedonia, Loggas Hotel offers more than just a stay – it's an immersive wellness experience.

Designed for those who appreciate sustainable travel, healthy living, and deep cultural roots, our retreat blends yoga, local gastronomy, and nature-based exploration into a unique journey of mindfulness and renewal.

Whether you're stepping onto the mat at sunrise, hiking through ancient forest paths, or paddling across the calm waters of the lake, this retreat invites you to slow down, breathe deeply, and realign with the rhythms of nature.

What to Expect

- Daily yoga & breathwork sessions in natural, calming surroundings
- Farm-to-table meals crafted from local, seasonal ingredients
- Guided hikes through the E4 & E6 international nature trails
- Canoe-kayak experience on Lake Kastoria
- Cultural walk through the historic town of Kastoria
- A low-impact, eco-conscious retreat focused on sustainability

Live simply. Move mindfully. Breathe freely.

Let Kastoria inspire your next inner journey.

What Makes This Retreat Special

This is not just a yoga getaway — it's a carefully designed luxury wellness journey where nature, culture, and sustainability come together.

At AllChoices24 – Luxury Yoga Retreats, every detail is thoughtfully curated:

- Unspoiled location in the hills of Kastoria, with panoramic views and direct connection to nature
- A program that blends daily yoga and mindfulness with outdoor adventures like hiking, canoeing, and cultural walks
- Eco-conscious luxury — comfort, style, and healthy living without compromising the environment
- Farm-to-table dining with fresh, local, seasonal ingredients
- Small, intimate groups to ensure personal attention and a warm, connected atmosphere
- Led by Ioannis Dislias, an experienced retreat manager and wellness advocate fluent in Greek, English, and German, ensuring an inclusive and international community

A Few Words About Yoga Teacher

Georgia Ahimsa Konstantinidou was born in Thessaloniki and, from an early age, showed a natural inclination toward spirituality.

Her quest for inner growth led her, in 2008, to her great love—yoga—and specifically to the Satyananda system.

This approach offers a complete and profound understanding of yoga practice, as well as a living lineage of great Gurus in India.

Known to most of her students and friends simply as Ahimsa, she has been teaching yoga and meditation since 2010 in various venues across the city. She also offers voluntary classes in rehabilitation centers such as Argó and in prisons.

In 2024, she created her yogic home studio.

Through frequent travels to India and to the Satyananda ashram in Paiania, she remains deeply connected to the essence of yoga as a way of life—one that emphasizes health and harmony on all levels, along with the expansion of awareness.

Our Retreats

The retreats we organize combine the breathtaking natural beauty of Greece with the deep benefits of yoga.

Sessions include therapeutic gentle yoga (suitable for all levels), authentic Satyananda Yoga Nidra, an introduction to meditation, and the philosophy of yoga.

They are a precious opportunity to rest, recharge, and find inspiration—gifts you can carry back into your everyday life.

Discover Tranquility at Loggas Hotel, Kastoria – Your Next Yoga Retreat Destination nestled in the serene hills overlooking Lake Orestiada, Loggas Hotel in Kastoria offers the perfect setting for a rejuvenating yoga retreat. Surrounded by breathtaking panoramic

views, lush forests, and peaceful walking paths, this unique location invites you to disconnect from the noise of everyday life and reconnect with yourself.

Designed with nature and comfort in mind, Loggas Hotel combines warm hospitality, spacious accommodation, and stunning natural beauty. Whether you're practicing sunrise yoga on our terrace, meditating under centuries-old trees, or enjoying a nourishing local meal, every moment at Loggas becomes a step toward inner balance.

The region of Kastoria, known for its rich history, traditional architecture, and spiritual energy, adds another layer of depth to your retreat. Explore ancient monasteries, crystal-clear lakeside trails, and charming villages – all while staying in a peaceful haven that supports your journey to wellness.

Why choose Loggas Hotel for your yoga retreat?

- Panoramic views that inspire peace and mindfulness
- Indoor and outdoor practice areas with natural light and fresh mountain air
- Healthy, locally sourced meals to nourish body and soul
- Easy access to nature trails, historical sites, and cultural experiences
- Warm, personalized service tailored to your group's needs

Whether you're organizing a group retreat or seeking a peaceful escape to deepen your practice, Loggas Hotel invites you to

experience the magic of Kastoria – a destination where nature, culture, and inner peace come together.

Breathe. Stretch. Connect.

Your retreat begins here.

What's included?

The price include :

- 3 x Accommodation
- 5 x Yoga Classes
- 2 x Outdoor Activities (Hiking and Canoe in lake)
- 1 x Private Transfer to - from hotel / Kastoria
- 3 x Breakfast
- 3 x Dinner
- Welcome drink
- Free Tea and water
- Free city tour in Kastoria a gift from us

- Special Gift from Ioannis
- Free use of swimming pool
- Free WiFi
- Yoga teacher is speaking English and Greek and the Ioannis is speaking English, Greek and Deutsch

As a token of our appreciation, every guest will receive a Gift Card – Voucher valid for two years, offering 10% off all products on www.allchoices24.com.

Exclusions

Do not include :

- Transfer from- to Airport (Thessaloniki)
- Transfer from- to Airport (Athens)
- Transfer from- to Airport (Kastoria)
- Travel Insurance
- Flying Tickets

Please note

- Animals or Pets allowed

What do I need to bring?

Please bring comfortable clothing suitable for yoga and outdoor activities.

Swimwear for the swimming at pool and lake.