**8 Days of Kefi Yoga Retreat**

**Nerotrivia Greece**

Draft Schedule

May 25- June 1, 2025

**Saturday, May 24th**

* **Meet at** [**A is for Athens Hotel**](https://aforathens.com/)

**NOTE: There is a room block if you chose to stay there, or you are free to make your own arrangements. There are many options nearby**

* **Guided walking tour of the Acropolis (tickets included in retreat program)**
* **Dinner at Athenian restaurant ( dinner included in retreat program0**

**Sunday, May 25th RETREAT ACCOMMODATIONS BEGIN**

* **Collection from Athens A for Athens Hotel Transport to Nerotrivia retreat Villa**
* **Stop at market in nearby village, select and discuss ingredients to build an understanding of Greek foods with Chef Nick!**
* **Poolside Vinyasa yoga**
* **Quiet time to settle in – perhaps a dip in the saltwater pool**
* **Wine tasting and reading discussion (Optional reading list including books on yoga philosophy and lifestyle, wellness, mindfulness, Greek lifestyle, blue zone cooking etc. provided in advance. We will have many books onsite as well)**
* **Sunset Yin & Pranayama**
* **Group welcome taverna dinner (Dinner is typically later than in US ~8pm+ and last for several hours)**

**Monday, May 26th**

* **Poolside Vinyasa yoga**
* **Breakfast**
* **Daphne Beach spa and massage, relax, and swim**
* **Lunch at Daphne beachside restaurant**
* **Greek Wine tasting & reading discussion**
* **Evening Restorative Practice in the Great Room**
* **Nero Trivia walking tour**
* **Dinner at taverna**

**Tuesday, May 27th**

* **Poolside Fusion yoga**
* **Breakfast**
* **Relax at Daphne Beach or Retreat Villa**
* **OR - Stay at villa and prepare lunch and appetizers with Chef Nick**
* **Greek Wine tasting & reading discussion**
* **Evening Sunset YIN at Poolside**
* **Dinner at taverna and Greek Dancing lessons**

**Wednesday, May 28th**

* **Poolside Vinyasa yoga**
* **Breakfast**
* **Adventure ride to UNESCO site “Dragon Houses” with lunch at local taverna along the way**
* **OR stay and chill at the pool or nearby Daphne beach**
* **Return to villa**
* **Greek Wine tasting & Olive Oil experience**
* **Evening Yoga Nidra in the Great Room**

**Thursday, May 29th**

* **Poolside Fusion yoga**
* **Breakfast**
* **Paddle board yoga session Daphne Beach (optional)**

**OR stay and chill at the pool**

**Guided Meditation Hike or meditate underneath ancient olive tree**

* **Evening Poolside Moon Salutations**
* **Dinner at taverna**

**Friday, May 30th**

* **Poolside Vinyasa yoga,**
* **Breakfast**
* **Adventure Hike to George’s cabin ancient lookout. Note this is a ~2+ hours hike with ~2,500 ft vertical climb with Meli the stalwart donkey. Enjoy a gourmet picnic lunch at the top.**
* **OR stay and chill at the pool or nearby Daphne beach**
* **Poolside wellness messages**
* **Greek Wine tasting & reading discussion**
* **Evening cooking class with Village aunties will watch and learn how to make Moussaka and Baklava**
* **Sunset Yin & pranayama poolside**
* **Dinner at the villa**

**Saturday, May 31th**

* **Poolside Fusion yoga,**
* **Breakfast**
* **Option Full-day boat trip on the Aegean incl. lunch on board (not included)**
* **Or Snorkeling paddle board and lunch at Daphne Beach**
* **Return to villa**
* **Greek Wine tasting & reading discussion**
* **Sunset Restorative poolside**
* **Special farewell dinner at local Taverna**

**Sunday, June 1st**

* **Poolside Vinyasa,**
* **Breakfast**
* **Departure from to the Athens airport, or go on to the rest of your Greek holiday**
* **Fond farewells**

**ICLUDEED EXCURSIONS**

* **Guided walking tour of Acropolis in Athens (venue tickets included)**
* **Cook with Jame’s Beard Finalist Chef Nick**
* **Paddle Board Yoga at Daphne Beach**
* **Spa and Massage ( two 30 minute treatments)**
* **Visit UNESCO World Heritage site**
* **Hike to “George’s Cabin” - built on an ancient lookout on top of mountain**
* **Learn about Olive Oil process and tour the local pressing facility**

**OPTIONAL EXCURSIONS**

* **Sailing on the Aegean and secret bays snorkeling, drinks & lunch on board**