



THE PRANARAMA ISLAND RETREAT AND YOUR PRANA PACK 22 – 29 JUNE IN ITHACA, GREECE

Hello amazing yogis!

I'm ridiculously excited to be meeting you all on the magical Greek island of Ithaca in June. To know that we have a whole week together, literally from Saturday to Saturday blows my mind and I can't wait to be basking in prana, yoga and nature with you. This is truly all my favourite people and things all in one place and just at the right time. I'm so grateful to you all and the universe for conspiring together to make this week happen.

Below you'll find some tips and practical advice to make sure you arrive well and on time to our gorgeous retreat location, the eco-lux [Levendis Estate](#). If I've missed anything please do get in touch and I'll be happy to answer any questions and try to alleviate any anxieties you have before your arrival.

Much love and gratitude to you for deciding to come along for this beautiful and wild ride called life 😊

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FREQUENTLY ASKED QUESTIONS

Why Greece and why Ithaca?

You asked and I organized is basically how this retreat has gone down. 😊 I had so many people ask me for a retreat in Greece that I couldn't help but say yes! Whilst living another island life in Sri Lanka, my then flat mate, Konstantinos (from Greece of course!) told me that if I ever held a retreat in Greece then it had to be on Ithaca. For two years I searched for just the right place. I am committed to creating retreats born out of serendipity and connection rather than commercial relationships and I find it's worth waiting for things to align. Finally I matched the views from Ithaca that Konstantinos had shown me two years earlier with the views from Levendis Estate and found out that its owners Mal and Spero were also Australian (and Greek) and just as committed to planet protection and a high vibe prana filled life.

That and the ancient and magical history of Odysseus, the hero from Homer's Odyssey who spends more than a decade journeying back from Troy to Ithaca in search of his own life's meaning whilst facing tremendous battles along the way. This story seems like such a parallel for what we often experience on our mat, in our yoga practice and in our lives. This incredible island of Ithaca literally symbolizes in all its ancient mythology the quest for a life of purpose or dharma as we call it in yoga. And quite frankly it was this that sealed the deal and that is exactly why we will all be on Ithaca for this incredible week!

About Levendis Estate and our retreat location

The retreat will be held on the eco-lux Levendis Estate owned by Greek Australian couple Mal and Spero who have lived on Ithaca for 30 years. The estate itself has been in their family for many generations and Mal and Spero have poured their hearts into creating a divinely healing and magical place for people to come, relax and reconnect to themselves and to each other. There is no wifi at Levendis (3G and 4G work if you have roaming on your phone) and I truly believe that this is part of the incredible, pure energy you will experience here. Levendis prides itself on truly sustainable practices, with food coming from the estate's gardens and all the toiletries hand made from local olive oil and herbs by Mal and her daughter. The Levendis team also work with local artisans to ensure you'll have beautifully made linens, sourced and woven on the island as well as fresh teas and other such products in your cottage.

There are so many places to hold yoga retreats in Greece but a lot of them are for the mass market and I wanted a truly bespoke experience that aligns with my own values on respecting, protecting and honouring the planet. Levendis is exactly this and I know through hours of great conversation with Mal and Spero that they care as deeply about this planet as I do. This creates a very special energy at Levendis which will really uplevel our prana throughout the retreat and I'm so grateful and thrilled to be able to share this with you all.

Onsite and set within the gorgeous mature gardens you'll find our yoga shala nestled in the cool shade of the tall cyprus trees. There's also a stunning pool with Mediterranean views and a virtually private beach just 10 minutes walk away with those crystal clear blue waters that Greece is famous for. You'll also find animal friends on the estate including Frank the goat and Oinkey the donkey who you'll no doubt meet on your way to the beach one morning.

There is plenty to explore on Ithaca whether that be hidden beaches, scenic hiking trails, biking or boat trips and of course the ancient history of the island itself is a great place to start your adventure if you want to know more about Odysseus's incredible journey and search for Ithaca.

Getting to and from the retreat – where and when

The Pranarama Island Retreat officially starts on **22 June at 11.30 when we meet at Kefallonia Airport** on the island of Kefallonia. Yes that's right people; we'll be meeting on one island and then heading over to the island of Ithaca by boat together!

If you want to take advantage of the retreat's inclusive transfer then please meet at Kefallonia airport at 11.30 am on Saturday 22 June. From here it's about a 90 minute journey all in from the airport to our gorgeous retreat location, Levendis Estate on the island of Ithaca. We'll be taken by private taxi to the port of Sami where we will have our very own boat to bring us across to Ithaca. On Ithaca, we'll be met by our driver who will take us directly to Levendis. This might sound a little complex but I've done this trip and can promise you it runs as smooth as silk.

If you have some other way of getting to Levendis, for example if you're staying on Ithaca in advance of the retreat then it's no problem to meet us there directly any time from 13.30 but just know that for

those of you who arrange your own transport and transfers or miss the 11.30 meet up then these costs are on you.

The retreat finishes at 11.00 on Saturday 29 June and our **transfer back to Kefallonia airport will leave Levendis Estate at 11.30 meaning you will arrive at Kefallonia airport around 13.00.** Please be sure to arrange your flights in accordance with these transfer timings. If you need a transfer outside of this time it can certainly be arranged but it's not included in the retreat package.

What should I bring with me?

First and foremost please bring your lovely selves as I am so looking forward to welcoming you to this retreat with an open heart and open arms. I've put together a list of useful items to bring and then leave it up to you as to which ones actually end up in the suitcase or backpack. Please do pack as light as possible as your **baggage is limited to 12kg on the boat from Kefallonia to Ithaca.** Saying that Levendis Estate has almost everything you will need to make your week fantastic including bath and beach towels, beautiful natural toiletries made on the estate itself (you can buy their own home made sunscreen too if need be!), 'jelly' shoes for getting around the estate and wide brimmed hats for keeping out the sun.

- Yoga mat (please be sure to bring this with you as they are not available at Levendis)
- A yoga block would be a bonus but see how the packing goes
- Yoga clothes – sweat wicking fabrics work best in summer weather and can double as hiking gear if you feel inspired to explore the local trails
- Some light tops or t-shirts, skirts or shorts or even just a sarong to change into when not yoga-ing – please note that you won't need anything very dressy as the Ithaca vibe is wonderfully casual
- A light long sleeved top in the rare case we have a cool evening, or a light windbreaker / rain jacket which you can also use for hiking if needed
- A swim suit for enjoying the lush pool and local beaches
- A pair of flip flops which you will no doubt live in the entire week
- Trainers / trail shoes (you don't need hiking boots) if you plan to be very active during the week
- If you have long hair or you don't like your hair in your face during yoga practice or when hiking then a hair band or bandana might be useful
- Note that you can easily do laundry on Levendis so this can save you on your packing allowance

Who is your retreat guide?

Yours truly (Donna) will be your yoga teacher and overall retreat host throughout The Pranarama Island Retreat. As I think most of you know I'm a qualified 200-hour yoga teacher registered with Yoga Alliance and have been practicing yoga for about 15 years and teaching for 7 years. I undertook my main teacher training with Eoin Finn, founder of the [Blissology](#) movement. I've also taken follow up teacher trainings with [Bryan Kest](#), [Tiffany Cruikshank](#) and [Katy Appleton](#) and have a Bachelor degree in Human Movement and Sports Science as well as a Masters in Environmental Governance.

When will we practice yoga and what will it be like?

Most importantly your yoga practice will be whatever you want it to be and you will receive from it whatever you need – which by the way is not always what you think you want! 😊 We will practice twice a day (once only on arrival and departure days). Our practice will flow with the weather and the energy of the group and be inspired by the beauty of this magical and healing part of the world. We will practice vinyasa style yoga but also hatha, yin and restorative yoga, all accompanied with plenty of meditation and pranayama.

Special to the Pranarama Island Retreat will be opportunities to journal and write about your yoga experience. This feels so aligned with the adventure that Odysseus himself took and I want to make space for you to record your own journey, reflect on your growth over the week and get more aligned with your own dharma. In support of that I'll be gifting you a beautiful handmade journal so don't worry about bringing heavy notebooks in your suitcase as your journal will be waiting for you on arrival.

And as a little something extra to help you on your dharma journey, each of you will receive a 30-minute yogic coaching session from me to work on anything yoga-ish that you feel helps align you with your life's purpose. I've been a professional coach for years and I especially wanted to bring that experience to this retreat. This session together can be spent working on the physical or spiritual aspects of your yoga practice or just talking through how different elements of yoga might support you on your journey.

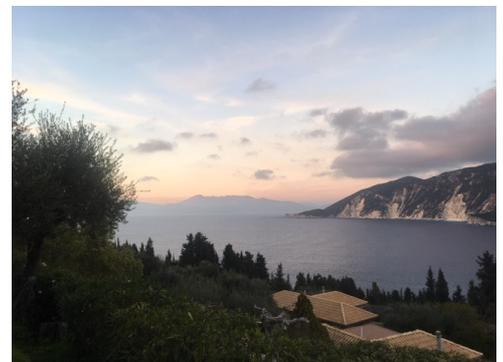
What is a typical day on retreat like?

- 06.30 Wake up to sea views and birdsong and enjoy tea and fruit in your cottage
- 07.00 Morning practice and journaling time (90 minutes)
- 09.00 A prana-filled breakfast is served at the estate's 'Coffee Shop'
- 10.30 Free time to swim, hike, read, relax and explore the island
- 13.00 Lunch fresh from the garden will be served
- 17.30 Evening practice and journaling time (90 minutes)
- 19.30 Scrumptious family style dinner with local Greek specialties

There are options for an outdoor film night and BBQ. Two nights are free nights with no dinner on the estate so that you can explore some of the fantastic restaurants on the island. These evenings are at your own cost.

Tips for your yoga practice

Most people that join a retreat are not usually practicing yoga twice a day before they arrive. If you are doing this then great! If you're not doing this then also great! This is an all levels yoga retreat so please be assured that I will meet you wherever you are at with your practice. With this in mind please know that it is likely you and your body will feel tired at some point on the retreat. I know this from going on retreats myself so please please please take rest when you need it both on your mat and off and use this week as a time to rest, restore and rejuvenate. All I ask is that you respect your body, tune in to what you need and take from the practice and our time together what you feel is right for you. 99% of the time you will always feel better if you do get yourself to the yoga class rather than skip it so I encourage you to be on your mat as much as possible – even if that's in a resting pose. I also really understand that you might want to sleep and recover from the day-to-day stresses of life. I'm a big fan of the siesta so please do use your free time to nap as needed. And if you're having a hard time just come and check in with me and have a chat. I didn't always practice yoga so much so I really do know what it's like to suddenly slip into that world and find it a challenge. I will absolutely respect and honour the choices you make for yourself on The Pranarama Island Retreat.



What will the food be like?

Many of you know how much I love to make and eat amazing prana-filled food. I want everyone to feel beautifully nourished on this retreat and for me, food is an integral part of that. With Levendis Estate we are extremely lucky in that we have our very own nutritionist chef team preparing special vegetarian and

gluten free meals for us. The menu has been designed especially for our retreat and many of our meals will be made with produce literally picked that day from the estate's gardens. We'll also be enjoying many local Greek dishes so that you can get a real taste of Ithaca life.

All meals will be taken at the estate's 'Coffee Shop' that also serves as the hub of daily news on Levendis, the place to plan your day and book any tours or find out about hiking trails AND it comes equipped with a well-stocked library in case you run out of poolside reading material.

Accommodation details

Levendis Estates as you may have guessed by now is very special. That's why I've hired the entire estate just for us. We have exclusive use of its four traditional cottages – one is actually built on the original site of Spero's great grandfather's home. Each cottage has two bedrooms, a twin and a double and guests share the fully equipped bathroom and kitchen as well as the beautiful terraces with sea views.

Each cottage also comes equipped with a car to help you explore the island. Just know that you'll need to coordinate with your 'roomies' on car sharing etc to make sure you've all got transport when you need it. As stunning as Ithaca is you may also find you have everything you need for the week right here at Levendis.

What is the weather like on Ithaca?

The weather on Ithaca in June will be hot and in the mid to high 20's (Celsius) and I've deliberately decided on a June retreat so we don't have that roasting heat that arrives with all the tourists in August. It's unlikely there will be rain but we might have a cooler evening or two so make sure you have a light sweater or wrap just in case.

Do I need a visa to enter Greece?

Please check if your country is part of the Shengen arrangements with Greece which is part of the European Union, in which case you will not need a visa to enter as a tourist. Otherwise please make sure you arrange your visa in advance of your arrival.

What currency do I need in Greece?

Greece uses the Euro as currency. There is an ATM machine in the village of Stavros just a few kilometers from Levendis but it would be good to make sure you have some Euros with you before arriving on Ithaca. Also if you buy anything on Levendis (additional drinks, snacks, massage etc) then the cost of these should be paid in cash.

Do I need insurance?

I ask that you kindly arrange comprehensive medical, (and travel for those coming from overseas), insurance for this trip as part of the retreat's [Terms and Conditions](#). Whilst this is obviously an individual choice, medical treatment and especially emergency medical treatment in Europe can be expensive if you do not have insurance. Please also make sure that your insurance covers medical evacuation (not that we are planning to have to do that!) It is also prudent to make sure that your insurance covers last minute cancellations in case of illness etc. Whilst I'm sure you will all turn up wonderfully healthy and in good form it is important to note that if for some reason you do not join for the retreat, **your retreat payment will not be refunded** unless you can find someone to replace you. This is because costs have already been incurred and it will be too late to find a replacement for your spot. I hope this doesn't sound harsh and is just a practical matter that I want you to be aware of.