

A serene sunset scene over a body of water. The sky is a gradient of orange and red, transitioning into a calm sea. In the foreground, four people are silhouetted as they wade through shallow water, their forms dark against the bright background. The overall mood is peaceful and contemplative.

EAT.PRAY.LOVE

Premium Experience Retreat

2 - 6 October 2026, Greece

Retreat Itinerary & Pricing Offer



...Imagine starting your day with **sunrise yoga** that dances with the ocean's lullaby, feeling the aroma of the garden flowers coming into your window, a peace in your heart after a yoga class, relaxing time at the beach and sun on your face; and an inspiring photography session capturing your glow; all these in the heart of Greece.

We are a team, each with their own tale of life experiences, have intertwined our dreams, expertise, and passions to craft something magical - **EAT.PRAY.LOVE** premium experience retreat in a heartwarming Greece.

Our stories vary, our origins diverse, but our mission is singular: **TO GIVE YOU A GIFT OF PAUSE.**

EAT.PRAY.LOVE is a space where you simply enjoy life. Let's meet in this quiet space where every calming moment feels like a breath of fresh air, and every experience gently guides you toward a beautiful, rested you.

Your Hosts



Liga Vanaga

Video & Audio
Artist,
Dance workshop
facilitator



Vassilis Kontakinos

Host,
Customer
Experience
Manager



Tanja Novojevka

Yoga Teacher,
workshop
facilitator,
Program Manager

Check In

Location

Villa Amfiario, Kalamos, Greece

Check In Time

October 2, 2026. Check in time is anytime between 3 pm to 7 pm.

Airport transfer

Please, send us your flight itinerary. We will meet you at the airport to deliver you to villa.

Check Out

Check Out Time

You can check out anytime before 12 am on **October 6, 2026.**
If you wish to extend your stay, please notify 24 hours prior.

Additional stay

Get in touch with us if you need additional nights of stay.
The cost of additional night is 120 eur/person.

Airport transfer

Transfer to the airport will be provided on departure day too.

Program

Indicative daily rhythm (days 2-4)

8.00 Tea, coffee or water, light snacks

8.30 Daily yoga, meditation and breathing practice

10.30 Breakfast

Enjoy abundant breakfast buffet, served with love.
Vegan & vegetarian options available

11.30 -19.00 Daily Program (varies every day)

A Walk to the Sanctuary for the healing workshop

Dance therapy/dance class

Ferry trip to island Evia with winetasting

Personal photo session

Beach time or maybe a private “me” time - every day is different and we will decide it together.

19.00 Dinner

Every dinner in Greece is a celebration - enjoy local meals, prepared by a professional chef and butler's service

20.30 Evening gathering & free time

Vary. We will decide it together :)



Yoga

Yoga classes, meditations, breathwork, reflections & journaling. Vinyasa, yin yoga, gentle yoga, restorative yoga, yoga nidra - different styles to meet you where you are at!

Garden, swimming pool and breathtaking views

You will find yourself surrounded by the sweet scent of our rose and olive tree garden while taking in breathtaking views of the mountains and the sea or simply relax by the swimming pool.



Comfortable bedrooms

Cozy, spacious, comfortable private or shared bedroom with a shared or private bathroom, balcony or a terrace. Daily cleaning and towel change.

Local meals with vegetarian or vegan options

Experience true Greek warmth where every meal is a celebration - enjoy in-venue delicious, organic dishes lovingly prepared by our local chef with thoughtful vegan and vegetarian options. Dedicated butler's service included.



Why Dance?

Dance has been known to be used as a psychotherapeutic approach as tools for emotional, cognitive, physical, and social integration and even used as a formal therapy when talk therapy or cognitive methods failed to address deep emotional wounds and trauma.

When the heart is heavy, words are often not enough. But the body knows. Movement becomes the language of emotions that cannot be spoken, and dance becomes a bridge back to life, to self, to joy.

Our retreat offers a beautiful heels dance class. In this dance, every step is a release, every gesture a whisper of truth, every rhythm a chance to come back to the body, to the heart, to your essence. Through the movement, we awaken the memory of who we truly are: strong, radiant, joyful.

This sensual and empowering style invites us to move with elegance and freedom, and to stand tall in our strength and femininity. It is not about performance—it is about feeling radiant, embodied, and alive.

Dance as a therapy



As part of your reset, we incorporate empowering heels dance class designed to help you gently reconnect with yourself.

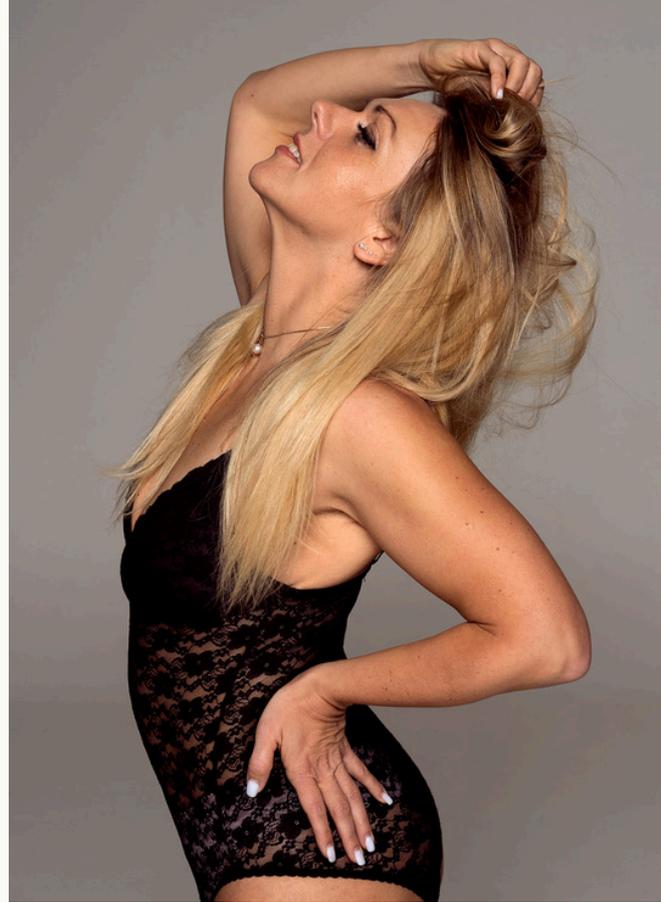
Moving to rhythm is scientifically proven to relieve stress, elevate your mood, and promote neuroplasticity—helping your brain build fresh, healthy connections.

More importantly, dancing requires a better body awareness, making it an incredible way to get out of your head and simply feel your body again. The time to shed expectations, build unapologetic self-confidence, and feel vibrantly alive, lighter, and more beautiful in your own skin.

The therapeutical magic of personal professional photoshoot

Our experience shows that professional photoshoot does more than just produce photos; it offers a profound therapeutic experience. It encourages us to wear our confidence proudly. It is easy to forget who we are in the midst of a busy live - hurry and stress can blur our reflection and make us forget about our real beauty, worth, aliveness.

A personal photoshoot is more than just photos - it is a powerful healing ritual, a mirror that reminds you of your own strength, beauty, and radiance.



Personal professional photoshoot as the act of self-love



We have prepared a professional photo session for you to capture the best of self in the best light, angle and setting to reveal the real beauty. This can be truly therapeutic!

The preparation and a process of a photoshoot can be a journey of self-discovery.

Standing in front of the camera is an act of courage and also an act of self-love. It is saying: I am here, I am whole, I am becoming myself again. With every click of the shutter, you allow yourself to be seen - not only by others, but by you. You discover the light in your eyes, the elegance of your body, and the fire of your soul.

Special Pricing Offer

Price before June 1, 2026

Room	Price per person
Shared	990 eur
Private	1490 eur
Private suite with balcony & jacuzzi	1890 eur (2590 eur for 2 people staying together)

Price after June 1, 2026

Room	Price per person
Shared	1190 eur
Private	1690 eur
Private suite with balcony & jacuzzi	2150 eur (3000 eur for 2 people staying together)

Reservation amount to book your spot and lock your special price: non-refundable deposit of 300 EUR

Book your spot by sending an e-mail to

info@ladyjoga.com

remaining amount to be paid before September 1, 2026

“Because you deserve something beautiful”

Eat.Pray.Love retreat

