

# LIUNA HOLISTIC RETREAT IN GREECE

6-13 NOVEMBER 2026



# ABOUT THIS RETREAT

*A retreat like no other!*

WE WILL SPEND 7 MAGICAL DAYS ON ONE OF THE MOST AUTHENTIC AND BEAUTIFUL ISLANDS OF GREECE, PRACTICING DAILY DIFFERENT STYLES OF YOGA (HATHA/VINYASA IN THE MORNING, YIN/ RESTORATIVE IN THE EVENING), MEDITATION AND PRANAYAMA.



## WHY AMORGOS ISLAND?

AMORGOS IS A PRISTINE GEM OF THE AEGEAN SEA.

A LESS CROWDED ALTERNATIVE TO THE SURROUNDED ISLANDS: SANTORINI, MYKONOS AND NAXOS, IT OFFERS A PERFECT SETTING FOR OUR HOLISTIC YOGA, MEDITATION AND SOUND HEALING RETREAT. ITS TRANQUIL ATMOSPHERE, STUNNING LANDSCAPES, AND RICH CULTURAL HERITAGE CREATE AN IDEAL ENVIRONMENT FOR RELAXATION, DAILY MEDITATION, AND SELF-REFLECTION. ITS CRYSTAL-CLEAR WATERS, PICTURESQUE VILLAGES, AND SECLUDED BEACHES, WILL PROVIDE US A TRUE SANCTUARY FOR RECONNECTING WITH NATURE AND FINDING OUR INNER PEACE.







SOUND BATH AND SOUND MEDITATION SESSIONS WITH ANCIENT HIMALAYAN BOWLS AND OTHER INSTRUMENTS FROM INDIA, BALI AND NEPAL



DIFFERENT YOGA SESSIONS (HATHA/VINYASA IN THE MORNING, YIN/ RESTORATIVE IN THE EVENING), MEDITATION, PRANAYAMA. BREATHWORK



AND WE WILL INDULGE IN MOST DELICIOUS ORGANIC FOOD FROM FARMERS AND GARDENS.





## OUR RETREAT LEADER

### IRINA GURDIS

THE FOUNDER OF LIUNA HOLISTIC & LIUNA YOGA, AND THE MASTERMIND OF OUR TRANSFORMATIVE HOLISTIC RETREATS WORLDWIDE.

Meet Irina Gurdis, the visionary behind Liuna Holistic & Liuna Yoga, and the mastermind of our transformative Holistic Retreat on Amorgos. As an internationally certified yoga instructor and holistic wellness expert, Irina spends several months each year in India, dedicated to deepening her practice and experience with revered masters and teachers. This commitment ensures that her knowledge and skills are anchored in the authentic traditions of yoga and Ayurveda.

Irina's retreats are not just getaways; they are profound journeys of transformation! Under her expert guidance, you will experience revitalizing yoga sessions, meditative practices, and holistic workshops, setting you on a path to self-discovery and holistic wellness.

Amorgos holds a special place in Irina's heart, especially the Aegialis School of Yoga, situated in the very hotel where our retreat is held. It was here that Irina completed her first Yoga teacher training one of many to come and earned her certification as a Yoga Teacher. From the moment she stepped into that space, she envisioned bringing her own groups there, to share an unforgettable experience that could change lives just as it changed hers.



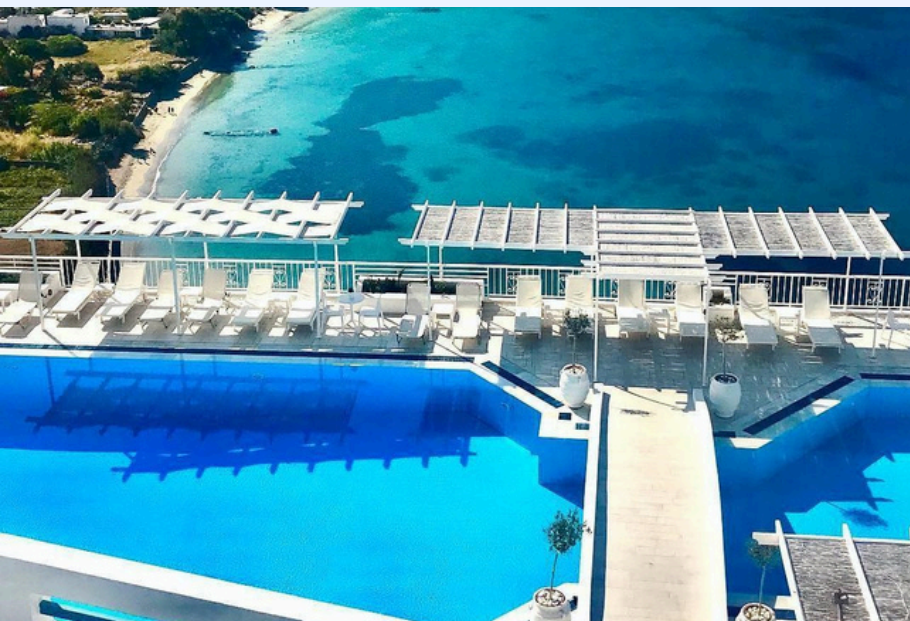


## LOCATION & HOTEL





## HOTE'S AMENTIES



## SPA



## RESTAURANT



## HOTEL ROOMS SINGLE OR DOUBLE OCCUPANCY





# INFO

## LOCATION

Aegialis 5\* Hotel & Spa  
Periferiakos Aegialis-Tholarion, Lagada 840 08, Amorgos, Greece

## DATES

6 November - 13 November  
2026

## PRICES

### Early Bird (secure by paying 500 CHF deposit by Dec 15th)

Double occupancy 2450 CHF  
Single occupancy 2650 CHF

### Regular price

Double occupancy 2650 CHF  
Single occupancy 2850 CHF

### SPECIAL OFFER

Bring a +1 and get each 100 CHF discount

(Limited spots available)

## WHAT IS INCLUDED

- 7 nights' accommodation in a double or single room (upon request) with Sea View at 5\* Aegialis Hotel & Spa
- Daily buffet breakfast (vegan/vegetarian options available)
- Daily dinner (drinks not included)
- Transfers upon arrival and departure on Amorgos (port-hotel-port)
- All Yoga, Meditation, Pranayama & Sound Therapy activities
- One Breathwork
- One 30-minute relaxing massage
- Two local activities
- 10% discount on Face and Body treatments at Lalon Idor Spa
- Use of Lalon Idor Spa facilities (sauna, hammam, jacuzzi, indoor seawater swimming pool, fitness center)
- VAT, City Tax

## WHAT IS NOT INCLUDED

- Flight/Boat
- Lunch & Drinks at dinner
- Tourist accommodation tax
- Gratuities

## CANCELLATION & REFUND POLICY

Full refund (-200 € processing fee) for cancellations made until May 31st.

50% refund for cancellations made until August 31st.

No refunds for cancellations made after August 31st.

**\*\*If you chose to pay in installments, please note that the deposit of 500 CHF is non-refundable, but it can be transferred as credit toward a future retreat with me if the cancellation is made at least two months before the retreat start date.**







## HOW TO BOOK

For more information & booking  
Contact us

☎ + 41 75 443 93 49

✉ [info@liunaholistic.com](mailto:info@liunaholistic.com)

📷 [liuna\\_holisticretreats](https://www.instagram.com/liuna_holisticretreats)