

Retreat to *Greece*



Take a look at our exquisite 10 bedroom
private villa on Paxos Island, Greece

CONTENTS

A Note from the Facilitators	03
About Villa Hebe	04
King Suite Option	05
King with Ensuite Option	06
Twin Share Option	07
Rebirth on Retreat	08
Next Steps	09
Contact	10

Retreat holiday's are like
no other kind of
holiday

A note from the facilitators

This is a retreat for the woman who craves simplicity, softness, and space. who is feeling the demands of life, who has forgotten how to breathe. A woman who will enjoy being around other women—playful, wise, and real. A woman is who is ready to take a pause, to remember the magic.

You'll swim in clean, clear waters, open your eyes beneath the surface, and see everything. Blue surrounds you: the colour of creativity, of the divine, of beauty.

Our exquisite villa on Paxos is a space for revelation, for rejuvenation, for rebirth. You'll stretch, breathe, and move slowly. You'll give yourself permission to write, to create, to rest. Nourished by Mediterranean cuisine—fresh, delicious, and wholesome—you'll feel your body replenish and recharge.

Paxos isn't for everyone. It's special, sacred, and still. A meeting point of cultures from times past to today. It doesn't attract cheap tourism—it attracts women like you. The ones are ready to heal. The ones ready to remember.

Come. Let nature work its quiet power. Let the island show you the way back to yourself.

Vittoria and Wallis x



About Villa Hebe

Villa Hebe is a luxury villa on Paxos, Greece, located south of Gaios with stunning sea views and direct access to a small beach. It is a large, stylish property with a seawater swimming pool, generous terraces, and accommodates up to 16 guests. The villa is situated near the coast, offering a peaceful setting.

Location

- Proximity to Gaios: It's located south of the main port of Gaios, which is a short drive away and offers tavernas, shops, and boat hire.
- Coastal access: Guests can walk to a small beach below the house, and other beaches and coves are within a 5-minute walk.
- Views: The villa provides panoramic views of the sea, the mainland of Greece, and the nearby island of Panagia.

Amenities

- Accommodations: Can sleep up to 16 guests in a 600+ sq m house.
- Swimming: Features a private seawater swimming pool.
- Staff: Retreat facilitators, Massoga® therapists, a housekeeper and gardener are on-site to assist guests.
- Dining: Inside and outside dining setting.
- Connectivity: Includes WiFi and TV. Although we encourage you to go digital free for much of the retreat experience (optional).
- Retreat features: an on-site massage room and fully equipped yoga patio.
- Other features: Offers air-conditioning, sun beds by the pool and on private balconies, and an entertainment room with a table tennis table.

King Suite



The King Suite rooms open out onto the pool or garden, and each comes with a modern bathroom and plenty of wardrobe space.



King/Queen + Ensuite



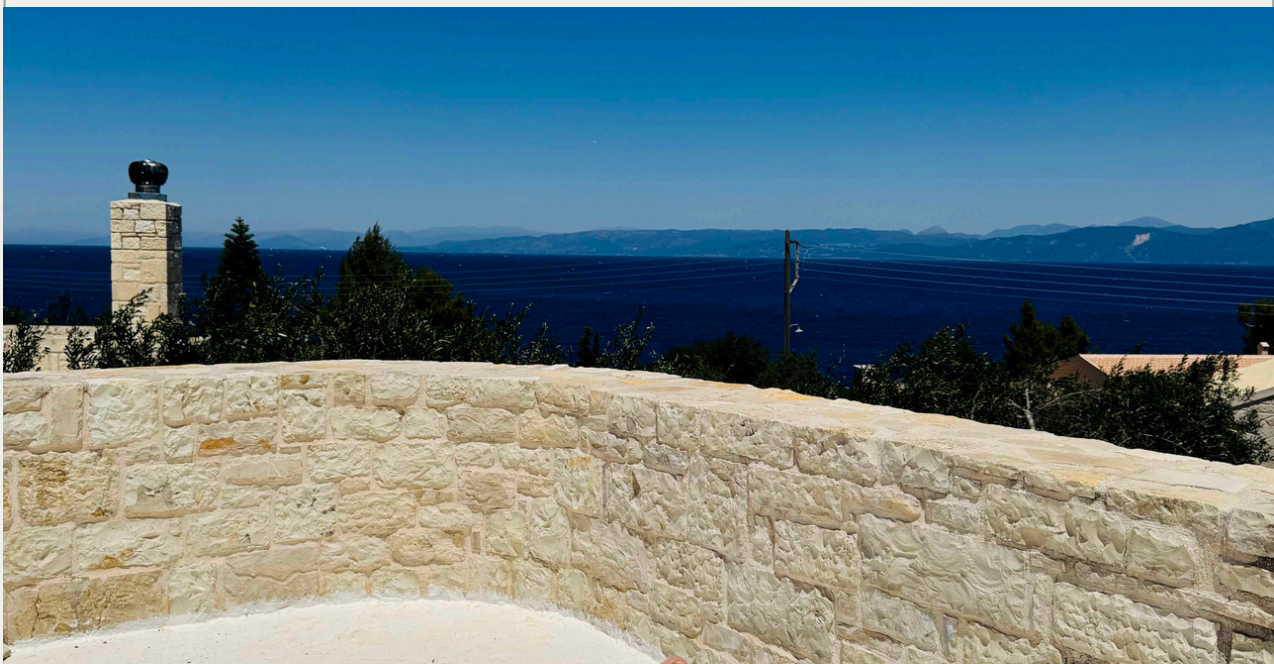
The King and Queen and ensuite rooms have roof top or garden access, and each comes with a modern bathroom and plenty of wardrobe space.



Twin Share



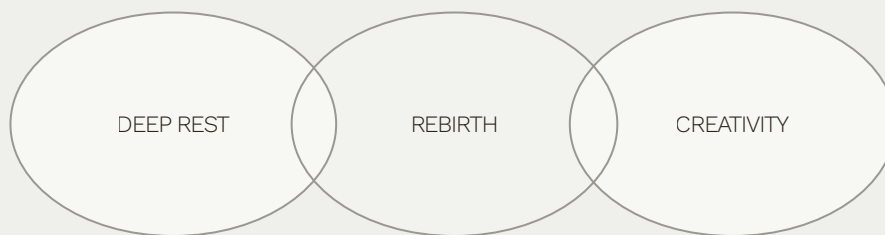
The twin rooms have roof top or garden access, and each comes with a modern bathroom and plenty of wardrobe space.



Rebirth on Retreat

Why Rebirth?

The human experience is evolving in ways we can only just begin to comprehend with the introduction of AI in our every day lives, the dis-ease we are experiencing politically, the humanitarian crises unfolding around the world, the climate catastrophe, the fact that we are being bombarded with more information in a day than we experienced in a lifetime time... just to name a few things. This retreat offers and an opportunity to collect yourself, to reprioritise, to shed the old ways of being and step into a wiser sense of self. What will define us is our capacity to be psychologically flexible. By staying stuck in old patterns and habits we will struggle to move with the times, and we will limit our personal growth, and the expansion of all beings everywhere.



How will we experience it?

Your retreat days are filled with so many nourishing things from;

- seasonal locally sourced ingredients prepared by our private chef,
- the lively discussions and workshops,
- the crystal clear waters you will bathe in on our exclusive beach only 1 minute from the villa,
- to the practices you will move through every day to cleanse and clarify the body and mind.

This retreat offers explorations of the island by foot and by boat, opportunities to delight in the local cuisine in local restaurants (all inclusive) and plenty of playful experiences in Kundalini Yoga and restful hours in slow yoga, meditation, and simply lying by the pool. You will truly experience "island time" and come away from 8 days on Paxos feeling like you have been here for weeks!

You will feel deeply rested, connected to yourself, with new intentions and desires for your life, and likely with some more beautiful friends. This retreat experience is one of a kind.



Next Steps

Choose your room

Email the team to let them know what type of room you would like to stay, in to ensure there is availability. Email info@messageyoga.com.au

Place your deposit

Go to [Deposit for Paxos Island, June 2026](#) before December 4th and receive the early bird price!

Book your flights

Once your place on retreat is confirmed, start to make your travel arrangements. Retreats are for rest and rejuvenation, so we encourage you to look after your future self, and organise the details well in advance of your trip.

Contact *Massoga*®

if you have any questions or need clarity on anything please reach out. We aim to ensure your retreat experience is smooth sailing the whole way through.

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Email info@messageyoga.com.au

Links to more information;

[The Retreat Experience](#)

[The Price Guide](#)