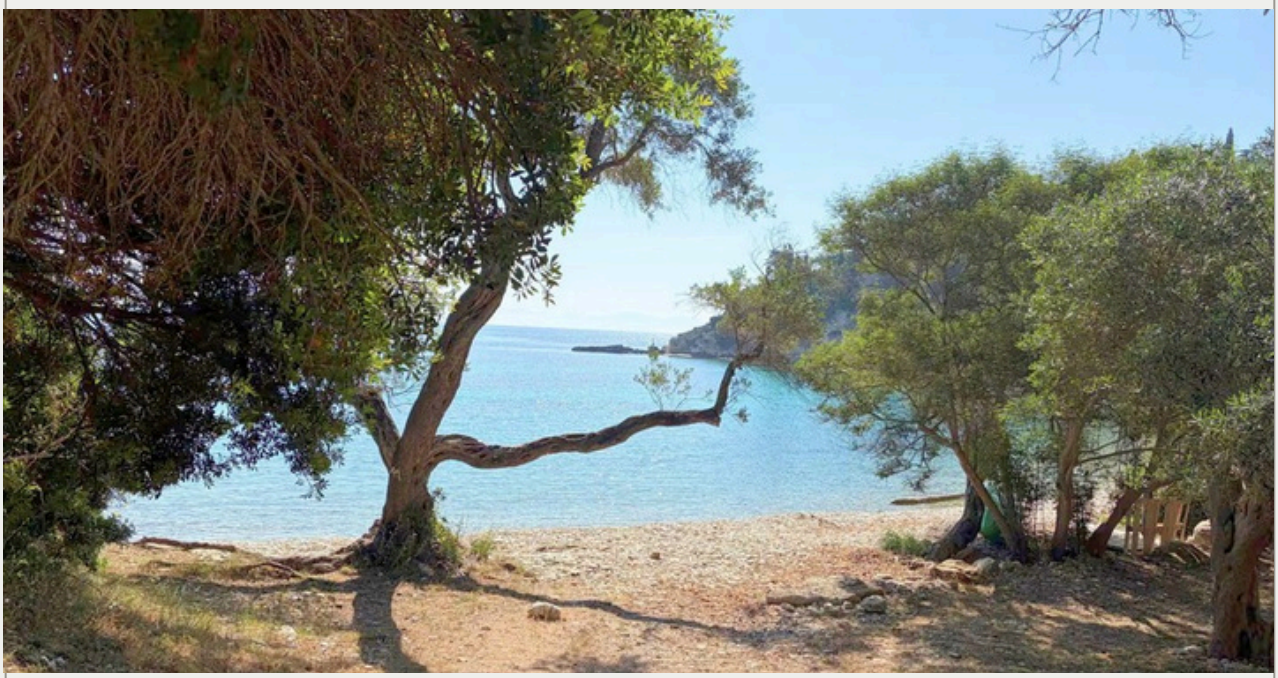
Retreat to *Marmari Beach,* Greece



Accommodation Options

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Retreat holiday's are like no other kind of *holiday*

Package inclusions

These are the inclusions for Villa Hebe. Do you want to keep all for Marmari??

~ Accommodation in our private rustic accommodation
~ Brunch and dinner cooked by our celebrity chef
~ 1 Private Treatment of choice including Remedial massage, TCM and Shiatsu
~ Opening and closing ceremony
~ Kundalini, the yoga of awareness - yoga practice that will offer many types of breath patterns and linked movements to stimulate the body, mind and heart. Offered with modifications, and no yoga experience necessary
~ 3 x Massoga® Massage Yoga practices, a restorative yin yoga combined with massage for the most relaxed you will ever feel
~ Slow Yoga, a Hatha practice to challenge the body gently with movement. Strength and conditioning offered with modifications, and no yoga experience necessary
~ Lymph Disco
~ Deep Rest Meditation, a seated practice to encourage clarity, awareness and presence
~ Beach access 1 minute from the villa
~ Hiking and walks into LAKKA and the beautiful remote surrounds of Paxos Island
~ Free time to explore the Mediterranean island lifestyle.
~ Free transfers to the retreat house from the nearby ferry port on Paxos
~ Wifi connection (limited)
~ Specialised workshops
~ Group excursions/activities
~ Water, tea, coffee served throughout the day
~ Pre and post retreat support from our tea
~ Welcome gift bag
~ Journal
~ All linen and towels supplied

Marmari 1

Elegant, tranquil cottage nestled in a lush Mediterranean garden. Crafted in traditional Paxiot style, it offers serene privacy just minutes from two of Paxos's most exquisite beaches. A gentle stroll leads to the idyllic village of Loggos, home to upscale tavernas and gourmet restaurants showcasing the finest Greek cuisine. An exclusive retreat for discerning guests seeking beauty, comfort, and authentic charm

Bedroom 1 - 2 people sharing Twin with ensuite €800 / person

Bedroom 2 - 1 person
King with own bathroom €1200

Total for package with accommodation;
TWIN €2400
KING €2800







Marmari 1









Marmari 1







Marmari 1











Marmari 1









Marmari 1









Marmari 2

Nestled among olive trees in a tranquil Mediterranean garden, this charming cottage blends traditional design with modern comfort. Just a 2-minute walk to two beautiful beaches and 10 minutes to Loggos village with its tavernas, cafés, and bars. Enjoy a private sun terrace, BBQ, outdoor dining area, and a lovely balcony—perfect for relaxing or dining al fresco. An ideal retreat for peace, nature, and authentic Greek charm.

Bedroom 3 - 1 person
King with shared bathroom €900
Bedroom 4 - 2 people sharing
Twin with shared bathroom €500 / person

Total for package with accommodation;
KING €2500
TWIN €2100

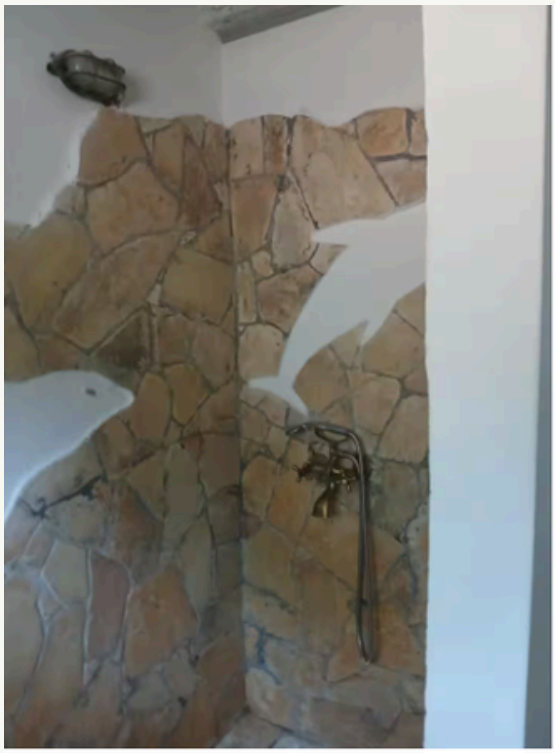






Marmari 2









Marmari 2









Marmari 2







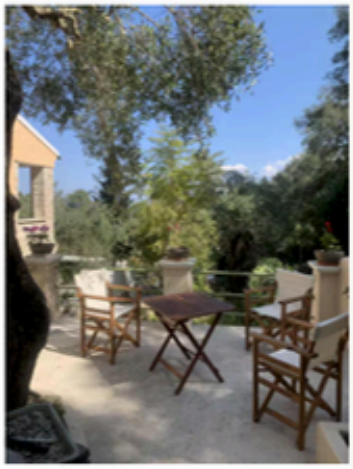




Marmari 2

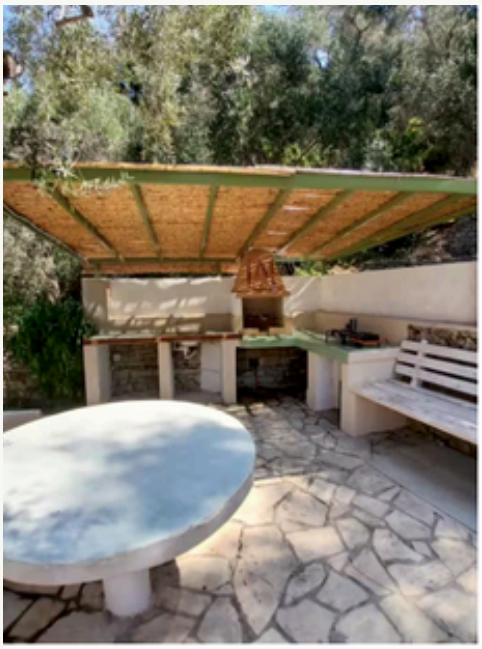
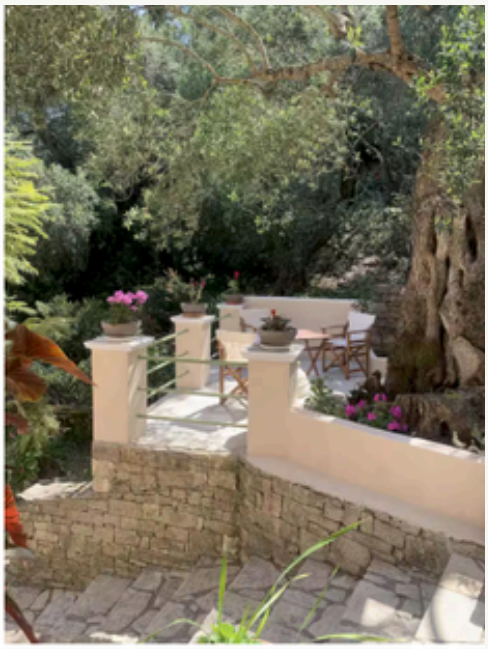








Marmari 2




Marmari 2





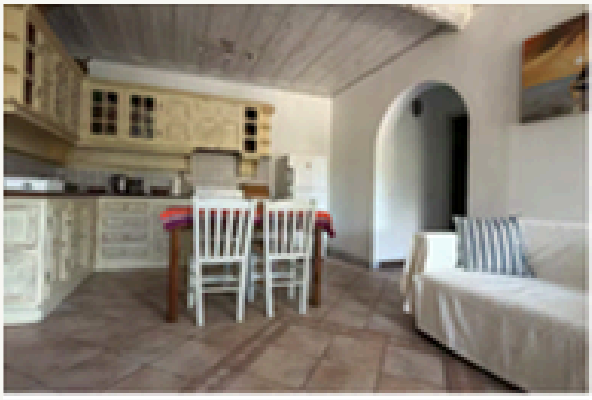


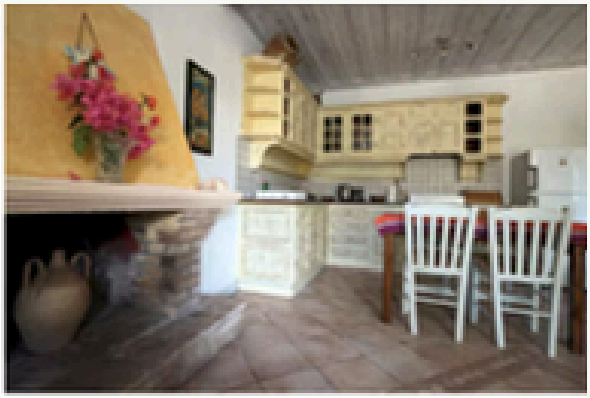
Marmari 3

A charming stone cottage nestled in a breathtaking Mediterranean garden, just a 2-minute walk from two of Paxos's most beautiful beaches. Lovingly built by the owner using traditional materials, it offers a serene escape where guests can relax and connect with the natural beauty of the island. The idyllic village of Loggos, with its waterfront tavernas and authentic Greek cuisine, is just a 10-minute stroll away—perfect for evening dinners by the sea.

Bedroom 5 - own apartment- King €1300

Total for package with private accommodation; €2900







Marmari 3









Marmari 3







Marmari 3









Marmari 3









Marmari 3



Nikolaki

A beautifully crafted cottage, built by the owner and set in an exquisite Mediterranean garden—just minutes from pristine beaches and a short stroll to Loggos, renowned for fine Greek cuisine, charming cafés, and relaxed bars. Accommodates 8 with A/C, a fully equipped kitchen, and a plush sofa bed in the lounge area for use if required. A serene haven of peace and comfort, featuring a stylish BBQ area for elegant al fresco dining—ideal for families or friends seeking an upscale island escape.

Bedroom 6 - 1 person
King with shared bathroom €800

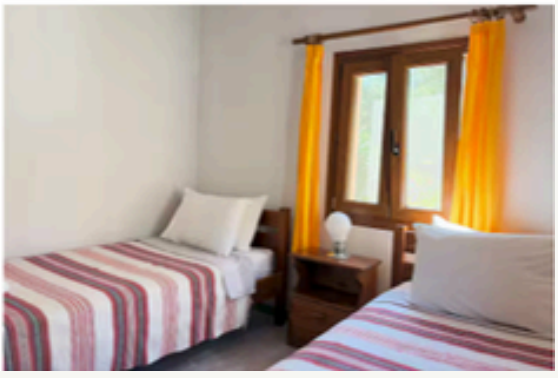
Bedroom 7 - 2 people sharing
Twin with shared bathroom €500 / person

Bedroom 8 - Staff

Total for package with accommodation;
KING €2400
TWIN €2100

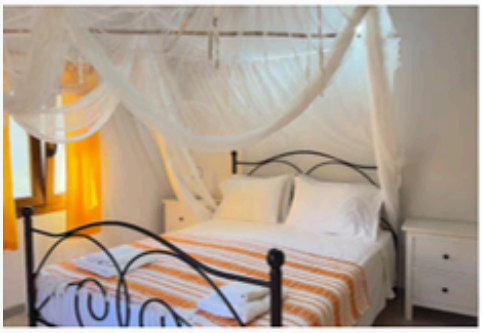






Nikolaki









Nikolaki









Nikolaki









Nikolaki



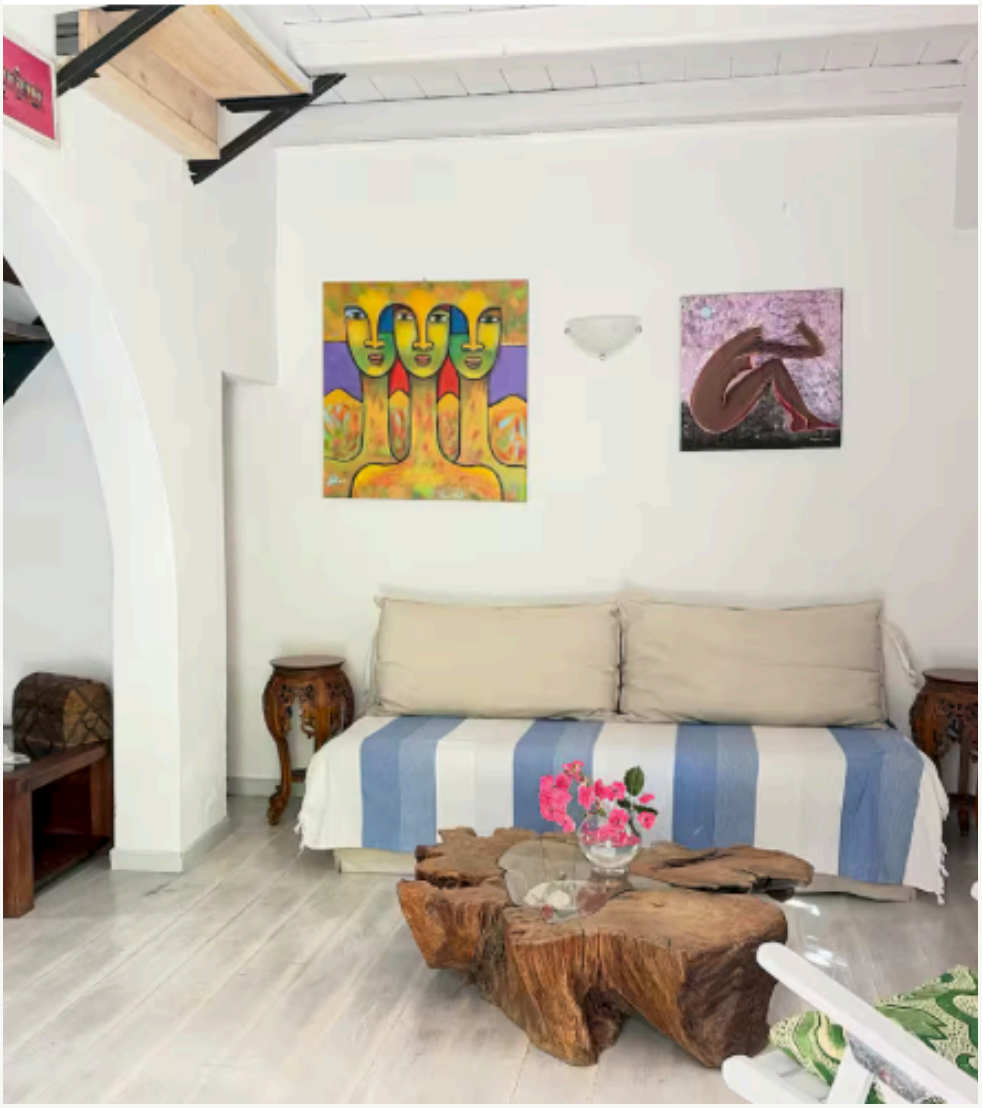




Nikolaki







Nikolaki









Nikolaki



Spitaki

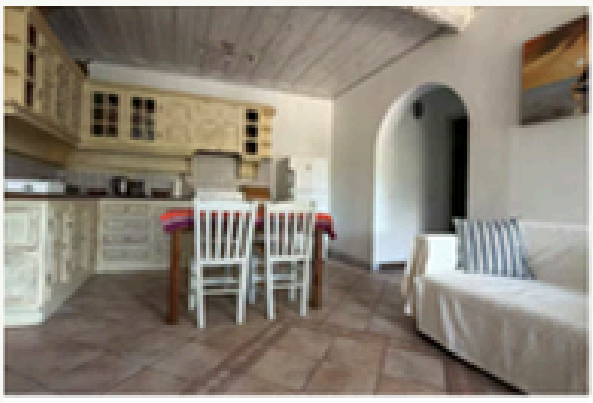
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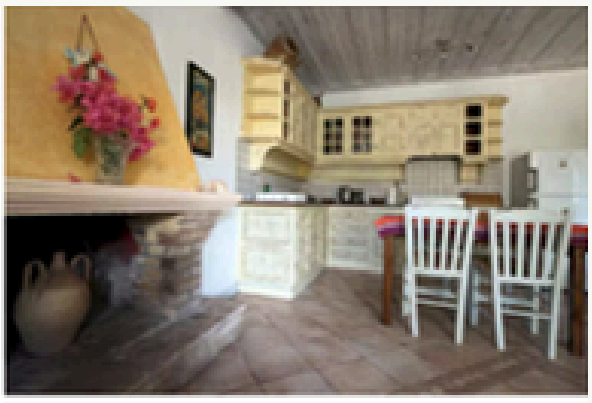
Bedroom 6 - 1 person
King with shared bathroom €800

Bedroom 7 - 2 people sharing
Twin with shared bathroom €500 / person

Bedroom 8 - Staff

Total for package with accommodation;
KING €2400
TWIN €2100







About Marmari

Much of Marmari Stone house was lovingly hand-crafted by the owner, an artisan and master stone mason.

The apartments boast large traditional fireplace and stone floors, beautiful wooden floors, and outdoor entertaining spaces. The surrounded by the beautifully maintained gardens, you will able able to eat dinner al fresco at the outdoor dining table or enjoy a little sun on the sun loungers, while admiring the gorgeous stone work.

The absolute best part about this place is the location. The property is 50 metres from Marmari beach which is one of the most beautiful beaches on the island. If you are feeling like a little more action, Levrechio beach is also about 50 metres away and has a beautiful restaurant nestled beneath the olive trees. They also have sun chairs and umbrellas and serve cocktails and other drinks right to your spot on the beach. A little further but still within walking distance are Kipos and Kipiadi beaches.

The quaint fishing village of Loggos, the loveliest village on the island, is a short walk away where you can enjoy world class food at one of the many restaurants on the port.

Location

- Proximity to Longos: Marmari is located just over the hill to the main town of Longos. It takes about 10 minutes to walk into town.
- Coastal access: Guests can walk to a small beach below the house in 1 minute, and other beaches and coves are within a 4-5 minute walk.

Amenities

- Accommodations: Can sleep up to 16 guests in 6 separate houses. All linens and towels are provided.
- Swimming: The beach is 200 metres from the house. The beaches are rock and sea shoes are ideal for swimming.
- Staff: Retreat facilitators, Massoga® therapists, a housekeeper and chefs 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 space and yoga patio.

Schedule

DAY 1 - 25th May
~ Arrive from 1030am and settle into your new Greek home.
~ Time for massages, beach time, nap time, whatever takes your fancy.
~ Welcome Dinner @ 5.30pm
~ Welcome Reflection and Meditation @ 730pm with Vittoria and Wallis

DAY 2 – 26th May
~ 8am Morning Kundalini with Vittoria and Meditation with Wallis
~ 10am Lymph Disco
~ 1015am Brunch
~ Time for massages, beach time, nap time, whatever takes your fancy.
~ 2pm Expressive Workshop with Vittoria
~ 4pm Massoga® Massage Yoga with Wallis, Massoga® therapists
~ 6pm Dinner
~ 730pm Group Reflection

DAY 3 – 27th May
~ 8am Slow Yoga and Meditation with Wallis
~ 9am Brunch
~ 1030am Day Trip - Boat Outing to Anti Paxos
~ 730pm Group Reflection





DAY 4 –28th May
~ 7am Sunrise Walk + Meditation with Vittoria
~ 10am Lymph Disco
~ 1015am Brunch
~ Time for massages, beach time, nap time, whatever takes your fancy.
~ 330pm Massoga® Massage Yoga with Wallis, Meghan, Mariella and Leta
~ 6pm Dinner
~ Commence a Day of Silence
~ 730pm Group Reflection

DAY 5 – Sunday 7th June
~ 8am Kundalini with Vittoria
~ 10am Lymph Disco
~ 1015am Brunch
~ Time for massages, beach time, nap time, whatever takes your fancy.
~ 2pm Reflective Workshop with Vittoria
~ 4pm Massoga® Massage Yoga with Wallis, Meghan, Mariella and Leta
~ Break Silence
~ 6pm Dinner
~ 730pm Group Reflection

DAY 6 – Monday 8th June – Day Outing
~ 8am Meditation with Wallis
~ 9am Lymph Disco
~ 915am Brunch
~ Time for massages, beach time, nap time, whatever takes your fancy.
~ 12pm Outing to Longos for nature yoga, swim at Marmari Beach and Al Fresco lunch at Spiros' place
~ 7pm Return to Villa Hebe and Group Reflection



Next Steps

Place your deposit

Please place your depsoit to confirm your place on the next retreat in Greece. If you have an offer/code please make sure eyou follow then steps in your email.

Email Wallis to confirm your accommodation

Send an email to info@massageyoga.com.au with your chosen date and your first and second accommodation preference. We always endevour to provide you with your first choice.

Prepare for Retreat

Have something to look forward to is scientifically proven to add to your levels of happiness, so youre already winning just by booking! If you would like to do a little more to take full advantage of a retreat experience, perhaps look at a behaviour or habit you would like to change and consider what has to be different in your life for this to occur, and then go about doing it - this ain't easy!. Take advantage of the membership Massoga® offers to FORME Daily to help you establish a daily practice. Take some personal coaching with Wallis in the world of fasting and make changes to your body on a cellular level. So many ways you can begin to prepare!

Contact *Massoga®* *Love Shamanka*

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.

Wallis on Whatsapp +61405802269
Vittoria on Whatsapp +353851140689

Email info@massageyoga.com.au

Links to more information;

The Retreat Experience

The Price Guide