



Paros Beauty

Paros Beauty

8 Day/ 7 Night

Imagine waking up to the gentle sound of the Aegean Sea, with the scent of wild thyme and sea salt drifting through your window on the unique Golden beach (Chrissi Akti). Welcome to the serene island of Paros, Greece, where we invite you to relax, enjoy deep daily practices, dine on delicious local delicacies, experience Paros through nature and cultural based excursions. Step away from the noise of the world and into a space of intentional living. Our retreat is designed to nourish the body, mind and spirit.

Day 1 Arrival and Check IN

Welcome to Paros

Upon arrival in Athens you will connect with a second (30 min) flight to the beautiful island of Paros. You will then be transferred to The Poseidon Hotel & Spa (Apx 6.5 miles), where you will check in to this tranquil space designed in the traditional Cycladean style. Relax, unwind and explore before joining in a restorative practice and dinner.

🏠 Accommodation

🌐 [Website](#)

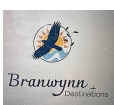
Day Two Yoga, Serenity & Beaches

Visit Golden, New Golden and Drios Beach

Wake to the soothing sounds of the sea, while you have some morning tea before joining in an energizing practice. After practice, you will breakfast on delicious farm to table foods, these foods are as much a part of this deep culture as the land itself. Today is a day of beaches. Your hotel sits along a 700 meter stretch of Golden Beach with fine gold sand and crystal-clear water. New Golden Beach is 1km north, which has a local vibe and a bit more rugged. Lastly, Drios Beach is 2 km south, a smaller more traditional coastal area with a charming village where you can grab lunch.

🍴 Meal

Day 3 Yoga & Cultural immersion and Free Time



Wake for early morning practice and breakfast before transferring to Drios Village for a private Anezina cooking class @ 11:30 Bring back home the best souvenir by learning how to cook your favorite Greek dish! Discover the flavors of Cyclades and learn the traditional grandmother's secrets of the Parian cuisine with us. Watch and learn grandmother's traditional recipes as you cook the menu agreed upon in a private customized culinary experience! After having a little aperitif, you are going to prepare a 6 course traditional menu, including a starter, a salad, 3 main dishes and a dessert, discovering the traditional flavors of Greece! Then, you are going to sit all together to enjoy your cooking, accompanied by wine or ouzo and fresh fruits from the garden! In the end they will share with you grandmother's amazing traditional recipes, and let you bring back home the best souvenir by learning how to cook your favorite traditional Greek dish! Included: Appetizers, Lunch, Dinner and Dessert: 6 course menu, either for lunch or for dinner (starter, salad, three main dishes, one of them vegetarian, one with seafood, one with meat, and a dessert) Menu can be changed on request Wine, water, soft drinks and ouzo/souma are included

Day 4 Practice and Relaxation

Connecting with Nature

Enjoy a slow, sun-drenched morning before we gather for practice and a delicious breakfast spread. Today is intentionally left open for you to honor your own rhythm. Whether you choose to explore the hidden gems of Paros or simply sink into a state of complete relaxation by the sea, the choice is yours. Our incredibly helpful staff are always on hand to provide local tips or arrange transport. May you enjoy every moment of this serene day.

Day 5 Valley of Lefkas

Yoga & Exploration 3 hr tour

Arise for an energizing practice and healthy breakfast before meeting your group to join this iconic trek. This is a 5km circular hike accessible to most, combining traditional village charm, rural beauty... and a traditional coffee & sweets ending! Using private transfer private transfer/ on the morning bus from Parikia (10 km), we arrive at Lefkes village, the biggest inland settlement in medieval times. We start at the main village square with a short tour around the labyrinthine alleys and the stacked white-washed houses, visiting chapels, the cathedral and & other picturesque corners of the traditional village that dates back to the 10th c. AD. Then, we find the beginning of the so-called "Byzantine Way", a stone-paved donkey trail built centuries ago to connect the island's main villages. We start on a mostly downhill route affording great views to the Paros-Naxos channel and walk on age-old marble rocks that pave the way to Prodomos village. As we go by ancient terraced hillside fields ('pezoules'), farmers' stone huts and Byzantine-age stone-built bridges, we admire centuries-old olive trees and savour the sweet scent of the various wild aromatic herbs that border the route (sage, oregano, thyme, wild fennel, honeysuckle and felty germander – 'Teucrium Polium'). Half-way to Prodomos village, we leave the Byzantine way to start on a winding dirt track through fruit orchards, olive groves and vineyards. The track becomes the old, narrow stone cutters' trail (that used to connect the village with the nearest marble quarry), which climbs up to the Holy Trinity church (with its sculpted marble iconostasis) and the old square of Lefkes, where our efforts are rewarded with a nice cup of Greek coffee and traditional hand-made cookies and sweets at a local cafe included..

 Details on Areas to Explore

Day 6 Private Full Day Cruise

A blissful day of island hopping, swimming, and feasting in Antiparos and Despotiko. Spend a full day exploring the coastline of Antiparos aboard a 66-foot traditional wooden boat, designed for space, comfort, and authentic Greek charm. You'll enjoy a relaxed and uncrowded atmosphere as you cruise across sparkling blue waters, stop for swims in pristine bays, explore hidden sea caves, and enjoy delicious food and drinks on board. The journey begins with departures from Pounta port at 10:00 AM. Your first destination is Panteronissia, also known as the Blue Lagoon. As you cruise toward this sheltered bay of shallow turquoise waters, enjoy a morning coffee or juice. Once anchored, take a swim and enjoy traditional snacks, like marinated fish and fresh tomatoes, served with ouzo or wine. Next, follow the rocky coastline of southern Antiparos to reach Mastichari Cave. Here, you can snorkel in sea caves under white cliffs or try a jump from the rocks into the sea. After passing the striking Epitaphios Cave, the boat heads to Despotiko, where a Greek lunch is served on board. Choose between grilled fresh fish or chicken souvlaki, paired with Greek salad, potato salad, and a cold beer. Before returning, stop for a final swim at peaceful Faneromeni Bay, where fresh seasonal fruit is served on deck. The cruise ends at Pounta port around 16:30. Included: 4 swim stops in beautiful azure waters 4 meals served on board 3 drinks per person (beer, wine, ouzo, soft drinks, or select cocktails) Unlimited bottled water Use of snorkeling equipment

Ψ4 Meal

Day 7 Relaxation & Naoussa

Naoussa Visit

Start your morning by connecting with your inner self during a grounding sunrise practice, where you can breathe in the fresh Aegean air and set a peaceful tone for the day ahead. Following your practice, gather for a nourishing breakfast featuring local Paros flavors, then enjoy some well-deserved free time to lounge by the pool or wander the golden sands of the nearby beach. In the afternoon, you have the option to join a trip to the cosmopolitan village of Naoussa, where you can spend the hours exploring and shopping through its famous whitewashed alleys. It is the perfect opportunity to discover high-end Greek boutiques, hunt for artisan jewelry, and experience the charm of the island's most iconic fishing harbor.

Day 8 Departure and Gratitude

Transfer from Hotel to Paros Airport 9:35 AM

Morning breakfast and departure. As you board your transfer to the airport, may you take the light of Paros back into your daily life, moving forward with a heart that is open, grounded, and deeply renewed.

What's Included

What's included

- ✓ Accommodations
- ✓ Daily Breakfast and Dinners
- ✓ Excursions
- ✓ Daily practices
- ✓ Airport Transfers

What's not included

- ✗ Airfares



- × Excursion tipping
- × Lunches not mentioned on excursion
- × Wine or alcohol