

Wellness Boo

S P I R I T U A L I M M E R S I O N

14th - 20th June, 2025

Meditation | Hatha Yoga | Philosophy | Kirtan | Breathwork | Vipasana | Yoga
Skills Workshops | Drum Circles



Set on the stunning Greek island of Lesvos, this retreat is a raw and authentic yoga experience overlooking the tranquil Gulf of Kalloni. Designed for dedicated yogis, it offers a chance to reconnect with yoga's roots and release the need for material comforts. Alongside long Asana and Meditation sessions, the program includes Yogic Philosophy seminars led by the inspiring Massimo Cantara and a day of Vipassana silence for deep self-discovery.

This is not about luxury—accommodation is simple and modest, reflecting the retreat's anti-materialistic ethos. Instead, the focus is on meaningful practice, grounding, and embracing simplicity.

Delicious meals inspired by Greek, Middle Eastern, and Mediterranean flavours will nourish and energise you throughout.

For those craving a retreat that's truly transformative and rooted in the essence of yoga, this experience promises to leave you stripped back, reconnected, and profoundly inspired.

ITINERARY

SATURDAY

Arrivals

SUNDAY

09:30 Hatha Asana Practice

10:45 Pranayama

11:00 Meditation

11:15 Breakfast

12:00 Beach Trip
Picnic

18:30 **Seminar:**
Energetical Physiology
Pt.1

19:30 Dinner

MONDAY

08:30 Hatha Asana

09:45 Pranayama

10:00 Meditation

10:30 Breakfast

11:15 **Seminar:**
Energetical Physiology Pt.2

12:30 *Free time - Beach/ Excursion/
Site Seeing (with picnic)*

19:30 Dinner

20:30 Kirtan

TUESDAY

08:30 Hatha Asana

09:45 Pranayama

10:00 Meditation

10:30 Breakfast

11:15 **Seminar:** History of Yoga

13:00 Free time - Beach
excursion/ Site Seeing
(with picnic)

18:30 Yin Asana practice

20:00 *Optional* Dinner in town
or rest & eat at home

WEDNESDAY

09:30 Hatha Asana

10:45 Pranayama

11:00 Meditation 1: **Begin
Vipassana**

11:15 Breakfast

12:00 Free time for
contemplation: beach,
walks, Journaling

14:00 Meditation 2 - *Optional*

15:00 Lunch

19:00 Dinner

THURSDAY

08:30 Hatha Asana

09:30 Pranayama

09:45 Meditation: **End Vipassana**

10:00 Breakfast

11:00 **Seminar:**
The paths & pillars of yoga

12:30 **Hatha Asana Workshop**

14:00 Lunch

15:00 Beach

19:30 Dinner

21:00 Drumming Circle & Kirtan

FRIDAY

Departures

ROOMS



*Simple rooms for sleep.
I encourage you to keep your room only for sleep (including siestas).
Each room has an ensuite and air-conditioning*



ACCOMMODATION

We will stay in a charming and simple Retreat Centre with an adjoining small hotel, both perched above the tranquil Gulf of Kalloni. This serene setting is surrounded by unspoiled nature, creating the perfect retreat for rest, renewal, and personal growth. The main tavern is situated right next to the yoga deck, making it a convenient and inspiring space for our daily practices. Additional accommodations are located just 800 meters away, providing a peaceful and private option for those seeking solitude.

This space is intentionally simple, reflecting the retreat's focus on stripping back material distractions and fostering authentic connection to self and nature. The surrounding environment, with its calming sea breeze, natural beauty, and peaceful atmosphere, serves as a sanctuary where you can let go of the noise of daily life and fully immerse yourself in the retreat experience.

While we will gather as a community for meals and practices, you'll also have plenty of opportunities to explore independently. Whether you choose to walk along the shore, journal, or simply relax in the peaceful surroundings, this retreat offers the freedom to balance connection and solitude in a way that feels most nurturing for you. It's a space designed for transformation, reflection, and renewal.



This retreat offers a deeply authentic yoga experience, centred on extended Asana, Pranayama, and meditation sessions. A highlight is the transformative Vipassana day, immersing participants in silence to foster profound introspection and connection. Workshops on Energetical Physiology and yoga philosophy further deepen understanding, emphasising a return to yoga's roots.

Evenings feature optional activities like sound healing, Kirtan, and drumming circles, creating moments of connection and reflection. Guests can enjoy free time for journaling, beach relaxation, or peaceful contemplation, ensuring balance amidst the intensity. This retreat blends simplicity, tradition, and self-discovery, offering an enriching and grounding journey

The food is predominantly vegetarian and vegan (though some fish will be optional in the evenings), with a strong influence of Greek and Middle Eastern flavours. Breakfasts, lunches, and dinners are carefully prepared by the experienced staff, using only high-quality local ingredients grown in a healthy, unpolluted environment on volcanic and nutrient-rich soil. Throughout the day, clients also have access to herbal teas, teas, infusions, refreshing drinks, and fruit from our garden.

PRACTITIONERS



Massimo Cantara is a registered Yoga Teacher with Shiatsu Yoga Mediterraneo (500hrs). He is a professional Shiatsu Therapist and Teacher, qualified Kinesiologist and Cranial-Sacral Therapist. In 1999 Massimo founded “Holismos”, a centre for complementary therapies. In 2016 he opened a Yoga and Therapy centre in Milan. Massimo teaches anatomy, physiology, and bodywork for various yoga teacher trainings across the globe. He spent 12 years practicing Shorinji Kempo (dan 2) both in London and Japan. Originally, Massimo trained as a percussionist.

Today, one of his main interests is the study of sound and vibration and their effects on our lives and evolution.

Boo Kartawick is a Wellness Coach, who holistically guides individuals to be their healthiest self. Boo is formerly a Yoga Teacher; trained in Hatha (under Massimo!), Power, Vinyasa, Restorative, Elemental Flow and Yin Yoga. She also teaches Mat Pilates, with Pre-and-Post-natal certification, and Reformer Pilates. Boo is a Sound Healing practitioner and Nutrition Advisor, certified by the Royal Society of Public Health. Boo has worked with notable clients including Adidas, ASOS and Soho House, and teaches in some of London's most iconic and prestigious hotels such as The Lanesborough, Bvlgari & Jumeirah. In 2023, Boo Co-Founded “Wellness Senses”, a premium wellness events & retreat company.



PRICING

SINGLE OCCUPANCY

£916

DOUBLE OCCUPANCY/ TRIPLE OCCUPANCY

£835

Including **full board & airport transfers**. Places are **booked per room, not per person**. I ask that friends sharing sort payments out between themselves and pay me the correct amount in full or via the payment breakdown.

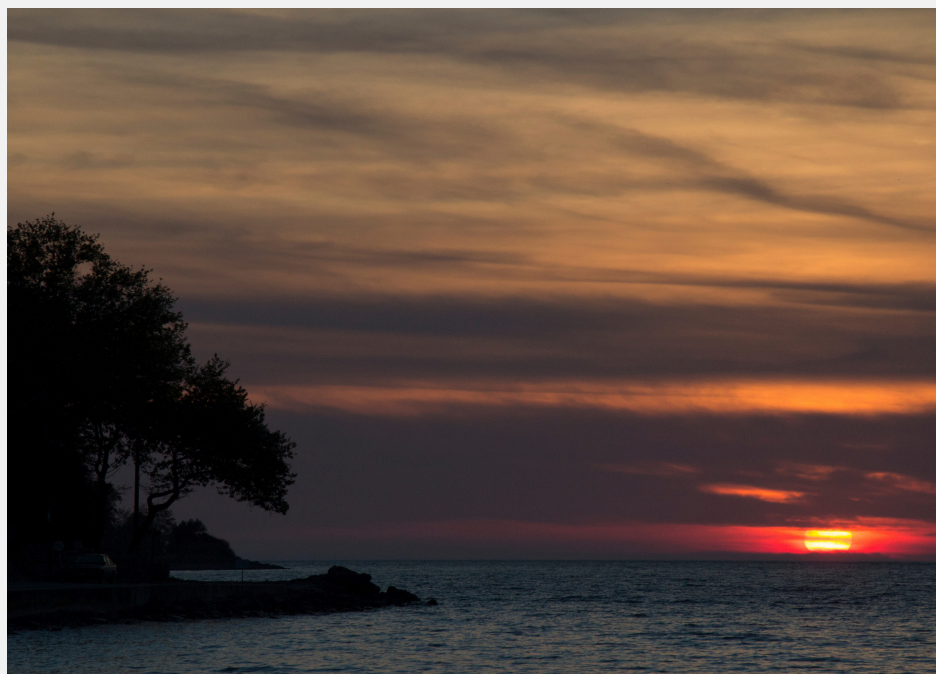
The Double Occupancy offers Twin or Double Beds. There is only one Triple Occupancy Room with three single beds.

PAYMENT BREAKDOWN

Type	Date	Amount
First Payment	DEPOSIT	£250. Non-refundable
Second Payment	1st Feb, 2025	£167 Single £146 Double/Triple
Third Payment	1st March, 2025	£167 Single £146 Double/Triple
Fourth Payment	1st April, 2025	£167 Single £146 Double/Triple
Fifth Payment	1st May, 2025	£167 Single £147 Double/Triple



TERMS & CONDITIONS



The first instalment payment is required upfront to confirm your room on the retreat. **This will be considered your deposit and is non-refundable.**

The **second payment** is required by **1st Feb, 2025**.

Third payment is required by the **1st of March, 2025**.

Fourth payment is required by the **1st of April, 2025**.

Fifth payment is required by the **1st of May, 2025**.

Dropping out of the retreat after the 28th of Jan, 2025, **will result in the loss of your first payment/ deposit.** Dropouts **after the 1st March, 2025**, will result in the **loss of 50% of your payment**, drop outs after the **1st May, 2025**, will result in the **loss of your full payment**.

The above also applies to those who pay the full retreat price upfront. Boo will use the payment plan to offer a partial refund dependent on the date you dropout. **Dropouts after the 1st of May, 2025, will result in the loss of your full payment.**

If you are able to replace yourself with somebody else who can join the retreat instead of yourself, Boo will offer a full refund upon the reception of the replacements full payment. **A “replacement” guest’s funds are not refundable at any point**

Questions?

Boo:

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WHAT'S INCLUDED



REMINDER

Included

Room with ensuite bathroom
Water
Breakfast, lunch and dinner
All Activities on the itinerary
Airport Transfers

Not included

Flights & insurance
Cost of excursions: Boat Ride, Thermal Spa visit or any additional excursions*
Dinner Out*
**Please bring Euros in cash*

TESTIMONY'S

I have had Boo as a yin yoga teacher and also done private lessons as well. I keep coming back because of her amazing energy. Having had injuries, Boo is sensitive to these and always ensures that practice is accessible to everyone. She brings joy into the classes and has helped me to find calmness, stillness and gratitude. I feel lucky to have her as my teacher



Nirja, July 2024

I have had the privilege of being guided by Boo in weekly classes, at least twice a week, for a year.

As soon as met Boo, I was struck by her ability to connect with everyone, of any age and experience, and make them feel their best selves. Her Pilates practice is pitched just right, available to everyone but demanding for those of us who want to be challenged. Her routine is different every time, meaning that her regulars come back time and time again and never feel bored.

Pilates has really helped me to become stronger more confident person, but what has been life changing for me is her restorative yoga, sound bath and mindfulness practices.

This Spring I had to be signed off work because I was suffering with severe anxiety related to a health issues concerning my soon to be born grandson, which were so dire they feared he may not live.

Through manifestation, touch, meditation music and poetry Boo enabled me to reach a place of calm and hope, during which I would often be moved to tears ...tears of joy and optimism.

I wasn't alone, these were intimate classes where others shared similar stories - the collective energy was simply transformative.

Fortunately my story has a very happy ending, and my grandson is here in the world and is perfectly healthy. Although I am a natural cynic I believe the power of manifestation changed the predicted course of events, and I am forever grateful.

Boo gives herself wholeheartedly and deals with difficulties with such compassion, empathy and maturity. She's young enough to be my daughter but it's as if she has lived many different lives and is far wiser than she has a right to be! She's also fun, inclusive, always on time and totally reliable.

Trisha, August 2024