



## ***Enjoy yoga classes and explore Messinia!***

### **❖ Yoga & Activity Holidays in Greece**

Take a personal journey into self-renewal. Escape the hectic pace of everyday life. Relax. Hear yourself think. Challenge your body with yoga and give your fitness a blast. Rejuvenate. Take part to our activities – or to none at all!

Yoga is the most diversified spiritual practice in the world. Grab this opportunity and train your mind to induce a mode of consciousness to reach inner peace. You will find this a deeply relaxing and rejuvenating experience! By the end of the program, you will have gained a deeper appreciation of your body and mind in a way that no other exercise program will.

The expert teacher and a totally inspiring environment will enhance your experience. Whether beginner, advanced or expert in yoga, this program is suitable for anyone - men, women, friends or couples - who want to escape for a few days from the daily stress and return to their inner selves.

Between your daily classes, you will have plenty of leisure time to explore the beautiful Messinia – or just relax on the beach and soak up some well-deserved Mediterranean sunshine.

Your home away from home will be a beachfront boutique luxury resort, featuring top class facilities and elegant accommodation with spectacular sea views.

### **❖ Vacation Highlights**

- Daily yoga, meditation & relaxation sessions
- Delicious and healthy meals (breakfast & dinner)
- Luxury accommodation
- Leisure time to rest, relax or do active exploring
- Stunning sandy beach with water activities
- Massages and spa treatments
- Functional fitness classes
- Excursions to local sites of interest
- 7 days program with instructions (in English)

### **❖ Buca Beach Resort Yoga & Activity Holiday Schedule**

In this program, we will attempt to simplify the ancient practice of yoga by presenting the fundamental yoga positions, giving you tips on performing yoga exercises and inducting meditation practices into your everyday life.

All students, from beginner to advanced, are encouraged to perform their practice by increasing their awareness and ability to listen and trust their own inner guidance. The classes are designed to restore, recharge and renew your sense of vitality and wellbeing.

By the end of the program you will be able to come to a new level of enlightenment with your personal life and enhance the quality of your existence.

Our timetable below:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7:30	Guests Arrival	meeting, detox drink	morning beach / olive groves walk	meeting, detox drink	meeting, detox drink	morning beach / olive groves walk	meeting, detox drink
8:00		2 hours yoga session and meditation	2 hours yoga session and meditation	2 hours yoga session and meditation	2 hours yoga session and meditation	2 hours yoga session and meditation	2 hours yoga session and meditation
9:00							
10:00		breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
11:00		free time, activities	Tour1: Methoni, Pylos Voidokilia Trekking, Swimming, Yoga afternoon session on the spot	free time, activities	free time, activities	free time, activities	free time, activities
12:00							
13:00							
14:00		lunch (optional)	lunch (optional)	lunch (optional)	lunch (optional)	lunch (optional)	lunch (optional)
15:00	Meeting, welcome drink in the pool, team building, schedule information, hotel facilities' infos, destination's info	free time, activities, aqua aerobics	free time, activities, aqua aerobics		workshops	Tour 2: Ancient Messini Siteseeing, Yoga afternoon session on the spot	workshops
16:00							
17:00							
18:00							
19:00	yoga afternoon 1,5h session	yoga afternoon 1,5h session	yoga afternoon 1,5h session	yoga afternoon 1,5h session	yoga afternoon 1,5h session	yoga afternoon 1,5h session	yoga afternoon 1,5h session
20:00							
20:30							
21:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
22:30	Entertainment	Entertainment	Entertainment	Entertainment	Entertainment	Entertainment	Entertainment

**Please note that it is subject to change.**

### Yoga classes

Start your day with a meditation session to balance your nervous system and allow neuro-chemistry to optimize the transformation taking place. A detoxing drink before the beginning of the session will fuel you for your practice and conditioning. Morning yoga will awaken and purify your body, moving into the joints and muscles, and the physical and subtle levels, with powerful breath practices that cleanse the body and clear the mind.

Afternoon yoga will enable you to stretch, relax, and deepen your body-awareness, with targeted workshopping the key areas for strength, flexibility and body-mind resilience.

Note that all classes and workshops are optional, so it is your choice to slow down or speed up, do it all or do nothing. It's your holiday after all!



## ❖ Instructor

### *Ellie Eliou*

Ellie practices in Art and Philosophy of Yoga since 2009. In 2013 she was trained in Hatha Yoga and obtained the teaching diploma Hatha Yoga 500hours TT the Yoga Alliance at the Ghyta Yoga School, taught by enlightened teachers. Since then she teaches, is taught and deepens her practice close to acquaintance and experienced teachers, like Michel Filinis-Hatha Yoga, Meghan Currie-Anusara Yoga, Joanna Tampaxi-Vinyasa Yoga, Maria Chrysocheraki-Iyengar Yoga. Following the path of Yoga, helped her deepen her energetic part and thus initiated the Pranic Healing, taking the first instance Pranic Healer. Yoga is interior remodelling and leads the life force of the love and union.

## ❖ Location

The resort is located amid the Messinian Gulf in southwestern Peloponnese, on a 10km sandy beach, set a few miles away from the famously pretty town of Kalamata.

### *Distances*

- Kalamata : 17km / 15min
- Ancient Messini : 24km / 35min
- Ancient Olympia : 115km / 1hr 45min
- Athens : 240km / 2hr 30min
- Mystras : 68km / 1hr 15min
- Polilimnio : 15km / 20 minutes drive
- Medieval Castle Towns of Koroni, Methoni, Pylos : 35 – 60km / 45 – 60min (half day tour)
- Diros Caves : 102km / 2hr
- Kardamili (Mani) : 50km / 1hr

## ❖ Things to do

The facilities of Buca Beach Resort ensure you make the most out of every moment spent at our establishment. A variety of leisure and sports facilities await you here. Some may prefer to relax on the beach or enjoy a cocktail sunbathing by the pool, whereas other may read a book or socialize with new friends at the resort. We encourage our guests to explore the local area, if they wish to, as it is rich in history and natural beauty. Here are some of the things you can do during your vacation.

### *Private Sessions*

In case you want to master your practice, Ellie will be glad to provide personal guidance.

### *Indulge in our spa*

The resort's Lavender Spa Retreat is a boutique spa facility. Body and face massages, aromatherapies, beauty and nail treatments (wraps, scrubs, facials, manicures and pedicures) are on the menu for you to choose. A jacuzzi, a sauna, a steam room and a fully equipped gym hall for work-out enthusiasts are also available.

### *Water sports*

Just a step nearby, a fully equipped water sport center offers unlimited options: sail with dinghies, lasers, catamarans, ski or wakeboard, SUP or windsurf. Private or group tuition is available, with English speaking



instructors.

### ***Golf, tennis or beach volley***

Two signature golf courses (Costa Navarino's Bay Course & Dunes Course) are only 30 km away. We can manage your bookings and your transfer. Alternatively enjoy tennis or beach volley at resort's grounds. Tuition is available.

### ***Hiking, cycling, kayaking, or trekking***

Let the Messinian land surprise you. Our experienced guides will unveil for you the best of it. Hiking to historical sites or Mt Taygetos, cycling through fertile landscapes, kayaking on the safe waters of Navarino bay or trekking the Neda river are some of the options on offer. Equipment and accessories are also available to rent.

### ***Wine tasting excursions & cooking lessons***

In partnership with local wineries, wine tasting half-day tours are offered. This is a perfect combination of enjoying the Messinian countryside and getting familiar with its great local products. Experiential cooking lessons for preparing some of the most well known traditional Greek dishes are available as well.

### ***Sea Cruises, Scuba Diving & Snorkelling***

Four virgin islands close to the Messinian coastline are ideal spots for daily cruises, scuba diving or snorkeling. Cruises start at the marina in Kalamata. Scuba diving lessons for beginners also take place in the resort's pool.

### ***Explore the local area***

Tour to *Ancient Messini*, a significant ancient city that has never been destroyed or covered by later settlements, located on an unspoiled inland site. With the help of our guide, we will enjoy not only sanctuaries and public buildings, but also imposing fortifications, houses and tombs.

Visit the *medieval towns of Koroni – Methoni – Pylos*, with their imposing Venetian castles. All flourished mostly in the Middle Ages; today the tiled houses, arched or rectilinear doors and windows, with balconies adorned with lace-like ironwork form picturesque towns that should not be missed.

Take the guided walking tour of *Kalamata* and visit some of its numerous historical and cultural sites in the old centre: the Villehardouin castle, the Ypapandi Byzantine church, the Kalograion monastery with its silk-weaving workshop - where the famous Kalamata scarves are made, among others. A visit at the Archaeological Museum and the opposite Holy Apostles Church are a must.

Climb from *Gialova Lagoon* (a Natura 2000 protected area) to Nestor hill, where remnants of his palace can still be found. Enjoy the spectacular views of the entire area and descend to the *Voidokilia beach* (consistently voted among the best in Mediterranean) for a refreshing swim.

Cycle to *Polilimnio* and enjoy a rejuvenating swim in waterfall's freezing waters.

Discover the uninhabited islands of *Proti* and *Sapientza* on a half day cruise with a sailing boat. Swim in crystal clear waters, walk on unspoilt islets, try your skills in fishing. Sense the adventure and pick up unforgettable experiences as you sail along...

## **❖ Accommodation**

Buca Beach Resort is a boutique beachfront property offering an inspiring fusion of yoga classes, fitness sessions and outdoor activities. The luxurious yet elegant accommodation is complemented with top class gym & wellness facilities and an Olympic size pool, while the beach & the beach bar are less than 100 meters away.



Boasting contemporary design aesthetics, guests can relax in exceptionally comfortable and spacious.

The elegantly appointed rooms are complete with designer furnishing, featuring all the comforts and amenities that ensure a relaxing stay in a warm and familiar atmosphere. The stylish open marble bathroom completes the design arrangement of the room. Indulge in the intimate and creative settings of Buca Beach Resort and relax in a lavish balcony with stunning views of the pool area and the seafront.

Rooms: 51 double rooms (29m<sup>2</sup>) and 2 suites (55m<sup>2</sup>), with shower or bath, WC, hair dryer, tea & coffee facilities, bathrobes, slippers & comfort amenities, mini-bar, safe, telephone, satellite TV, internet and free Wi-Fi. All rooms are individually air-conditioned.

## ❖ Features

### Services

- Car/bike rental
- Currency exchange
- Free Wi-Fi
- Free parking
- Daily maid service
- Tour assistance
- Transfer from/to airport

### General

- Environmentally friendly
- Garden
- Beach
- Restaurant
- Pool Bar
- Beach Bar
- Olympic size swimming pool

### Activities

- Watersports
- Cooking classes
- Cycling
- Diving
- Hiking
- Massage
- Golf
- Tennis

## ❖ Food

Your delicious, healthy meals are prepared from scratch every day, using organic raw materials grown locally from nearby local producers. The meal plan is based in Mediterranean cuisine. During the retreat, additional fresh and wholesome vegetarian meals will be prepared. Our Chef, Paris Kostopoulos, is well versed in special dietary requirements and can accommodate your requirements. Expect nutritious meals that will deeply nourish and sustain you during your active week. Dine and wine at the most atmospheric setting, "Olive" restaurant! The Bar delights with classic cocktails and signature creations, along with a selection of wines by the glass. You will have also plenty of herbal teas, infusions and drinking water.

## ❖ What's included

- Welcome drink
- 7 nights accommodation
- Twice daily yoga classes (except on arrival date)
- Daily meditation and workshops
- Delicious fresh breakfast and dinner daily
- Use of spa facilities (sauna, steam room, jacuzzi, gym)
- Use of outdoor hydromassage
- Beach towels
- Fitness sessions (pilates, aerobics etc)



- Tour to Methoni & Voidokilia (including sightseeing, hiking, swimming, yoga)
- Tour to Ancient Messini (sightseeing and yoga)
- 1 bottle of water daily
- Free wi-fi
- Transfer from/to Kalamata airport or Coach Station

### ❖ **What's not included**

- Flights
- Optional day tours (Kalamata city tour, cycling to Polilimnio, sea cruise)
- Lunches
- Spa treatments

### ❖ **Know before you go**

#### ***Flights***

- Kalamata Airport (KLX) – transfer time 15min
- Athens International Airport (ATH) – transfer time 2hr 30min

#### ***Airport transfers***

We will organize bus pick ups from KLX airport and Coach Station. If you fly to ATH, we can arrange a taxi or mini van to collect you from the airport (extra charge applies). Car hiring is an option as well (2hrs 30min car drive on a highway from ATH to Buca Beach Resort).

#### ***Course information***

The program is open to all levels of experience with a basic level of fitness. However, for totally raw beginners, we suggest taking a 3day introduction course prior to official program's beginning (please contact us for any arrangement and information regarding extra cost of accommodation & classes). A basic level of fitness means that you can make it through a dynamic yoga class, go for a bike ride or have a brisk hill walk without too much trouble.

#### ***Additional information***

For more information, send as an email on [info@bucabeachresort.gr](mailto:info@bucabeachresort.gr) or send us a message through our website <http://bucabeachresort.gr/contact/>. We will be happy to assist you.

#### ***Special menu request***

Should you have any specific dietary requirements (vegetarian, vegan, celiac, gluten free), please let us know well in advance and our Chef will be glad to accommodate.

### ❖ **Booking Conditions**

#### ***Payment***

For more information about payment, e-mail us on [info@bucabeachresort.gr](mailto:info@bucabeachresort.gr), or send us a message through our website <http://bucabeachresort.gr/contact/>.

We will be happy to assist you.



***Accepted payment methods***

Bank wire transfer, cash, paypal.

***Cancellation policy***

Free up to 60 days in advance

50% up to 30 days in advance

100% for cancellation in less than 30 days in advance or no show.