

# 3 Day Luxury Yoga Retreat with Half Board & Hiking in Kastoria, Greece

## **Reconnect. Recharge. Realign.**

*A mindful yoga and nature retreat in the heart of Kastoria*

### **Day 1: Arrival & Grounding**

- Arrive at Loggas Hotel, nestled in the peaceful hills of Kastoria
- Enjoy a refreshing welcome drink and settle into your room
- Unwind by the award-winning eco swimming pool with panoramic views
- Join an early evening grounding yoga session to ease into the retreat
- End the day with a nourishing dinner featuring fresh, local ingredients

### **Day 2: Yoga, Activities & Kastoria Walking Tour**

- Start the morning with an energizing yoga class focused on breath and mindful movement
- Enjoy a wholesome breakfast
- Head to the hiking roads for hiking in the historical oros Vernos to Profitis Ilias and enjoy the breathtaking panoramic view
- Rest time in swimming pool
- Explore the historic old town of Kastoria on a guided walking tour
- Return to the hotel for a relaxing evening yoga session to stretch and reset
- Savor another delicious dinner at the hotel's restaurant

### **Day 3: Meditation & Departure**

- Begin the morning with a peaceful yoga and meditation practice
- Enjoy breakfast with beautiful lake or hillside views
- Check out and prepare for departure feeling refreshed, centered, and renewed