

# **"Return to oneself"**

**YOGA RETREAT  
HATHA FLOW, YIN & MEDITATION**

**FROM 14 TO 20 JUNE 2026  
IN TAO'S CENTER, PAROS, GREECE**







# Why this retreat ?

**A Hatha Flow & Yin yoga retreat is a precious opportunity to reconnect with yourself and find inner balance. This retreat offers a peaceful setting where participants can step away from daily distractions and immerse themselves in a deep yoga practice.**

**Hatha Flow, with its fluid and mindful movements, helps strengthen the body and develop focus.**

**Complementing this, Yin yoga focuses on deep stretching of the connective tissues, promoting relaxation and meditation.**

**We will complement these physical practices with daily meditation and Pranayama sessions.**

**Together, these practices encourage a harmonization of body and mind, allowing for introspection and a reconnection with your inner self. Participating in such a retreat is an invitation to slow down, recharge, and cultivate mindfulness in a serene and supportive environment.**





**THE TAO'S CENTER  
A MAGICAL PLACE OF  
REFLECTION  
IN THE HEART OF THE CYCLADE  
ON THE ISLAND OF PAROS  
[HTTPS://YOUTU.BE/LP2S2Z2YKCE](https://youtu.be/LP2S2Z2YKCE)**





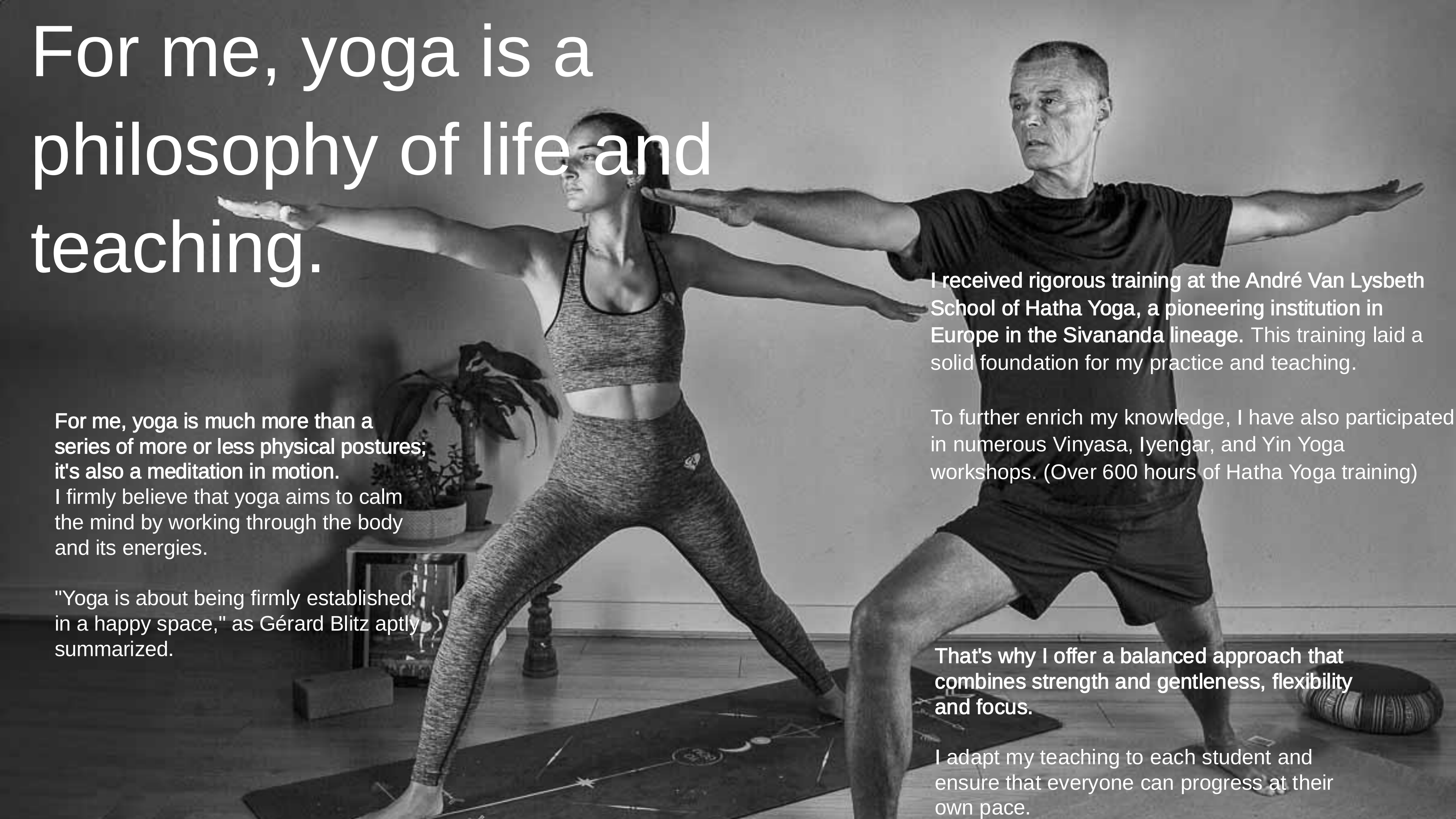
# A typical day from Monday to Friday\*

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- 8h00-8H30 : Meditation
- 8H30-10H30 : Hatha Flow
- 10h30-12H00 : Breakfast in Tao's Center
- 12H00-17H00 : free time
- 17H00-19H30 : Yin Yoga
- 19H30... Dinner, discussions, review of the day...(2 dinners on your own)
- Free evening

*\*Arrival on Sunday the 14th in the early afternoon, check-in at the hotel, and check-in at 5:00 PM.*

*Departure on Saturday the 20th in the late morning after breakfast.*



# For me, yoga is a philosophy of life and teaching.

For me, yoga is much more than a series of more or less physical postures; it's also a meditation in motion.

I firmly believe that yoga aims to calm the mind by working through the body and its energies.

"Yoga is about being firmly established in a happy space," as Gérard Blitz aptly summarized.

I received rigorous training at the André Van Lysbeth School of Hatha Yoga, a pioneering institution in Europe in the Sivananda lineage. This training laid a solid foundation for my practice and teaching.

To further enrich my knowledge, I have also participated in numerous Vinyasa, Iyengar, and Yin Yoga workshops. (Over 600 hours of Hatha Yoga training)

That's why I offer a balanced approach that combines strength and gentleness, flexibility and focus.

I adapt my teaching to each student and ensure that everyone can progress at their own pace.



## Price of the retreat

**1 185 € for 6 nights  
In shared room (2P)**

**1 470 € in single room**

**At the CHRISTIANA Studio Hotel in  
Ambelas Village, near the center (20  
minutes on foot; 5 minutes by car)  
<https://www.christianahotel.gr/>\***

**Includes: yoga practice, brunch & 4  
dinners, accommodation...**

**900€ without accommodation**



*\*We will take care of booking your accommodation. All our rooms are spacious and have a private bathroom, with views of the sea or the garden. Some rooms also have a lovely terrace.*



# What is not included ?



- **01** Flights/ferry fares – Note: June is not peak season in Greece, so flights are cheap, especially if you book in advance. We will share flight information so we can travel together. Two options: either direct to Paros with a layover in Athens; or via Mykonos and then a ferry to Paros (the cheapest option, but be sure to take the morning Transavia flight to catch the 12:20 ferry).
- **02** All other round-trip transportation costs between the airport and the ferry ports are your responsibility. Please note: taxis can be shared by up to four people, and we will arrange all your transfers.
- **03** Massages, energy treatments and wellness sessions can be booked with our excellent on-site therapists..
- **04** We recommend renting a car to explore the island at your own pace and to get to Taos if you don't want to walk. We usually offer carpooling and can help you arrange it.





**For more information and book  
contact me :  
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**A €400 deposit is required to confirm your  
reservation. Limited to 15 people.**



**\* CANCELLATION POLICY:**

- If cancelled before March 15, 2026: 50% refund**
- If cancelled before April 15, 2026: 25% refund**
- After April 15, no refund will be possible.**