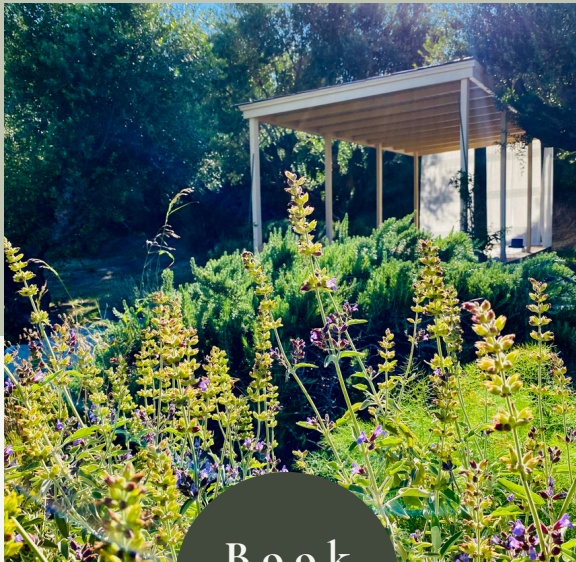


RETREAT TO GREECE

With Us



Book
Now



A deeply healing Greek retreat to restore your nervous system and reconnect with your inner self.

Blending yoga, meditation, breathwork, sound therapy, and energy-inspired movement, this sober retreat invites you to slow down, release stress and tension, and nourish your body with delicious, wholesome food.

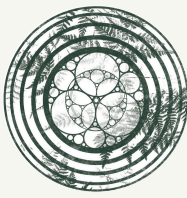
You'll leave feeling clarified, recharged, and deeply transformed, with a newfound trust in yourself and your path forward.



Each retreat is a transformational experience, curated down to the smallest detail.

connect deeply to yourself, rest, heal, feel joy, love and courage again. Everything is taken care of, you just have to let go and let yourself be held.

Join us in one of the most beautiful and magical places in Europe:
The Peloponnese, Southern Greece.
Hidden in the Olive groves, swim under the stars, breathe deeply, rest well, and heal.





Echo Retreats



Each retreat weaves together:

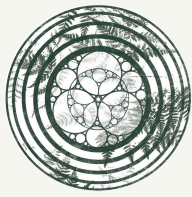
- Daily yoga (hatha, somatic flow, pranayama, meditation, yoga-philosophy)
- Evening Yin & Yoga Nidra practice
- Meditation, guided visualisation & mindfulness (Radical Acceptance & Compassion)
- Sound healing (soundbaths & personal healing sessions)
- Creative rituals (mandala, journaling, Water of Life ceremony)
- Voice, poem, and philosophical guidance



The whole experience was so considered and wonderful from beginning to end, it completely surpassed my expectations. Josephine genuinely cares about the retreat and brings this energy to everything she does...I can honestly say I felt so well looked after it was a real treat to just lean into it and relax. I needed a reset, a reminder to connect with myself and realign with my values and this retreat provided that opportunity in abundance.

-Alis

INCLUDED

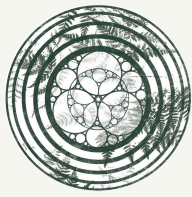


Let
Yourself
Be held



- Accommodation (from a selection of solo and shared rooms, prices vary depending on booking choice.)
- Morning Yoga, varying from hatha flow, to somatic movement.
- Evening Yin Practice and Yoga Nidra.
- Meditation and Guided Visualisation.
- Mindfulness and R.A.I.N meditations.
- Journaling, self-reflection and Manifesting.
- Voice, Poetry, Philosophy and guidance.
- 1-2-1 Sound healing.
- Full Soundbaths and sound is woven through every part of the retreat.
- Mandala marking, creative enquiry and Water of life ceremony.
- Transport to excursions(local morning/day ventures to the beach and local town).
- Pampering welcome gift.
- All meals, snacks, drinks, teas at the villas(breakfast, lunch and dinner).
- All classes, yoga, soundbaths, sound healings, ceremonies, 1-2-1 sound healings
- Special goodie bags, filled with beautiful products and local produce
- pick up and drop off on our day trips out to the beach and local village
- Access to the pool and grounds

NOT INCLUDED



You
Are
Here



- Food & drink away from the villas. We will be taking you on 2 excursions followed by lunch, to swim in the sea, read, meditate, get creative, see the local area and get to know one another better.
- Flights(Return Gatwick to Kalamata)
- All airport transfers, UK & Greece. We book all Greek transfers for you, collecting payment after, average of £30pp.



*...very time I feel lighter in my mind , heart
and soul. During the retreat, I could feel an
incredible energy that emanated a the
possibility of a new beginning for me and a new
start for something I did not have courage,
strength and enthusiasm for before in my life.
I have met incredible women who allowed me
to look at certain things from a different
perspective, we have become good friends. I
recommend this retreat to anyone who's
searching for a new path.*

Barbara

FEATURED



Gift
This
Time



- Irini Villas is a place of peace, tranquillity, and natural beauty, nestled among olive groves with breathtaking views of the sea and distant mountains.
- You'll enjoy access to a well-stocked breakfast area by the pool, complete with tea, coffee, and snacks available anytime. Nearby, you'll find a relaxed seating area under a gazebo, perfect for connection or quiet moments alone.
- For creative downtime, explore mindful colouring books, tarot cards, table games, art supplies, and journals – all thoughtfully provided to support your self-expression and reflection.
- Our main yoga shala is nestled in the top garden among the olive trees — a sacred space built with love for yoga, meditation, and soundbaths. Fully equipped with mats, bolsters, eye masks, blocks, and blankets.
- Adjacent to the shala is our intimate Sound Healing Gazebo — a safe, nurturing space designed for deep rest, private sound sessions, and subtle energetic healing. The upper garden, filled with lavender and rosemary, offers more quiet seating areas for reading or meditation.
- Quee has been a chef for over 17 years now, having run the villas in Greece from her heart, her food is a beautiful creation. Using local ingredients, and from her garden at the retreat.
- We bring you a wide variety of food, full of nutrition. Delicious, heartwarming and different

What a magical experience... Josephine created such a wonderful, safe space. Each day was beautiful in its own way. Josephine's knowledge of yoga and meditation was incredible, and as a yoga beginner I found a new love. The peaceful tranquillity left me feeling so relaxed and refreshed! Thank you Josephine for creating a safe and held space for me to explore my inner self
-Melissa



YOGA

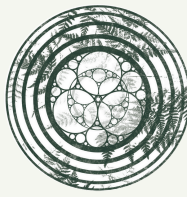
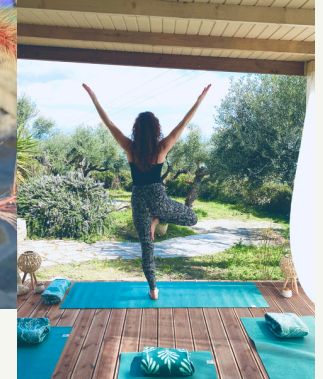


Sea
Views



The Practice

Each day gently unfolds with guided yoga, somatic practices, deep meditation, and immersive sound healing — designed to ease the nervous system, inspire emotional release, and nurture deep rest. Whether you're seeking clarity, healing, or simply time to reflect, this is a transformative space to reconnect with yourself.



Josephine will guide you each morning and evening, outside surrounded by the olive trees, blue sky, sea view and bird song. At Echo Josephine builds each class to support the full journey of the retreat. From a full and beautiful range of invigorating, soft, gentle, calm and wonderful movement.

Find yourself deeply connected to your body.

Noticing sensations, feelings, emotions, patterns of behaviour and how to find the strength, love, care and compassion for yourself once again.

Using the Chakra system, the 8 limbs of yoga and taking all levels and contraindications into consideration. You will discover a profound connection with yourself, helping to rebalance the entire system.

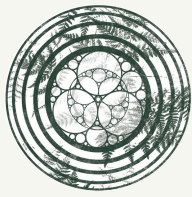


*I can honestly say it was one of the
most beautiful weeks of my life.
Whatever thoughts I had in my head
when I arrived were not there when I
left. I feel peace. Oh and met friends
for life.*

*Josephine is truly a wonderful,
spiritual lady - something special
-Karen*

SOUND

The Healing



Sound
Heals



Sound Healing Offerings:

- 1-to-1 Private Sound Healing Sessions
- Group Soundbaths in Nature
- Ceremonial Sound Immersions
- Sound woven into every yoga, meditation & ritual practice



Since ancient times — from Egypt to Tibet — sound has been used as a powerful healing tool. Cultures across the world have long harnessed vocal tones, gongs, bowls, and drums to help realign the body and mind.

The intention behind sound therapy, sound healing, and sound bathing is simple yet profound: to use audible and physical vibrations and conscious intention to return the body to a natural state of balance, ease, and harmony. Sound has been shown to alleviate emotional, physical, and mental tension, offering relief and deep rest on multiple levels.

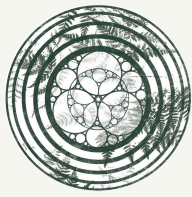
Josephine has been working with music and sound since the age of five. With finely attuned intuition and an ability to sense energy, she holds space for individuals and groups to journey into deep peace, stillness, and restoration.



I have just returned from my second visit to Greece to join Josephine's retreat. It did not disappoint. I had the most magical 5 days of yoga, meditation and soundbathing. Josephine is a wonderful teacher and guide. She created a wonderful calm atmosphere in the most stunning location, we were surrounded by nature and wild life. I arrived home feeling completely rested and recharged. Thank you for guiding us and helping us step away from the madness and reconnect with the world

Pauline

MESSINIA



Local
Wonders

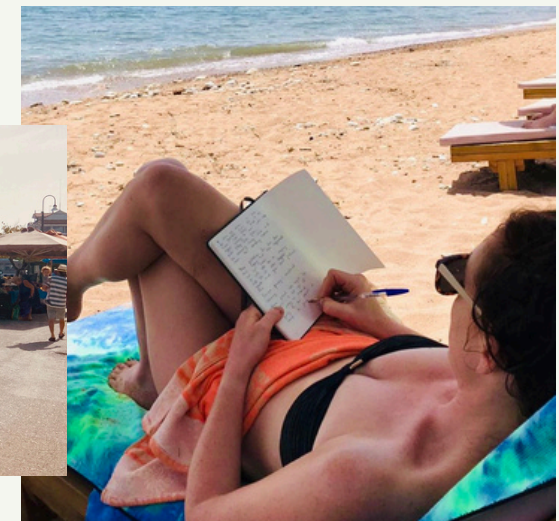


You will fly from Gatwick to Kalamata, Mainland Greece.

The Retreat Centre is the Irini Villas, near Petalidi on the coast, just 40 minutes from the airport.

Airport transfers are arranged for you, but charged within your booking invoice. For more information, please see the T&C's at the bottom of the web page.

- + Day trips out to Perulia, swim in the sea, read, create Mandalas
- + Incredible food out, in one of the best foodie areas in Greece
- + Trip to the local village, to buy gifts
- + Swim in the sea
- + Local lunch out in the mountain village of Achladachori

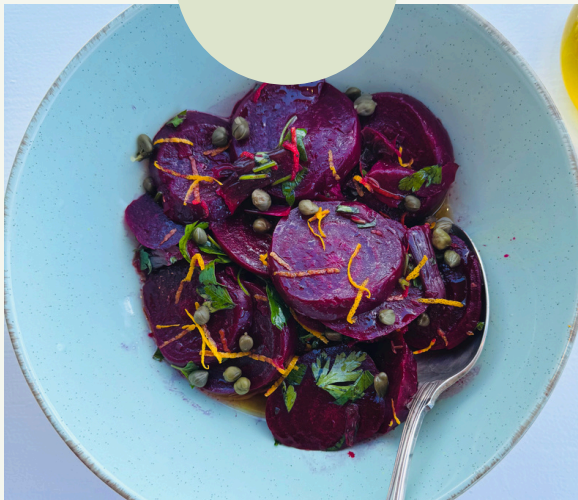


FOOD

From The Heart



Nourish



Quee is Josephine's mum, they create these transformative retreats together.

Quee has been a chef for over 17 years now, having run the villas in Greece from her heart, her food is a beautiful creation. Using local ingredients, and from her garden at the retreat.

We bring you a wide variety of food, full of nutrition. Delicious, heartwarming and different.

- + Continental breakfast
- + Teas, snacks and fruit
- + Lunches of salads, soups and much more
- + Dinners ranging from incredible indian cuisine to local Traditional Greek wonders!
- + We cater to suit everyone, vegan, vegetarian and allergies*
- + Fresh herbal teas
- + Cacao
- + Sweet treats and local delicacies

This is a sober treat, no alcohol, drugs etc are to be consumed onsite or while out on excursion.



*To find yourself here, with truth,
wonder, love, and compassion is our
gift to you.*

*Through the profound practice of
sound healing, we free the mind and
body from limiting beliefs and
physical manifestations of our stress
and worries. Over this retreat sound
plays an integral part of your journey
home to yourself.*

*Connection: in a world that can have
times of loneliness, fear and isolation,
it can be hard to find our tribe.
Josephine guides the group to connect,
share and find friends in this magical
place away.*



OUR ETHOS/CODE OF CONDUCT

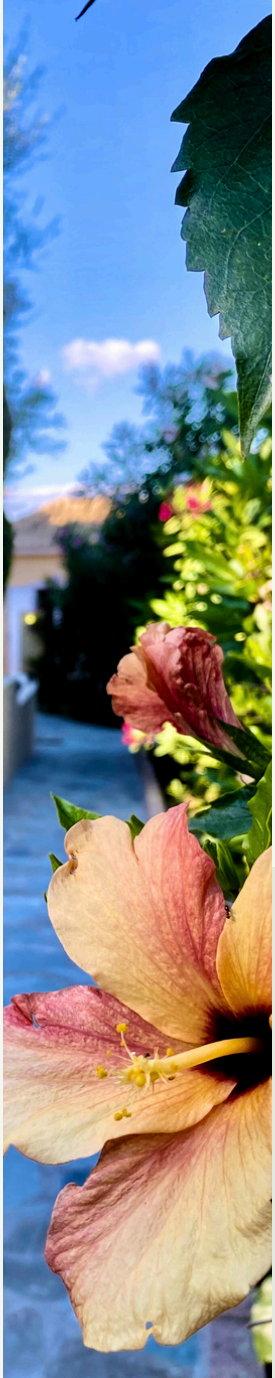
We created this time and space for clients to feel they've had a break away from the noise, chaos and pressures of life. Josephine guides from a place of compassion, and Quee the co-host will make you feel truly welcome and held, a home from home.

We have curated each moment during your time here to enable you to heal and grow in a specific way.

We decided right at the beginning that this would be a sober retreat. Just as many Buddhist retreats have guidelines, we have the same. During your time here, there is zero tolerance for drugs or alcohol and we advise a vegetarian/light diet when eating out, as well as the delicious food we will be serving you. Josephine trained in the heart of India, two months of walking the yogic path and following the guidelines of Ahimsa(non-violence) and Saucha (Cleanliness) and the purifying basic principle of Shatkarma in Hatha yoga. It transformed her life and led her to teaching.

This week away is in no way a detox, we will be eating food made with love and hearty ingredients to leave a smile on your face. But in a world that has diluted yoga, and the goal of reaching peace through meditation, we wanted to draw on the traditional teachings to really provide you with the fullest level of transformation for these few days away.

Please confirm that you have read the website, and you will follow the guidelines of the zero tolerance for drugs or alcohol while on retreat. You will be asked to leave the retreat and resort if this is broken during your stay with us.



Accommodation



Irini Villas is known for its peace, tranquillity and beauty.

There is a well stocked breakfast, tea and coffee area by the pool, available for your use at any time. Adjoining this area is a seating area and a large gazebo with a dining table and chairs that you can use whenever you like.

There is a fabulous pool (10m x 5m), a large sun terrace with sun loungers and umbrellas, our ceremony circle area, landscaped gardens with beautiful scented flowers, herbs and fruit trees, all enjoying breath-taking views across the olive groves to the sea and mountains beyond.

Our well-being area is in the top garden, nestled among the olive groves our main yoga shala has been built with love, with space for yoga, meditation and soundbaths. The space is fully equipped with mats, blankets, bolsters, eye masks, straps and blocks.

Beside the main shala is our sound healing gazebo. In this quiet, safe and private space, you'll be held and supported. The upper gardens are filled with rosemary and lavender to soothe the senses. They also feature secluded areas to sit and read or meditate.

Each villa has a spacious kitchen area and shared shower room. With high ceilings, and comfortable beds. Towels and Linen. With beautiful views of the area, sea and mountains.

Please note that all the accommodation has insect screens at the windows.

SHAKTI VILLA



PREMIUM ACCOMMODATION SHAKTI VILLA

- Separate Villa
- wrap around terrace & Stunning views
- 2 Separate living and sleeping areas
- Shared Kitchen
- Shared Shower room
- Private Seating Area

This lovely villa is on its own at the end of a path and situated near the pool with fabulous views of the garden, the olive groves, the sea and mountains. There is air conditioning in the bedroom and fans throughout.

Shakti Room 1 | **£980 (All Inclusive Price)**

This large bedroom has a comfortable single bed, an armchair and a large wardrobe. It is accessed via a sliding patio door. There is a shared spacious shower room with access via a screened-off area adjacent to the second bedroom. Outside there is a shared patio with table and chairs, and soft seating.

Shakti Room 2 | **£980 (All Inclusive Price)**

This bedroom has a single bed, clothes storage and a wonderful view of the sea. It is accessed via a front door and has sliding patio doors at the back that lead to a veranda and access to the pool. There are two screens to give privacy between the bedroom area and the communal access area to the shower room, which is shared by bedroom 1.

SATYA VILLA



PREMIUM ACCOMMODATION SATYA VILLA

- Separate Apartment
- wrap-around terrace & Stunning views
- Double/twin room with room divider if sharing
- Open plan kitchen and lounge
- Shower room

This apartment has a large well-equipped kitchen with a dining area. Steps up take you to the landing with doors to the shower room and large bedroom. The bedroom has a large double bed that can be used as two singles. There is a big wardrobe and a dressing table. There is a wrap-around balcony with a dining table and comfy seating with really wonderful views of the sea and mountains beyond. This apartment is attached to the owner's apartment.

There is air conditioning in the bedroom and fans throughout.

£925 Price per person (All Inclusive Price)

Room for 2 sharing

Based on two people sharing.

You can book as friends or book one of the spaces individually.

£1390 Price for a solo booking (All Inclusive Price)

The price for this room and villa as a solo booking, space completely to yourself

IDA VILLA



IDA | SINGLE ROOM

Lower floor Apartment Room 2 | Solo occupancy room

- Private Room
- Double bed, plenty of storage
- Shared Kitchen Facilities
- Shared Shower Room
- Outside Seating

This large apartment is the lower ground floor, partially underground, but bright and breezy with high ceilings, natural daylight and air through the windows. It has 2 bedrooms with high windows letting in the sunshine and the breeze. Both bedrooms have large wardrobes. This solo occupancy bedroom has a king-sized double bed. There is an open-plan kitchen dining room and living room with a sofa. There is a large shower room with toilet and basin which is shared with room 2.

The apartment has its own access down stone steps. Outside there is a large private dining and sitting area with views down across the pool to the sea and mountains beyond.

£895 For this sole occupancy room (All Inclusive Price)

IDA VILLA



IDA

Lower floor apartment | Room 2

- Large shared private room
- 2 Single Beds, plenty of storage
- Shared Kitchen Facilities
- Shared Shower Room
- Outside Seating

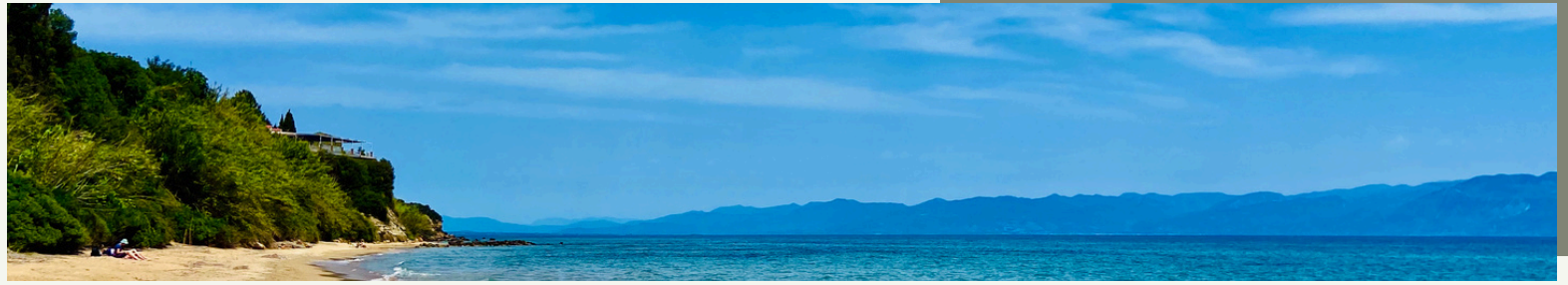
This large apartment is the lower ground floor, partially underground, but bright and breezy with high ceilings, natural daylight and air through the windows. It has 2 bedrooms with high windows letting in the sunshine and the breeze. Both bedrooms have large wardrobes. This double occupancy bedroom has two deluxe single beds spaced out with plenty of room. There is an open-plan kitchen dining room and living room with a sofa. There is a large shower room with toilet and basin which is shared with room 2.

The apartment has its own access down stone steps. Outside there is a large private dining and sitting area with views down across the pool to the sea and mountains beyond.

£855 Per person in this shared room (All Inclusive Price)



Booking Terms And Conditions



PAYMENTS

You will be sent an invoice, deposit is 20%(non-refundable please see T&C's).
You can break your payments into two separate transactions if you find that helpful. All payments must be made and cleared 2 months before the start date of your retreat.

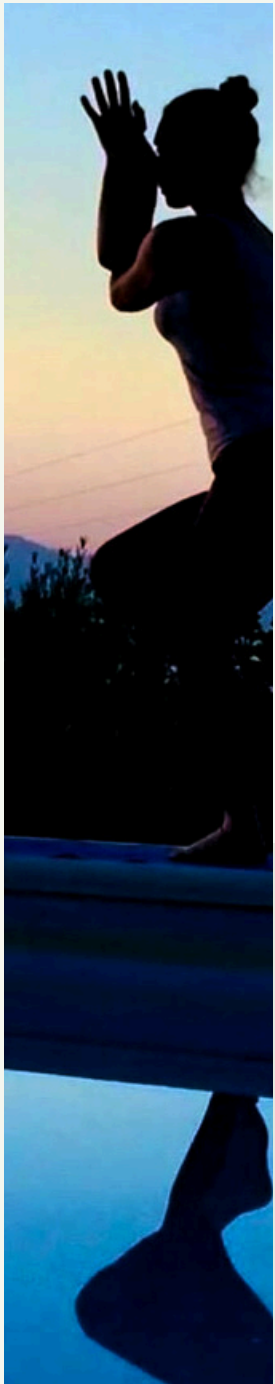
FLIGHTS

OUTBOUND Tuesday | Gatwick Kalamata | EasyJet | usually 5.30am
INBOUND Saturday 17th May | Kalamata Gatwick | EastJet | Usually 12 midday

Flight costs vary, from £180 - £300 average

TRANSFERS

In Greece we arrange taxi transfer for you, from the airport to the villa, this averages around £30 pp both ways, the journey from Kalamata airport to the villas is 30/40 minutes in taxi. We pay for all transfers then arrange repayment with you once you are here, euros are preferable but we can also take card.



Booking Terms And Conditions



To secure a space on the retreat a non-refundable deposit of 20% will be paid once the booking form has been completed. If you decide to cancel your place on the retreat: BEFORE and including 90 days prior to the start date of the retreat, you will receive a full refund of the monies paid, not including the initial 20% deposit. AFTER the 90 days prior to the start date of the retreat, you will receive a 50% refund of the monies paid, not including the initial 20% deposit. AFTER the 40 days prior to the start date of the retreat, you will not receive a refund of all the monies paid. If for any reason you can't come to the retreat, injury or Covid, it is vital you have full holiday insurance which you can claim on.

If, for any reason, the retreat has to be canceled due to the pandemic, a full refund, including 20% deposit will be paid out to all of those who booked and paid the deposit and all fees. This will be paid back to you within 30 working days after the retreat would've taken place.

At Echo we offer a payment plan, an initial 20% deposit, then two more payments to be made 2 months prior to the start date of the retreat. (eg: If you attend in May all Payments must be made by the end of March) Please make sure you select the correct room, and let Josephine know once payment has been made. What's not included? Flights UK transfer home to airport Transfers from Kalamata airport to venue.



SO YOU'VE DECIDED.

Now is the time. For radical self-care, deep rest
and love.

What To Do Now?

- Decided what accommodation you want (please keep in mind some spaces have already been booked).
- Email Josephine, josephine@echoyogaandsound.com with the booking request.
- You will be emailed an invoice and booking form to complete.
- Once the deposit has been paid and form returned the space is yours!
- Josephine will let you know flight details and answer any questions you have.



THANK YOU

For choosing Echo.

We(Josephine & Quee)
cannot wait to welcome
you.