



Deep Rest

ECHO YOGA | RETREAT TO GREECE

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

Echo Retreat Oct 2026

Flight Information & Transfers

Oct 13th

LND GTWK - KALAMATA
08:10 13:45

Oct 17th

KALAMATA - LND GTWK
12:00 14:00

Price Approx : £150 - 300 Return

Transfers | In Greece we arrange a taxi transfer for you, from the airport to the villa and back, this averages around £30 pp for 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.



Echo Retreat October

Accommodation

Shakti Villa | 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.

Shakti Room 1 | £980 (All Inclusive Price)

Shakti Room 2 | £980 (All Inclusive Price)

Satya Apartment | 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. There is a wrap-around balcony with a dining table and comfy seating with really wonderful views of the sea and mountains beyond.

Satya | £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 Apartment | This large apartment is the lower ground floor, bright and breezy with high ceilings, natural daylight. It has 2 bedrooms with high windows letting in the sunshine and the breeze. 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.

Ida Solo Room 1 | £895 For this sole occupancy room (All Inclusive Price)

Ida Shared Room 2 | £855 Per person in this shared room (All Inclusive Price)



What's Included

- 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 excursion.
- All meals, snacks, drinks, teas at the villas (breakfast, lunch and dinner).
- All classes, soundbaths, meditation, Yoga Nidra, sound healings, ceremonies, 1-2-1 sound healings
- Special goodie bags, filled with beautiful products and local produce
- Access to the pool and grounds



Echo Retreat Oct 2026 | Day 1

Time	Item	Description
2.30pm	Arrival	Transfer from Kalamata Airport, Arrival and Welcome to Villas.
2.45pm	Lunch	Beautiful Fresh Greek Welcome Meal At The Pool
4.00pm	Welcome Circle	Meditation(Tree Journey) Sage cleanse + Journalling
5pm	Free Time	Time to wander the grounds, meditate, swim, read, chat and nap.
6pm	Somatic Yoga, Nidra & Sound	Re-rooting, Unfolding & Arrival
7.30pm	Dinner	Beautiful Fresh Meal At The Pool

Echo Retreat Oct 2026

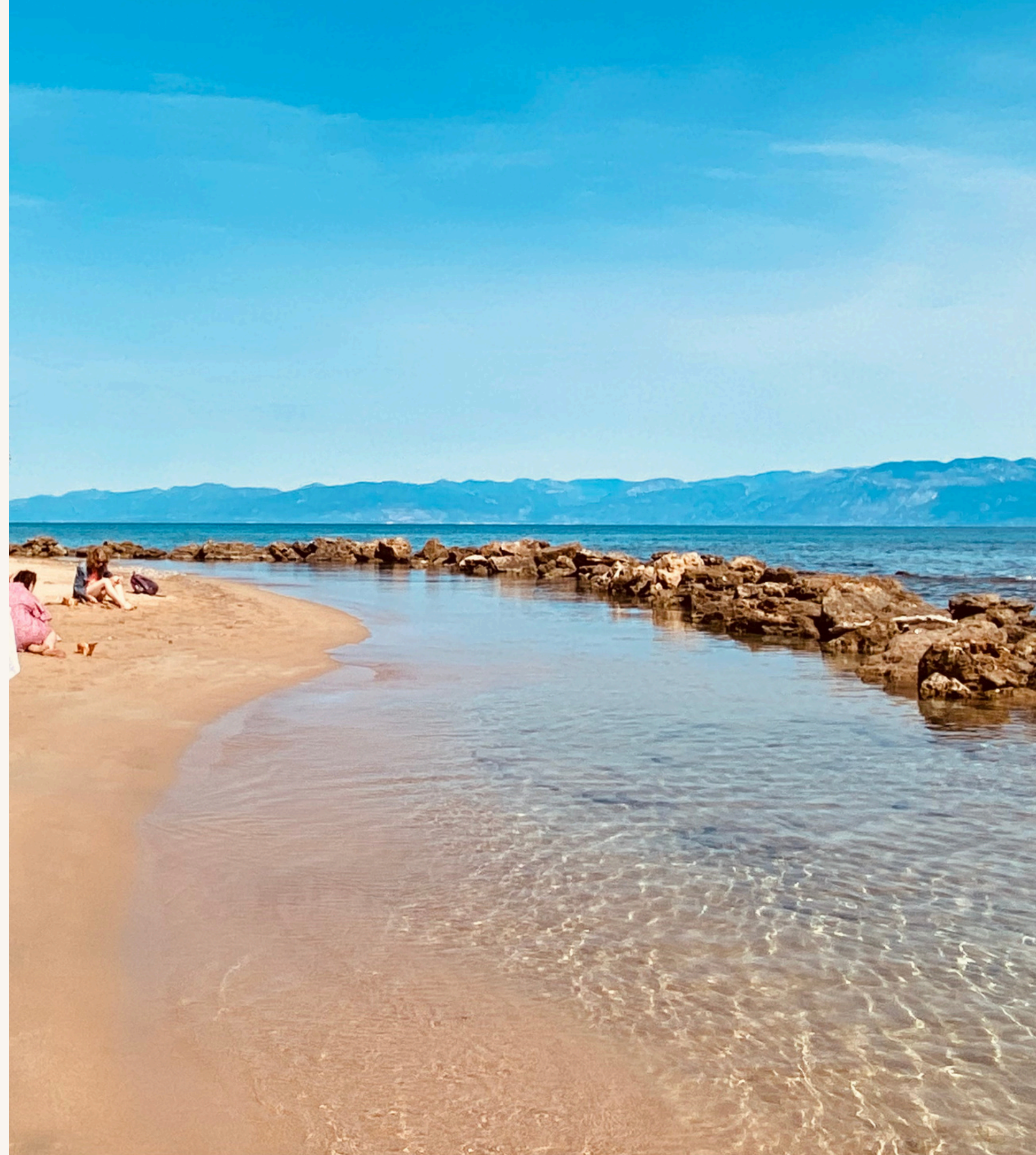
Day 2

11.00am - 1.00pm

Macronamos Beach

Just a 5 minute drive and 15 minute walk from the villas is this untouched beach. With breath taking views across the bay to the mountains beyond, this place will soothe your heart and soul.

We come to this quiet place, away from traditionally busy beach fronts to commune with nature, we will swim mindfully, meditate and create mandalas and art on the shore.



Echo Retreat Oct 2026 | Day 2

Time	Item	Description
7.30am	Morning Meditation, Somatic Enquiry	Practice RAIN, Mindfulness, sense awareness, flow & acceptance
9.30am	Breakfast	Continental Breakfast, A wide selection of delicious healthy options, teas and coffee
11am	Beach Excursion	A short trip to the local natural beach, swim, meditation, create and reflect.
1.30pm	Lunch // Free Time	Beautiful Fresh Meal At The Pool
4pm	Yoga Nidra re-set	Nervous System Regulation
6.30pm	Dinner	Beautiful Fresh Meal At The Pool
8pm	Immersive Soundbath	Held in the majestic Olive Groves, where nature and sound combine to create a magical journey.

1-2-1 Healing

Josephine works specifically with you as an individual, your energy, for example, what's stuck, what needs healing and where to create space.

The body wants to work in perfect harmony. But over time we get 'out of tune' just like strings on a guitar or piano keys.

Using Sound as a modality for healing is profound, with results that leave you in disbelief. You will leave the session feeling completely different to how you arrived.

Struggling with sleep

Have high anxiety levels

Recovering from Trauma

Living with long covid

Healing from physical injury

Feeling lost & disconnected

Lacking connection and peace

Disconnected from your heart

Manage neurodivergence

Struggle to rest and relax

Harmful self-talk/ lack of compassion

Entering or in Peri-menopause/menopause

Healing from or through grief

Recovering or in the process of treatment for illness/injury



Echo Retreat Oct 2026 | Day 3

Time	Item	Description
7.30am	Morning Meditation, Somatic Enquiry	Exploring The Heart, Truth, Joy, Love & Peace
9.30am	Breakfast	Continental Breakfast, A wide selection of delicious healthy options, teas and coffee
11am	Private Healing // Free Time	1-2-1 Sound Healings With Josephine, the rest of the group can rest by the swim, walk to the beach, wander the olive groves and relax.
1.30pm	Lunch // Free Time	Beautiful Fresh Meal At The Pool
3pm	Yoga Nidra Re-set	Nervous System Regulation
4pm	Private Healing // Free Time	1-2-1 Sound Healings With Josephine, the rest of the group can rest by the swim, walk to the beach, wander the olive groves and relax.
6.30pm	Restorative Yin Yoga & Nidra	Space, emotional freedom, pain reduction and more.
8pm	Dinner	Beautiful Fresh Meal At The Pool

Echo Retreat Centre

- 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



Echo Retreat Oct 2026 | Day 4

Time	Item	Description
7.30am	Morning Meditation, Somatic Enquiry, breathwork	Breath work shop, meditation, gentle movement to release the throat and neck.
9.30am	Breakfast	Continental Breakfast, A wide selection of delicious healthy options, teas and coffee
11am	Private Healing // Free Time	1-2-1 Sound Healings With Josephine, the rest of the group can rest by the swim, walk to the beach, wander the olive groves and relax.
1.30pm	Lunch // Free Time	Beautiful Fresh Meal At The Pool
4pm	Private Healing // Free Time	1-2-1 Sound Healings With Josephine, the rest of the group can rest by the swim, walk to the beach, wander the olive groves and relax.
6.30pm	Dinner	Beautiful Fresh Meal At The Pool
8pm	Deep Rest Ceremony & Immersive Soundbath	Deeply healing ceremony and immersive soundbath, held in the Olive Groves.

Our Ethos

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 diet when eating out, as well as the delicious food we will be serving you, this applies to outside the retreat centre also.

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. You will be deeply immersive in sound healing, self reflection, movement and encouraged to take time to be still and explore your journey and spiritual path, this can only be achieved through sobriety on this retreat.

To reach Samadhi, a state of profound and utter absorptive contemplation of the Absolute that is undisturbed by desire, anger, or any other ego-generated thought or emotion, is the ultimate goal of yoga. To connect to the higher power, the divine, and mother nature.



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

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

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.



T & C's Part 1

T+C's

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 60 days before the start date of your retreat.

FLIGHTS

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

Flight costs vary, from £180 - £300 Return average

TRANSFERS

In Greece we arrange a taxi transfer for you, from the airport to the villa and back, this averages around £30 pp for 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

HEALTH QUESTIONNAIRE

This needs to be filled out secure the booking, please follow the link here:
<https://www.echoyogaandsound.com/bookingform>



T & C's Part 2

BOOKING, T&C's

To secure a space on the retreat a non-refundable deposit of 20% will be paid once the booking form has been completed.

Deposit:

Cancellation by you:

This is non-refundable.

Balance:

Cancellation by You:

BEFORE and including 60 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 60 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.

Cancellation by Echo:

If, for any reason, the retreat has to be cancelled by Echo, you will receive a full refund of all payments including the deposit.

This will be paid back to you within 30 working days after the retreat would've taken place.

Payment Plans

At Echo we offer a payment plan, an initial 20% deposit, then two more payments to be made. the 1st being 90 days before retreat start date, the second 60 days before retreat start date. You will be sent an invoice with your initial booking email, and ask to transfer said monies.



T & C's Part 3

SUMMARY

WHAT'S INCLUDED

In the prices listed above, this includes:

- Your accommodation at Irimi Villas
- All meals, snacks, drinks, and 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 Echo products
- pick up and drop off on our day trip out to the beach
- Access to the pool and grounds

WHAT'S NOT INCLUDED

- Food & drink away from the villas. We will be taking you on 1 excursions followed by lunch, to swim in the sea, read, meditate, 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, an average of £30pp.



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 two large single beds. There is a large 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

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

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



IDA | ROOM 1

IDA

Lower floor apartment | Room 1 | Shared Room

- 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 delux single beds space 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



IDA | ROOM 2

IDA

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



We Don't Wait To
Welcome You

