



yoga re.treat  
**deep dive**

29 june - 3 july 2025 | peli kastro  
greece

by thia yoga collective.  
Theresa Egger + Sophia Rehr





# meet the teachers



## theresa egger

theresa currently lives in brussels, where she teaches yoga in various studios. she completed her 200-hour teacher training in hatha + vinyasa yoga.

theresa's flows are playful + fluid, combining intelligent sequencing with unique transitions or unexpected elements. she aims for her vinyasa flows to feel like a moving meditation, encouraging students to think outside the box + stay grounded in the present moment. she aims to create an atmosphere where students can feel seen, supported + free to let go of distractions. for her, yoga is all about connection + the sense of interconnectedness that arises on the mat.

*"let yoga flow into every part of your life, not just your practice on the mat"*

when she's not teaching yoga, theresa loves spending time walking her regular dogs. these walks often turn into the perfect excuse to grab the best coffee in town - never not starting a day without coffee. a dedicated cat mom to molly, she loves organising dinner dates, spending time with her partner + listening to music. with a tendency to gravitate towards little luxuries, she values those that hold a story or remind her of special moments.

## sophia rehr

with over 580 hours of yoga teacher training, including an advanced 300-hour training in india, sophia deepened her practice by exploring the roots of yoga through mantra, pranayama, meditation + hatha. her journey was further enriched by training in the ancient tradition of sound healing, adding a profound + transformative element to her teachings.

sophia teaches hatha, vinyasa flow + yin yoga, blending traditional practices with the joy of exploration + playfulness. her love for movement extends beyond yoga, incorporating elements of neurology-based movement, mobility + soft acrobatics. sophia's classes are an invitation to harmonise breath + movement, cultivate presence + find a balance between strength + release.

off the mat, sophia enjoys immersing herself in new cultures, hiking, discovering new music to obsess about and finding tranquility in the mountains or near water. she shares her life with a furry companion, teaches English, and has a passion for reading- although she loves collecting books for her ever-growing nightstand pile just as much!



# love.note

## to our re.treat-interests

### warm greetings,

we are very happy that our retreat **"deep dive"** has sparked your interest!

we understand that booking a retreat like ours can feel like a big commitment, but we want to assure you that you are in good hands. we have thoughtfully put together a well-balanced program while keeping the flexibility to adapt to the needs of our participants.

### why join us?

as two passionate yoga teachers from austria, we bring our years of expertise and heartfelt dedication to creating a safe, inclusive space for growth and connection.

held in english, this retreat is **open to everyone**, regardless of yoga experience. whether you're a seasoned practitioner or new to yoga, you'll find inspiration, support, and community here.

take the plunge and deep dive into your practice, your inner self, and the beauty of greece. let this be your time to re.connect, re.charge, and create lasting memories.

### thia.collective

childhood friends theresa + sophia founded thia yoga collective in 2023 driven by a shared passion for yoga while building a community and celebrating the joy of movement. through thoughtfully crafted workshops + retreats, they create safe spaces for connection, exploration + mindfulness.

our re.treat **"deep dive"** is all about fostering unity, growth, and relaxation in an inclusive environment.

we cannot wait to meet you soon.

with love,  
thia | theresa + sophia





# re.treat offering

## re.connect. re.charge + deep dive into yourself.

our deep dive yoga re.treat offers you the perfect escape to deepen your yoga practice.

*embrace self.discovery + connect with a like-minded community.*

during your time with us, you'll move through a blend of ancient yogic traditions + dynamic flows.

each practice is designed to create balance - one class will energise, while the other will invite rest + restoration.

beyond the mat, experience sound healing, self-care rituals + meaningful connections with yourself + others.

### overview

**6 nights** | peli kastro

**daily yoga** | morning + evening

**nourishing community meals** | breakfast, dinner + snacks

**pranayama + meditation**

**asana lab**

**sound healing**

**self-care rituals**

**journaling**

**experiences** | hiking tour, star gazing, ecstatic dance

### not included

**flight to greece**

**transfer costs to guesthouse** (we will organise it once we have everyone's travel information)

**lunch**

**1:1 sound healing sessions**

**travel insurance** (recommended)

**boat trip + other experiences we offer** (experiences are just an additional offer, you don't have to do all of them!)

# a deeper dive into our offerings

## morning yoga classes

we start with guided journaling, followed by pranayama + meditation. we will then guide you through an invigorating flow or hatha practice to start energised into our day.

## breathing techniques

unlock the power of pranayama, the practice of breath control. through guided exercises, you'll explore the vital role of nasal breathing + discover how mastering your breath can enhance and transform your daily life.

## meditation

learn to quiet the mind + embrace techniques that empower you to access the benefits of meditation anytime, anywhere. immerse yourself in the richness of the present moment, simply being and cultivating a deep sense of presence.

## evening yoga sessions

restorative classes allow your body to fully relax + begin its natural healing process by releasing unnecessary tension.

## asana workshops

deepen your practice as you progress toward the retreat's peak pose with clear, step-by-step guidance. enjoy personalized assists and tailored modifications, ensuring every student gains the most from these workshops.

## sound healing therapy

immerse yourself in the soothing vibrations of sound healing. this therapeutic practice uses resonant tones and frequencies to **promote deep relaxation, balance energy**. it helps balance your energy and restore harmony to the mind, body, and spirit. let the power of sound guide you to a state of inner peace and well-being. we offer group sound healing as well as opportunities for 1:1 personalised sound healing therapy.

## immersive experiences

dive into activities like mindful hikes, beach yoga, ecstatic dance + a magical boat trip that awaken your senses and nourish your spirit.

## authentic greek vegetarian meals

we start our day with a wholesome breakfast at the guesthouse and end it with a cosy community dinner at a charming local tavern.

## free time to unwind

soak up the warmth of the sun, swim in crystal-clear waters, take a stroll, or simply savour the art of doing nothing. embrace moments of pure relaxation.



# daily schedule

this is how a sample day looks like during our retreat

## morning

- early morning journaling, guided meditation + pranayama
- energising yoga class to start your day
- delicious breakfast at the guesthouse

## midday

- free time for relaxation or optional activities like hiking, a boat trip, or a beach picnic

## evening

- grounding yoga class with sound healing
- hearty dinner featuring authentic vegetarian greek cuisine
- special evening gatherings: storytelling, tarot readings, or ecstatic dance to deepen connection + intention

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>	ARRIVAL	MORNING YOGA nourishing breakfast	SUNRISE BEACH YOGA nourishing breakfast	MORNING YOGA nourishing breakfast	MORNING YOGA / ASANA LAB nourishing breakfast	MORNING YOGA nourishing breakfast	MORNING YOGA peak pose class nourishing breakfast
<b>Lunch</b>	WELCOME RITUAL introduction self-care/ affirmation prompts	IMMERSIVE EXPERIENCE mindful hike	IMMERSIVE EXPERIENCE greek cooking course	IMMERSIVE EXPERIENCE boat trip + yoga on beach + dinner away	FREE AFTERNOON	PICNIC ON THE BEACH greek snacks	DEPARTURE
<b>Evening</b>	dinner-time STARGAZING	RESTORATIVE YOGA oracle cards dinner-time	YIN + POETRY + SOUND HEALING dinner-time STORYTELLING myth of asana	RESTORATIVE + SOUND HEALING dinner-time	HATHA + SOUND HEALING dinner-time ECSTATIC DANCE on the beach		

please note that this is only a draft. the program will be further refined and finalized before the start of the retreat.

# arrival departure

**arrival day** | sunday 29.6. 2025

from 3pm | check-in

5pm | welcome ceremony + yoga class

7.30 pm | dinner + stargazing

**departure day** | saturday 5.7.2025

7 am | morning class + closing ceremony

8.30 am | breakfast

10 am | check- out + goodbyes



come join us for **deep dive** | 29.06 - 05.07. 2025 | peli katri, greece



# pele kastro

a villa just for us





# travel info

## getting there

there are plenty of opportunities to reach peli kastro.

you can fly to the following airports and we will help organising transportation from there.

### via skiathos

best option. scenic drive and boat ride to peli kastro

### via volos

best in combination with renting a car | 90 min | 60 km

### via thessaloniki

by car 4 1/2h | 294 km

### via athens

by car 5h | 400km

find more details here:

<https://pelikastro.com/en/contact-and-arrival/>

## address

peli kastro guesthouse & retreat

37006 kastro / magnisia

t +30 697 377 6955

<https://pelikastro.com>



come join us for **deep dive** | 29.06 - 05.07. 2025 | peli kastro, greece







# pricing

## investment

the prices are per person in a **double room**.

reach out to us directly if you're interested in a (very limited) single room option.

### early bird

until 15 march 2025 | 1400€

### regular price

from 16 march 2025 | 1575€

## contact

for more information contact us at

[thiayogacollective@gmail.com](mailto:thiayogacollective@gmail.com)

we are happy to schedule a phone call with you to get to know each other and discuss the details.



# testimonials

Melissa, SHINE re.treat 2024

wonderful, relaxed, and fun :) you have created everything with **so much love**, and the group harmonized really well. I could have stayed another week ;)

Martina, SHINE re.treat 2024

VERY pleasant. even at the first meeting, the feeling of comfort was at 100%. the atmosphere in the yoga room was always very relaxed + calm, thanks to aoverall, the retreat was marked by a **super harmonious atmosphere** without pressure or expectations. Together with the participants, a **unique vibe** was created with lots of laughter, openness, and understanding.

Melanie, SHINE re.treat 2024

it was a fantastic mix of personalities :) the atmosphere was **magical**, as if **time had stood still** :D

Nicole, SHINE re.treat 2024

the atmosphere was **very appreciative, pleasant, and soothing**. they put a lot of thought into everything and incorporated it into their sessions. one truly felt very comfortable.



group picture of our, SHINE re.treat



# FAQs

## what yoga styles do you teach at the retreat?

we offer hatha yoga, vinyasa flow, and yin yoga classes.

*hatha yoga* is a traditional form of yoga that focuses on holding asanas (yoga poses) for several breaths and on their alignment.

*vinyasa flow* yoga emphasises the connection between breath and movement. the asanas flow smoothly from one to the next, creating a dynamic practice. this is a more active style, which we usually practice with our curated playlists.

*yin yoga* is a slower, meditation-oriented style of yoga, where poses are held for extended periods (usually 3-7 minutes). the focus is on stretching connective tissue and promoting relaxation and inner peace.

## what yoga equipment is available?

yoga mats and cushions are available on-site.

## is the retreat suitable for beginners?

**yes!** our yoga classes are designed to be accessible to all levels. whether you're a beginner or an experienced practitioner, we will offer modifications and adjustments to ensure that everyone feels comfortable and supported during the sessions.

## what is the food like at the retreat?

there will be a nourishing breakfast after our morning yoga class served directly at the guesthouse.

in the evening, the tavern next door offers authentic vegetarian greek cuisine for our community dinners. if you have any dietary needs, please let us know in the booking form and we will do our best to cater to your specific needs.

## is there wi-fi available at the retreat?

yes, free wi-fi is available throughout the guesthouse.

## what beach amenities are provided?

each room is provided with a beach lounger and a beach towel at our designated beach area. please note that it is not permitted to take towels from the bathroom to the beach! if you require additional beach towels, you can rent them for a small fee at the reception.

## are there any water sports or recreational equipment available?

you can borrow stand-up paddles, snorkels, and swimming buoys from the reception, based on availability. please note that the use of this equipment is at your own risk, and we cannot provide any guarantees. we recommend only paddling to nearby bays if you are experienced and the sea is calm. kastroi does not have lifeguards!

## is there any free time during the retreat?

yes! there is plenty of free time for you to relax, chill on the beach, explore the area, or enjoy other activities like swimming, hiking, or visiting local attractions. you can also use your free time to unwind and enjoy the peaceful surroundings.

## what amenities are available in the rooms?

- queen-sized bed (can be separated)
- private bathroom with shower and wc
- small fridge (water kettle and tea/coffee-making facilities available)
- air-conditioned rooms (fan, air heat pump, floor heating and cooling)
- free wi-fi and telephone
- cosmetic and care products from local producers
- sofa, desk, wardrobe, and hooks for clothes
- safe
- laundry service (available for an additional charge)
- beach towels and hairdryer (available for rent at reception)
- sunbed with sun protection at the beach per room

## what should i bring to the retreat?

we recommend bringing comfortable clothing for yoga practice, swimwear, sun-screen, a hat, sunglasses and any personal items you may need for your stay. additionally, it's a good idea to bring comfortable shoes for walking and any personal yoga props you prefer to use (though mats and cushions are provided).





# FAQs

## where can i withdraw money?

the nearest atms are located in melina (18 km away) or in the district capital, argalasti (20 km away).

## where is the nearest gas station?

the closest gas stations are located in promyri (9 km away) or in lafkos (12 km away).

## can i contact other retreat participants before the retreat?

yes! we will create a whatsapp group with all participants to connect before the retreat and discuss ride sharing options for arrival and departure.

## i am not sure if this is the right retreat for me, what do i do?

we're happy to schedule a video call with you to answer all your questions and help you to make a decision.

## how do i book a spot for the retreat "deep dive"?

send us an email [thiayogacollective@gmail.com](mailto:thiayogacollective@gmail.com) or drop us a message on instagram [@thia.collective](https://www.instagram.com/thia.collective) to sign up for this transformative journey.

## investment

the prices are per person in a double room.  
reach out to us directly if you're interested in a (very limited) single room option.  
we offer an early bird price until 15 march 2025 for 1400€. from 16 march 2025 the retreat costs are 1575€

## what is your cancellation policy?

we understand that life can change, and we're here to help. here's how cancellations are handled:

- in case you need to cancel, a **€40 cancellation fee** applies.
- up to **29.03**: fully refundable minus €40.
- from **30.03 to 27.04**: 60% retained + €40 cancellation fee
- from **28.04 to 31.05**: 80% retained + €40 cancellation fee
- from **01.06**: refunds are no longer possible unless you can provide a replacement participant.

if our retreat is fully booked, we'll do our best to help find a replacement for your spot. if successful, you'll receive a refund of 70% of the retreat price.  
you're always welcome to reach out to us with any concerns or questions.

## what's not included in the price?

your flight to greece is not included, nor are the transfer costs to the guesthouse.  
if you're interested in a 1:1 sound healing session, this will incur an additional cost, as will any extra experiences we offer as part of our extended program.  
please also ensure you have travel insurance (recommended).

## bookings & inquiries

for bookings + inquiries reach out to us on instagram [@thia.collective](https://www.instagram.com/thia.collective) or drop us an email at [thiayogacollective@gmail.com](mailto:thiayogacollective@gmail.com)

we can't wait to connect with you!

with love

thia | theresa + sophia

