

WHEN AWARENESS BECOMES NATURAL

WITH ALEXIS SANTOS

WHERE

Peli Kastri
Guesthouse & Retreat,
South-Pelion, Greece

WHY

Many of us come to meditation with the assumption that we need to control our minds, eliminate distractions, or attain special states of calm. Yet approaching practice through striving can easily become another source of stress.

INFO

info@pelikasrtri.com

 [@this.is.peli](https://www.instagram.com/@this.is.peli)

pelikastri.com



Peli Kastri Guesthouse & Retreat, Pilio, Greece

4.10.- 11.10.2026

Join international meditation teacher Alexis Santos at Peli Kastri for a week of practice grounded in the teachings of the Burmese meditation master Sayadaw U Tejaniya. Set amidst the quiet beauty of Southern Pelion, where ancient olive groves meet the turquoise waters of the Aegean Sea, this retreat offers an opportunity to cultivate mindfulness in a natural and sustainable way.

We look forward to meeting you!



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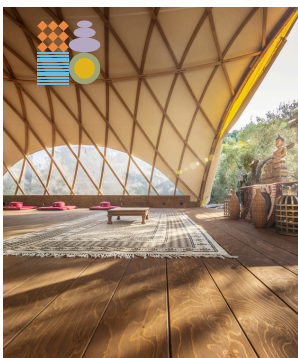
FOR YOU?

Whether you are **deepening** an established practice **or** you are a **beginner** exploring a more integrated approach to mindfulness, this retreat offers an opportunity to cultivate a way of being aware that can continue long after the retreat has ended.

ABOUT ALEXIS

More about Alexis and his approach:

alexissantos.io



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What to expect

Rather than trying to force the mind into a particular state, we will explore how to practice through the cultivation of Right View and Right Attitude—qualities that support a relaxed continuity of awareness throughout all activities. If the mind is busy, can we know that it is busy? If there is tension, can tension be recognized? Through this interested and steady awareness, we gradually come to understand the nature of experience more deeply.



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Info & Registration
info@pelikastri.com

RETREAT ACCOMMODATION & RATES Overview

04.10 – 12.10. (8 nights)

To keep the retreat accessible while supporting the Dāna model, we've set up **three tiers of accommodation** (all inclusive of full board).

TIER 1: SOLO

Accommodation: Private Room (at Peli Kastri Guesthouse)

Standard Rate: €1,480 per person

Optional Sponsorship Rate:* €1,600

TIER 2: SHARED

Accommodation: Double Room (at Peli Kastri Guesthouse)

Standard Rate: €1,104 per person

Optional Sponsorship Rate:* €1,200

TIER 3: COMMUNITY

Accommodation: Shared apartments with 2-5 beds in neighboring houses.
(Approx. 2 mins to 7 mins from the main venue).***

Standard Rate: €984 per person

Important Details:

*The **Sponsorship Option:** Allows participants to contribute toward a scholarship fund for those with fewer resources.

Peli Kastri Guesthouse: This is a small guesthouse with 8 rooms in total. We follow a "first come, first serve" policy.

*****Community Housing Meals:** If you stay at a "Community" house, breakfast, lunch, and dinner are served at the taverna at Peli Kastri Guesthouse & Retreat.

******Extra Nights:** Extra night accommodation is arranged and billed separately upon request.

