A Typical Yogastarr Retreat Day

Yogastarr retreats offer you the safe space to explore both a varied yoga practice but also some individual or group activities to suit you. Each retreat/ holiday offers some carefully curated options for free time to explore the local areas as well as organised tours, massages/treatments, discussions around philosophy and time to be in silence.

The beauty of a retreat is that everyone bonds in their unique way. Everyone on the retreat has a shared curiosity for yoga. Retreats are a wonderful way to meet new people who are non-judgmental, respectful and supportive of each other.

Below you will find typical retreat schedules but they are always subject to change.

RODIS STUDIOS, ZAKYNTHOS, GREECE

7:30 - 9:45am Early morning yoga practice on the outdoor shady deck to greet the day. Includes asana, pranayama, mudra, bandha.

sunrise yoga on the beach offered 1-2 times over the week

10am Brunch on the terrace

FREETIME for beach, hammock swinging, massage, excursions

4:30pm Afternoon snack

5:30 - 7pm Evening practice includes meditation, yin and restorative yoga, relaxation and yoga nidra

7:30pm Dinner on the terrace

GARTH BARNS, LLANIDLOES, MID WALES

7am pre yoga snack/tea/coffee

8 - 10am Early morning yoga practice in the large studio. Includes asana, pranayama, mudra, bandha.

10:15am Breakfast

Freetime for lake swimming, sauna, forest bathing, hiking, soaking up the welsh hills

1pm Lunch

2pm freetime/book club/sangha/dharma talk

4:30pm Afternoon snack

5:30 - 7pm Evening practice includes meditation, yin and restorative yoga

7pm Dinner

8:30pm Yoga Nidra

HOLWELL RETREAT, DEVON, ENGLAND

7am pre yoga snack/tea/coffee

8 - 10am Early morning yoga practice in the large studio. Includes asana, pranayama, mudra, bandha.

10:15am Breakfast

Freetime for coastal walking, beach activities including SUP and Kayak tours, massage/therapy treatments. Picnic lunch if the day is being spent at the beach.

4:30 Afternoon snack

5:30 - 7pm Evening practice includes meditation, yin and restorative yoga

7pm Dinner

8:30 Yoga Nidra

YogaStarr