

Mykonos RETREAT *with Lauren Anne*

25-30 SEPT 2024



TRANQUILITY, PEACE &
RELAXATION AWAIT...

LAUREN ANNE

*A unique, luxury oasis in the
heart of Mykonos.*

**CHOOSE PEACE &
RELAXATION, SEEK
EXCITEMENT OR
BETTER YET FIND
BALANCE IN HAVING IT
ALL!**

**PERFECTLY LOCATED
JUST 10 MINUTES
FROM THE TOWN,
CHARISMA HOTEL &
WELLNESS SUITES
WILL BE OUR HOME
FOR THIS RETREAT!**



Day One

WED 25 SEPT

10:50AM - Depart DXB (EK209/EK4911)

5:10PM - Arrival to Mykonos. Group transport to Charisma Hotel & Wellness Suites

7PM - Dinner

8PM - Welcome Circle & Sound Healing

Day Two

THURS 26 SEPT

8:00AM - Meditation & Vinyasa Yoga

9:30AM - Breakfast

6PM - Alignment Workshop

7PM - Dinner

8PM - Yin Yoga

Day Three

FRI 27 SEPT

8AM - Ashtanga Half Primary Series

9:30AM - Breakfast

FREE DAY

**itinerary is subject to change*

**itinerary is subject to change*

Day Four

SAT 28 SEPT

9AM - Deep Stretch Class

10:30AM - Breakfast

1:30PM - Lunch

5:30PM - Inversions Workshop

7PM - Dinner

8PM - Yoga Nidra & Sound Healing

Day Five

SUN 29 SEPT

8AM - Meditation & Yoga

9:30AM - Breakfast

5:30PM - Breathwork & Sunset Yoga

Day Six

MON 30 SEPT

8AM - 108 Sun Salutations

9:30AM - Breakfast

10:30AM - Closing Circle

12PM - Checkout & Departure for
airport (EK4912/EK210)



What's included...

**5-NIGHTS' STAY IN A SEA
VIEW LUXURY ROOM AT
CHARISMA HOTEL &
WELLNESS SUITES**

**DAILY HEALTHY &
NOURISHING BREAKFAST,
LUNCH OR DINNER**

**DAILY GROUP YOGA,
MEDITATION &/OR SOUND
HEALING SESSIONS**

**2 SPECIALISED
WORKSHOPS**

**AIRPORT TRANSFERS FOR
RECOMMENDED FLIGHTS***

**FULL ACCESS TO GYM
FACILITIES**

*Flight & visa costs
are not included!
Please ensure you
check your
eligibility/
requirements for
obtaining a visa/ETA.*

The Package

SINGLE OCCUPANCY

14,670 AED / \$3,995 USD

DOUBLE OCCUPANCY

8,335 AED / \$2,270 USD per person

Recommended Flights

If travelling from Dubai to Mykonos...

EMIRATES

**25 Sept 2024 - Depart 10:50AM / Arrive 5:10PM
EK209/EK4911 (1 connection)**

**30 Sept 2024 - Depart 2:50PM / Arrive 11:35PM
EK4912/EK210**

If you are travelling from another country please try to arrange your flight times according to the departure and arrival times above if you'd like to avail of the group airport transfers.

Your Host

Lauren Anne is a strong believer in **balance**, **unique experiences** and the **importance of connection** (not only to others but also to yourself).

As a Yoga Teacher, Sound Healer & Life Coach with a background in Psychology and life in the corporate world, Lauren Anne takes a 360 degree approach to planning retreats with not only the hope that it will be enjoyable but rather, that it will be **life changing!**

Contact me...

Whatsapp
[+971562598117](https://www.whatsapp.com/chat?phone=971562598117)

Email
info@laurenannewellness.com

Instagram
[@laurenanneyoga](https://www.instagram.com/laurenanneyoga)

Why you should join...

(...from just some of the hearts of those who have!)

Lauren held all of us, created a space where everyone felt **safe to be vulnerable**, to crack open our hearts, to let the tears flow, and to let the **laughter and joy go unbridled**. I met my inner child over and over again, and have **formed lifelong friendships** with souls I am so fortunate to know and care for.

It was **a retreat of dreams** — one that will allow each one of us to move forward with even more love and growth in our lives. **Truly, deeply life-changing.**

She packages everything together so well, and **makes everything seamless**. No one had to worry about anything, she has solutions for everything, and pleasant surprises all the way through

"I've never felt so inspired by someone."

"The retreat is an unforgettable moment of my life! And of course all the activities and adventures were amazing - but, sharing it with Lauren and the group is what made it unique!"

Always **fully present and engaged** with all of us. That was so beautiful!

Lauren creates a **magical energy** between the group and holds space for each and every one to share and be open to the experience. She makes all **feel welcome, safe and free** to express themselves.

I have done other retreats in the past and this by far is the best one Lauren you made everyone feel like they are hosted in your own home though it was an international retreat.

How to join...

As always, spaces are limited to keep the group intimate allowing me to spend quality time with each of you.

A 50% deposit will secure your space. Please request an invoice by connecting with me and providing your full name, phone number & email...

Whatsapp - +971562598117
Email - info@laurenannewellness.com
IG - @laurenanneyoga

Please note... Every retreat is not for everyone and it is important to me that although the group is dynamic it is also cohesive.

For this reason, if we have yet to meet, please visit my website to fill out an application form and I will get back to you as soon as I can.