

AMOILA CESAR



RETREAT SUMMARY

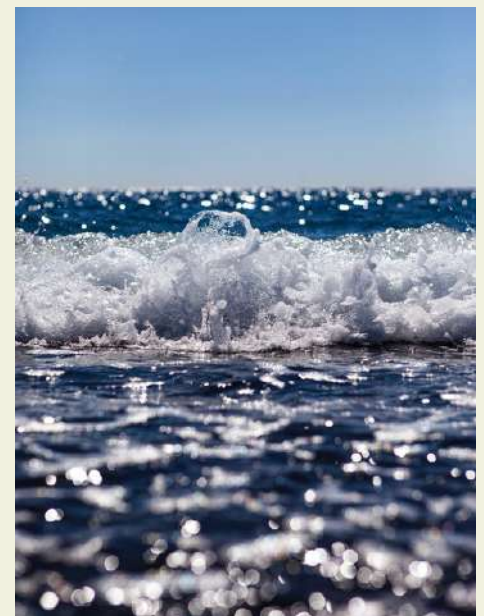
Welcome to an empowering retreat with Amoila Cesar.

This retreat is designed to regenerate your body and mind in six days with research proven activities. Navigating between group and solo activities, you'll learn the fundamentals needed to transform your physical and emotional health through your daily habits. Habits that you can take home and apply to your everyday life.



SANTORINI

This is the island that redefines the words “breathtaking view” and openhandedly offers some of the most magical sunsets in the world. This is the island of uncontrollable romance and wild nightlife all in one; the island of volcanic eruptions and mind-blowing architecture; the island of great history and an even greater future. This is the island you have already fallen in love with before even setting foot on its soil, tasting its wines, strolling along its stone-paved alleys, feeling so small gazing into the endless blue from the infinity pools atop the Caldera and – of course – photographing its world-renowned sunset. This is Santorini, the island of holiday dreams come true.



ABOUT THE HOTEL

Tucked away within the medieval village of Megalohori, the enchanting Vedema, a Luxury Collection Resort has evolved from a 400-year-old wine cellar and a 100-year-old mansion into an authentic, Cycladic-styled property. Dedicated to the needs of seasoned travellers, Vedema houses 59 spacious suites and villas, all with their own terraces and many with jacuzzis or private pools.



DAY 1: WELCOME TO PARADISE

On the first day of the retreat, we will welcome you to the resort upon check-in and gather all together for the first Community Dinner of the retreat. You will get to meet Amoila and discuss what you are planning to accomplish, or experience, during your time in Santorini.

DAY 2: SUN, SEA, SWEAT

The day will start with a morning workout and will continue with Primal Yoga Flow; a ground based movement, made fun, challenging and effective. This system is designed to improve strength, power, flexibility, mobility and coordination for all levels of fitness enthusiasts.

After a nourishing breakfast, you'll flip upside down in a mobility workout before enjoying free time for relaxation or paddling in the crystal clear waters.

Afterwards, sweat it out in a weightlifting class then cool it down with more yoga. As evening falls, you'll have some time to unwind, before gathering for a hearty dinner.

DAY 3: PRIMAL YOGA & EXPLORE

Time for sunshine adventures. Day three will consist of morning yoga and a HIIT workout followed by breakfast then an optional excursion to one of our favorite attractions.

Visitors can walk miles on the beach before returning back for an evening of HIIT training and a dinner prepared by amazing chefs.



DAY 4: STARRY SKIES

Sweat, stretch and snorkel. Day four of this rejuvenating wellness retreat starts early with a morning primal flow/

Afterwards, you'll enjoy a healthy breakfast together and head out for an adventure.

The evening will close with a Community Dinner at the hotel.

DAY 5: FAREWELL

For the fifth day, you'll sweat it out one last time with a morning workout and a yoga flow or stretch class in the evening. During the day you will have the opportunity to explore Santorini island one last time and embark on a wide range of activities.

DAY 6: DEPARTURE

We'll send you off with a farewell breakfast and one last community gathering before you leave to take on your next adventure - wherever it may be!



OPTIONAL ACTIVITIES IN SANTORINI

Horse Riding:

If you are planning on visiting Santorini this year, why not explore the natural beauties of the impressive Cycladic landscape through horse riding?

The unique beauty of Santorini is not only limited to the breathtaking views from the settlements of the renowned caldera; rather, this unique island has a spectacular mainland and hidden routes, where you can witness the volcanic geology and the peculiar landscapes that seem to have emerged from a movie set.



Wine Tasting & Food pairing:

Wine tasting in Santorini is a unique experience. During this activity, experienced sommeliers will unveil the secrets of Santorinian terroir and local vine varieties. You will compare and explore the style of various producers, locally but also internationally.

Beach Workout:

Pump up your fitness on the black sand beach of Santorini, accompanied by breathtaking views of the island and with the Aegean breeze hitting your face. Afterwards, cool off with a rejuvenating swim in the unique Santorini waters.

Hiking:

Explore a miles-long stretch of incredible nature and breathtaking views. Santorini has a variety of great hiking trails, like Fira or Oia, which will move your body, expand your mind, and nourish your soul.