



SANTA MARINA
MYKONOS

SUMMER SOLSTICE

Our five days together will be a carefully curated immersive experience that flows through a journey of chakras, the seven energy centers located at different points in the body that express our life force energy. We will practice daily yoga overlooking that sparkling Aegean Sea, discover the spectacular corners of Mykonos Island and still have time to appreciate the serenity and luxury of Santa Marina's spa, restaurants and beach. Our specially designed yoga sessions, cultural excursions and spa treatments will leave you not only feeling restored and refreshed but with new insight, wisdom and self awareness.

ABOUT US



NICOLE BONO

Nicole is the founder of Bono Events International, a New York luxury travel & events company, a proud affiliate of TRAVELLUSTRE and a member of the Virtuoso network. Nicole is proud to have co-founded this unique series of retreats for women which combines travel, yoga and mental wellness for a truly unique experience.



ELLEN MCQUEEN

Ellen is the founder of McQueen Yoga, based in Paris, France. She received her yoga certification in Goa, India and began teaching in Parisian yoga studios, leading workshops and hosting her own classes. Ellen co-founded the yoga studio Yoga Club Paris in June 2020 and cohosted her first yoga retreat in Provence in September 2021.





16TH - 20TH JUNE

FRIDAY 16TH JUNE

ROOT, MULADHARA, ELEMENT=EARTH

3:00pm: Check-in
4:00pm: Root chakra yoga class with Ellen
7:00pm: Welcome drink and Greek Mezze dinner at the Beach Bar

SATURDAY 17TH JUNE

SACRAL, SVADITHANA, ELEMENT=WATER

8:00am: Sacral chakra vinyasa yoga class
9:00am: Breakfast
11:00am: Boat trip to the island of Delos, a UNESCO World Heritage Site, followed by a boat picnic lunch*
4:30pm: Return to the hotel to enjoy relaxation and free time for Spa treatments in Ginkgo Spa**
8:00pm: Dinner at Mykonos Social in Santa Marina

SUNDAY 18TH JUNE

HEART, ANAHATA, ELEMENT=AIR & MANIPURA,
ELEMENT=FIRES

8:00am: Solar plexus power yoga with Ellen
9:00am: Breakfast
10:00am: Free time to enjoy spa treatments and Santa Marina private beach
4:00pm: Heart chakra restorative yoga with Ellen
6:00pm: Leave for Mykonos Town in order to enjoy strolling & shopping, followed by a sunset Aperol in Little Venice and dinner at a restaurant in town

MONDAY 19TH JUNE

THROAT, VISHUDDHA ELEMENT=SOUND

8:00am: Throat chakra bath yoga with Ellen
9:00am: Breakfast
10:00am: Free time to enjoy spa treatments and Santa Marina private beach
1:00pm: Group lunch at Beach Bar at Santa Marina
4:30pm: Pranayama workshop with Ellen
5:30pm: Painting activity with local artist
8:00pm: Dinner at Buddha-Bar Beach

TUESDAY 20TH JUNE

THIRD EYE, ANJA, ELEMENT= LIGHT & CROWN,
SAHASRARA, ELEMENT=THOUGHT

8:00am: Third Eye and Crown Chakra yoga with Ellen
9:30am: Breakfast
12:00pm: Check out. Transfers to the airport

CONTACT US

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Prices start from EUR 5,400 per person sharing, excluding taxes and fully inclusive of the full program.

For more information please contact: info@santa-marina.gr

*weather permitting **the package includes 2x60 minute spa treatments per stay