



MEET THE INSTRUCTOR

## MIKAELA VASILEIADI

WELLNESS PRACTITIONER

Mikaela is a science-informed wellness practitioner and internationally experienced yoga teacher whose work focuses on practices that support nervous system regulation, resilience and inner balance. Through a thoughtful combination of mindful movement, breathwork and deep rest techniques, she creates experiences that are both grounding and transformative.



SANTA MARINA  
MYKONOS

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## APOLLO'S LIGHT RETREAT BY GINKGO SPA

BREATHE  
RECONNECT  
AWAKEN

## APOLLO'S LIGHT RETREAT

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Led by Mikaela, a science-informed wellness practitioner and internationally experienced yoga teacher, this restorative retreat focuses on nervous system regulation through mindful movement, breathwork, meditation and Yoga Nidra.

Each practice is designed to restore balance, clarity and deep rest. Over five days, guests experience guided sessions, individual consultations, spa rituals and quiet moments of reflection. Inspired by the sacred energy of nearby Delos and the luminous landscape of Mykonos, the retreat invites participants to slow down, reconnect and awaken their inner light within the serene setting of Santa Marina Mykonos.

GINKGOSPA

## FRIDAY 22 MAY

16:00 - 17:00

NSDR / YOGA NIDRA | AEGEAN & LAVENDER ESSENCE

Your welcome gift. The perfect practice after travel and jet lag. A guided deep-rest experience designed to support quality sleep and nervous system recovery. With minimal movement required, guests lie comfortably while being gently guided into conscious relaxation, allowing the body and mind to fully unwind. The subtle aroma of Aegean, lavender and the quiet echoes of Mykonos carry you into the profound stillness of Yoga Nidra, the powerful practice known as the yogic sleep.

## SATURDAY 23 MAY

07:00 - 08:00

MORNING FLOW: REGULATE & AWAKEN | LIME & ROSEMARY

Wake up in paradise. A breath-led Hatha flow designed to gently awaken the body, improve circulation, and release travel tension. The practice focuses on alignment, stretching, and mindful movement, concluding with a short relaxation inspired by the light breeze and fresh energy of the Mykonian morning.

18:00-19:00

BREATHWORK & WALKING MEDITATION | SANDALWOOD & OAK

The perfect Mykonian evening: sunset, breathwork, and walking meditation. This guided practice uses conscious breathing techniques to calm the nervous system, release mental tension, and sharpen focus. Combined with mindful walking and the natural rhythm of the sea, the session invites guests to slow down, reconnect, and fully absorb the peaceful energy of the island.

## SUNDAY 24 MAY

09:00-10:00

VINYASA FLOW | AEGEAN SAGE & SEA SALT

A dynamic yet accessible morning Vinyasa flow with adaptable intensity. Guests explore balance, strength, and confidence through breath-led movement while connecting with the vibrant energy of Mykonos.

## SUNDAY 24 MAY

18:00-19:00

RESTORATIVE YOGA NIDRA | LAVENDER ESSENCE

Sunset is the perfect moment to pause, recharge, and restore. This deeply relaxing session combines gentle embodied movement with guided Yoga Nidra. Just 40 minutes of Yoga Nidra feels like three hours of deep restorative sleep, helping recharge the body and mind while supporting mental clarity and physical recovery, preparing guests for the Saturday night ahead.

## MONDAY 25 MAY

08:00 - 09:00

GENTLE FLOW & BREATH AWARENESS | LIME & MAGNOLIA

A soft, detoxifying practice designed to gently reawaken the body. Through mindful movement and conscious breathing techniques, guests reconnect with their energy and cultivate balance, clarity, and lightness.

16:00 - 17:00

ODE TO APOLLO – SOUND & SENSORY MEDITATION | AEGEAN ESSENCE

Inspired by Apollo, the god of light and music born on nearby Delos, this immersive sound meditation guides guests into deep relaxation. Using crystal singing bowls and harmonic sounds, the practice invites the senses on an inner journey, cultivating calm, awakening inner light, and creating a profound sense of renewal.

## TUESDAY 26 MAY

07:00 - 08:00

MORNING | VINYASA POWER & REFLECTION | LIME & ROSEMARY

A final energizing flow designed to stimulate circulation and restore vitality. The practice includes optional challenges for different levels, followed by a quiet moment of reflection and journaling, allowing guests to integrate the retreat experience and depart feeling clear, grounded, and renewed.