

DEEPAK CHOPRA RETREAT INFORMATION

DATES: September 28th - October 2nd

LOCATION: W Costa Navarino, Greece

RETREAT LEADER: Deepak Chopra

YOGA TEACHER: Sarah Finger

DAILY SCHEDULE:

DAY 1 - Sep 28

Arrival / Check-in

16:00: Start of the Retreat - Introduction by Niki Smirni

17:00 - 18:00: Evening Yoga with Sarah Finger

19:00: Community Dinner

DAY 2 - Sep 29

7:00 - 8:00: Morning Yoga with Sarah Finger

8:00 - 10:00: Breakfast

Free time for Reflection / Optional Activities:

- Cooking Lesson

- Hiking

- Guided Tour to Nestor's Palace

- Watersports

17:30 - 19:00 Session with Deepak Chopra

19:30: Community Dinner

DAY 3 - Sep 30

7:00 - 8:00: Morning Yoga with Sarah Finger

8:00 - 10:00: Breakfast

10:00 - 12:30: Session with Deepak Chopra

12:30 - 14:00: Lunch / Free time

14:00 - 16:30: Session with Deepak Chopra

16:30 - 18:00: Free time

18:00 - 19:30: Session with Deepak Chopra

20:00: Community Dinner

DAY 4 - Oct 1

7:00 - 8:00: Morning Yoga with Sarah Finger

8:00 - 10:00: Breakfast

10:00 - 13:00: Session with Deepak Chopra

13:00 - 15:00: Lunch / Free time

15:00 - 17:00: Session with Deepak Chopra

18:30: Community Dinner with Deepak Chopra

DAY 5 - Oct 2

Breakfast

Check-out / Departure

End of the Retreat

what's included

- All sessions with Deepak Chopra
- All sessions with Sarah Finger
- Breakfast meals
- Dinner meals
- 4-night accommodation at W Costa Navarino
- All taxes are included in the price, apart from the accommodation tax (4 EUR per room per night)

what's not included

- Airfare to/from Greece
- Arrival and departure land transfers in Greece
- Accommodation tax per person per overnight stay (4 EUR per room per night)
- Lunch, soft drinks, beverages and items not specifically included under inclusions

Language: English

Airport Transfer: Available upon request

Cancellation Policy: Deposit amount is non-refundable | Should you wish to cancel your participation one month or less before the start of the retreat, 100% of cancellation fees are applied.

Important Info: In case there are Covid-19 restrictions or restrictions related to any other pandemic that prevent guests from traveling the total amount paid will be refunded.

Dietary Needs: Should you have any special dietary need/allergy, kindly let us know in advance in order to be able to better accommodate you in the best possible way.

Transport: For Deepak Chopra's retreat at W Hotel, Costa Navarino, you can fly into two different airports:

- Athens International Airport (ATH)
- Kalamata International Airport (KLX)

You can book a transfer from the airports mentioned above to the hotel:

- ATH to Costa Navarino (duration: 3h30min)
- KLX to Costa Navarino (duration: 50min)

Please contact fenia@travelgems.com for further assistance.