

25 Sept - 4 Oct 2021

Paros, Greece



**EXTRAORDINARY
WELLNESS**

RETREATS



THE LOCATION

ExtraOrdinary Wellness Retreats brings you a 10-day yoga retreat on the island of Paros, in the heart of a certified Blue Zone.

The people of Paros have some of the longest and healthiest lifespans in the world - with many reaching 100 years old with all their faculties! These people certainly know how to live and we are here to discover and emulate their secrets.

We will be staying in a charming boutique beachside hotel, situated along the majestic shores of Paro's bay and overlooking the ancient fishing village of Paroikia. With no high rise buildings, chain stores, freeways or distractions, the setting is simple, elegant and inspirational.

Having scoured the planet for somewhere to do this longevity and wellness work, I couldn't find a better place. It's truly a place where time stands still.

THE EXPERIENCE

The dynamics of yoga and pranayama

The grace and flexibility of somatic movement

The power and peace of Qigong for posture and meditation

The concepts behind the longevity blue zones and Mediterranean diet





Discover the secrets of the Mediterranean longevity diet,
characterised by simple and natural ingredients

ExtraOrdinary Wellness Retreats provides you with a program of daily master classes in natural therapy techniques for healing and conditioning your body. It is designed to remove stagnation, reset your internal health systems and balance and relax with movement.

During your time in Paros, you can take advantage of the healthy and delicious Mediterranean cuisine, enjoy fascinating tours of the island, hiking trails, swimming, shopping or simply kick back, relaxing on the golden sands a stone's throw from your retreat home.

How often do you find yourself in the right place, at the right time, for the right reason, doing something that will change the direction of your health and improve your future? Participating in an *ExtraOrdinary Wellness Retreat* offers you that opportunity.

We will take you on a journey of self-discovery in every area of your body, mind and spirit, moving in sync with the natural surrounds of this Greek Isle.



***Twenty per cent of
your health and
longevity is
genetically
predetermined - the
other eighty per cent
is up to you!***



ABOUT LISA

Lisa Dunn has been teaching yoga in the UK and worldwide, for over 10 years. This world-class yoga teacher will provide you with a powerful recipe for health and longevity. She has also individually performed retreats throughout the world, transforming students onto a path of rejuvenation and fitness.

With all the classes benefitting both the beginner and advanced learning levels, Lisa will guide you through this fascinating variety of holistic techniques, all designed to create a profound sense of wellness.





PROGRAMME
SAT 25 SEPT

1

AFTERNOON

ARRIVALS
WELCOME CIRCLE

EVENING

SUNSET BEACH WALK
DINNER

PROGRAMME
SUN 26 SEPT

2

MORNING

SUNRISE BEACH WALK
MEDITATION
YOGA / MOVEMENT
BREAKFAST
RELAX / EXPLORE

AFTERNOON

LUNCH
RELAX / EXPLORE
YOGA / MOVEMENT

EVENING

SUNSET BEACH WALK
DINNER

PROGRAMME
MON 27 SEPT

3

MORNING

SUNRISE BEACH WALK
MEDITATION
YOGA / MOVEMENT
BREAKFAST
RELAX / EXPLORE

AFTERNOON

LUNCH
RELAX / EXPLORE
YOGA / MOVEMENT

EVENING

SUNSET BEACH WALK
DINNER

PROGRAMME
TUES 28 SEPT

4

MORNING

SUNRISE BEACH WALK
MEDITATION
YOGA / MOVEMENT
BREAKFAST
RELAX / EXPLORE

AFTERNOON

LUNCH
RELAX / EXPLORE
YOGA / MOVEMENT

EVENING

SUNSET BEACH WALK
DINNER OUT



PROGRAMME

WED 29 SEPT

5

DAY OFF

FOR FURTHER EXPLORATION OR JUST RELAX ON THE BEACH

BREAKFAST, LUNCH (unless on excursion)
AND DINNER AS USUAL

PROGRAMME

THURS 30 SEPT

6

MORNING

SUNRISE BEACH WALK
MEDITATION
YOGA / MOVEMENT
BREAKFAST

AFTERNOON

LUNCH
RELAX / EXPLORE
YOGA / MOVEMENT

EVENING

SUNSET BEACH WALK
DINNER

PROGRAMME

FRI 01 OCT

7

MORNING

SUNRISE BEACH WALK
MEDITATION
YOGA / MOVEMENT
BREAKFAST
MASTERCLASS

AFTERNOON

LUNCH
RELAX / EXPLORE
YOGA / MOVEMENT

EVENING

SUNSET BEACH WALK
DINNER



PROGRAMME
SAT 02 OCT

8

MORNING

SUNRISE BEACH WALK
MEDITATION
YOGA / MOVEMENT
BREAKFAST
RELAX / EXPLORE

AFTERNOON

LUNCH
RELAX / EXPLORE
YOGA / MOVEMENT

EVENING

SUNSET BEACH WALK
DINNER OUT

PROGRAMME
SUN 03 OCT

9

MORNING

SUNRISE BEACH WALK
MEDITATION
YOGA / MOVEMENT
BREAKFAST
RELAX / EXPLORE

AFTERNOON

LUNCH
RELAX / EXPLORE
YOGA / MOVEMENT

EVENING

SUNSET BEACH WALK
DINNER

PROGRAMME
MON 04 OCT

10

MORNING

SUNRISE BEACH WALK
MEDITATION
YOGA / MOVEMENT
BREAKFAST
CLOSING CIRCLE

AFTERNOON

DEPARTURES

Included

Nine-nights accommodation in traditional designed Greek en-suite rooms

Welcome beverages on the terrace

Meals from farm-to-table authentic Greek Mediterranean cuisine

Organic wines served with dinner

A world-class teacher

A daily program of longevity boosting movement practices, meditation sessions and masterclasses

An on-site concierge to tend to your personal needs

Free time to enjoy this amazing island with one full day off for exploration



Not included

Airfare/transport to Paros

Transportation from Airport

Excursions

Alcoholic beverages outside meal times

Gratuities

Two evening meals at restaurants

PRICES

US DOLLARS

	STANDARD* per person	LUXURY* per person
PRIVATE ROOM	\$2550	\$2850
SHARED ROOM	\$2150	\$2450

EUROS

	STANDARD* per person	LUXURY* per person
PRIVATE ROOM	€2153	€2406
SHARED ROOM	€1815	€2068

GB POUNDS

	STANDARD* per person	LUXURY* per person
PRIVATE ROOM	£1842	£2059
SHARED ROOM	£1553	£1770

* STANDARD: An elegant room with ensuite bathroom and balcony.

* LUXURY : An elegant larger room with spacious ensuite bathroom and balcony offering majestic views of the bay.

www.extraordinarywellness.com

CONTACTS

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www.lisadunnyyoga.com

BOOK NOW

Please copy/paste this link:

<https://forms.gle/yztDtovPssvAX8U76>

to access the booking form and reserve
your place



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