
*Looking to boost your energy,
creativity and well-being?*

*Ready to embrace your inner rhythms
and connect with nature to be more
in tune with yourself?*

Cat Westwood will guide you through a week of Scaravelli yoga, connecting to Seasonal Elements & Meridians- linking to her Shiatsu practice based on Chinese Medicine. The wonderful Debbie Pennington will also share her in-depth knowledge of yoga and movement.

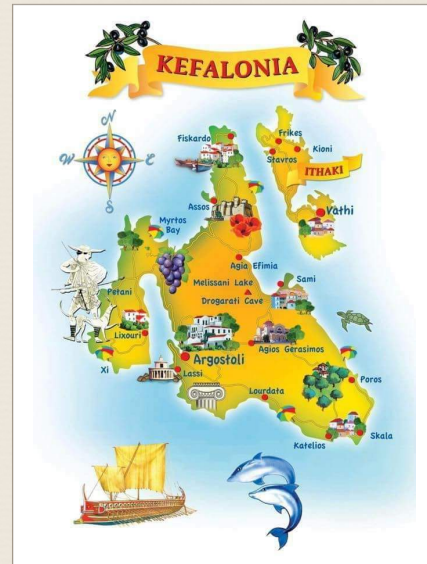
Sessions will be held on the beach or the roof terrace.

Working with the breath, Movement & Yoga, Qigong and acupressure, and silent evening meditations under the stars.

As well as:

Day trip to Drogarati Caves and Melissani Lake

Photo on the front cover by [Piotr Krzeslak](#)



Marina Bay is located a short distance from Mounda Beach in Skala, known as the nesting ground for The Caretta Turtle.

Marina Bay Hotel

Mounda beach

Skala

280 86 Greece

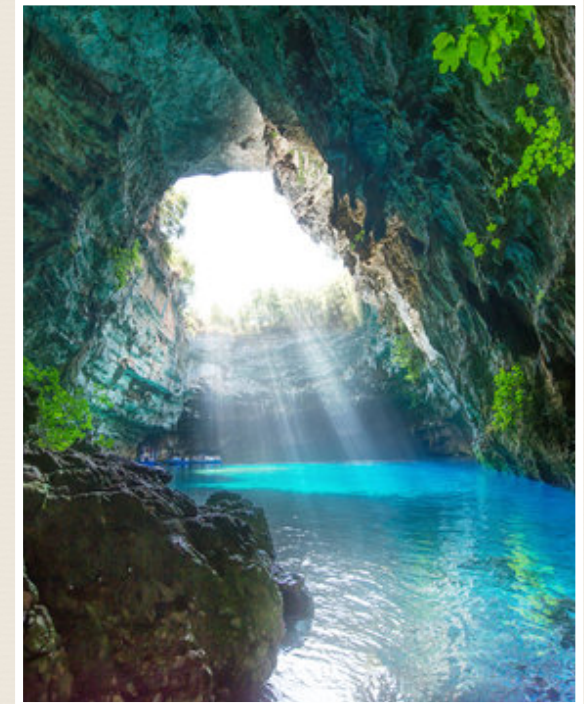
Cat Westwood

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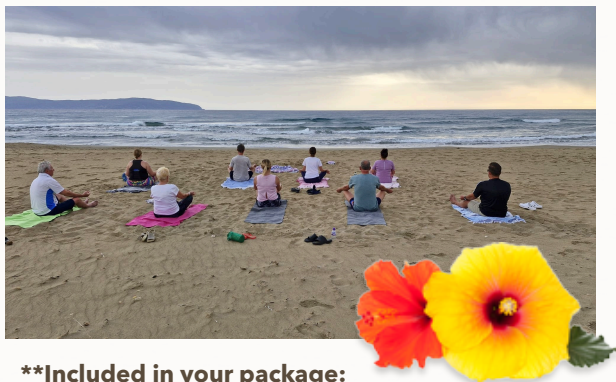
YOGA RETREAT KEFALONIA



Wed 4th - Mon 9th June 2025

A joyous, heart-felt connection
to nature and our inner
landscape





****Included in your package:**

- ❖ Morning + evening Yoga/Qigong sessions + meditation
- ❖ Apartment
- ❖ Island tax per person
- ❖ Airport transfer
- ❖ 5 breakfasts at hotel
- ❖ 3 dinners at hotel
- ❖ Day trip to caves and lake + lunch
- ❖ Day trip to Argostoli

NOT included:

- ❖ Flights, to and from Kefalonia
- ❖ Lunches
- ❖ Extra drinks at dinner or during the day
- ❖ Dinner out on Sunday evening in Argostoli

£250 deposit to confirm your space. You will receive a confirmation email.

The balance is due by 1st May 2025.

A TIME FOR YOU TO RELAX AND BREATHE

Enjoy a mini apartment with sea views, a kitchenette in each room
 Delicious homemade Greek cooking at the hotel restaurant and other venues
 Relax by the hotel's pool, or take a dip in the clear blue sea on the secluded beach

All the rooms at Marina Bay are comfortable and spacious, with a sea-facing balcony, shower room and kitchenette

There is a choice of a standard spacious apartment or a *lux apartment with a living room.

*There are a limited amount of Lux rooms. First come first served with bookings. If you wish to have 3 people share a Standard Spacious Apartment or 4 people share a Lux Apartment, please contact Cat for additional costing



STANDARD SPACIOUS APARTMENT:

ONE PERSON £825**

TWO PEOPLE SHARING £1,250**

Standard Spacious Apartment: Whether you're joining the retreat by yourself or with a friend or partner, the prices above include the apartment plus all the extras listed on the left-hand side.

**Please see left for what is included.



LUX APARTMENT:

ONE PERSON £925**

TWO PEOPLE SHARING £1,350**

Lux Apartment: Whether you're joining the retreat by yourself or with a friend or partner, the prices above include the apartment plus all the extras listed on the left-hand side. **Please see left for what is included.

