

“HARMONY & BALANCE”
YIN YOGA & SOUND HEALING PRIVATE RETREAT
FOR 1 OR 2 DAYS

AWAKE YOUR SENSES

Welcome to the world's most alluring island.

While enjoying your vacation at the KIVOTOS HOTEL, you have the unique opportunity to indulge in a one or two-day Yin Yoga, Sound Healing & Breathwork Retreat in the privacy of your villa.

Take time to reflect, rest, reset, and rejuvenate. Dive into the blissful atmosphere of Santorini, purifying all your senses through the ancient healing techniques of Sound Therapy, Yin Yoga, and Breathwork.

The retreat is specially designed for those who want a short break from daily stress and reconnect with their inner selves during vacation.

Yin Yoga is a slow, soothing, and meditative style of yoga that targets the deep connective tissues, bones, joints, fascia, and ligaments in the body. It also focuses on stretching and stimulating different acupressure points from Traditional Chinese Medicine.

In Yin Yoga, we use postures to get into the body, not the other way around. So, whether you're an advanced or beginner practitioner, we hold mostly passive poses for about two to five minutes to work into our connective tissues. The more we work our fascial system and deep tissues, the less dense and tight our bodies become as we age. Your mind will remain relaxed throughout your entire practice, and you will be able to release tension and more easily stretch your connective tissues.

Sound Therapy is the therapeutic application of sound frequencies to improve emotional balance, enhance mental stimulation, release stress, reduce pain, and bring the body/mind into a state of harmony and health.

The sound healing retreat, through the vibrational waves of Singing bowls in combination with breathing techniques, will move us gradually via harmonic overtones into realms of spiritual well-being, emotional balance, cellular healing, and spiritual awareness. Through the multitude of overtones, the brain becomes enticed into Alpha and Theta waves where creativity, relaxation, and enrichment are present. The Singing Bowls create a range of sounds to restore the normal vibratory frequencies of diseased and out-of-harmony parts of the body, mind, and soul.

This retreat program includes regular morning and evening sessions of Sound Healing, Yin Yoga, Breathwork, and Chakra Concentration with Healing Sounds, as well as a complimentary Ayurvedic Healing Massage (an ancient therapy treatment) by our Master Therapist in the comfort of your villa.

HERE ARE SOME BENEFITS THAT INDIVIDUALS
RECEIVING SOUND HEALING AND YIN YOGA
TREATMENTS HAVE REPORTED:

- Improved sleep patterns
- Reduction in the number and severity of headaches
 - Decrease in anxiety
 - Deep relaxation
- Improved stress management
 - Improved joint function
 - DNA reconstruction
 - Increased circulation
- Balancing of internal organs and the improvement of prana flow
 - Improved flexibility
- Encouragement of mindfulness and meditation

SAMPLE OF DAILY SCHEDULE

MORNING:

08:00 - 09.30

Yin Yoga

09:30 - 10.00

Breathwork

10:00

Breakfast - Free Time

EVENING:

18:30

Healing Massage Session (30 minutes per person)

19:30

Tibetan Singing Bowls / Chakra Balancing

SOUND HEALING & YIN YOGA INSTRUCTOR

Laoura Gini is a pianist, film composer, Master Sound Practitioner, and therapist who has been bridging Western and Eastern musical traditions and therapeutic modalities for over 30 years.

Her classical training and trans-cultural sensibility ensure that intellect and simplicity are always present in her approach to healing sound.

Laoura holds Master's degrees in classical piano performance and composition from the National Conservatory of Athens. Her post-degree studies include Electronic Music, Yoga Philosophy, Sound Healing with Gongs and Tibetan Singing Bowls in Santa Fe, New Mexico, and Tibetan Singing Bowls in Nepal according to the ancient Buddhist system of Sound Healing.

She has devoted over 10 years to studying classical Indian music, learning sitar in Varanasi, India, and later exploring the ancient classical art of Dhrupad and Nada Yoga, which integrate subtle forms of sound and awareness.

Laoura has collaborated with many great musicians in classical, jazz, and ethnic music through concerts and performances throughout Europe. She has composed two soundtracks, the original soundtrack for the award-winning documentary "Pelican Watch" and the original soundtrack for the movie "The First Line - Promakhos." Her new album, "Gong Bath - the Healing Sound," is an experience of the Sun Gong resonances and Tibetan Singing Bowls and is available on "CdBaby."

Laoura is also a specialized massage therapist of Oriental Arts, a certified practitioner in Traditional Thai massage, Ayurveda Medicine, Pranic Healing, and a Yin Yoga practitioner (200hr Yoga Alliance). In recent years, Laoura has organized group retreats of sound purification with individual and group Sound Healing sessions with planetary Gongs, Tibetan Singing bowls, and mantra meditation and Breath-work in Santorini and all over Greece.

PRICES

1 DAY RETREAT FOR TWO PERSONS: 600€

2 DAYS RETREAT: 1100€

PLEASE REVIEW OUR TERMS & CONDITIONS BELOW:

→ Reservations are subject to availability at the time of booking.

→ To confirm your booking, a deposit of 50% is required.

→ If you need to cancel your reservation between 10 days prior to the retreat and the day of the retreat, or if you do not show up, 100% of the retreat cost will be charged.