



ANANDAMAYA | RETREATS

# SLOW LIVING

Embrace life as it should be...

 [anandamayaretreats.com](https://anandamayaretreats.com)  
 [anandamayaretreats](https://www.instagram.com/anandamayaretreats)



RECONNECT

RESTORE





# WHO WE ARE

Anandamaya is a boutique retreat home on the north shore of Evia Island, surrounded by sea and forest. It's a place that invites exhalation quiet mornings, deep practices, wholesome food, and real connection. We intentionally limit the number of retreats we host to ensure each one receives the care it deserves.

- A lovingly restored family home infused with warmth and character.
- Five thoughtfully designed rooms created with comfort, simplicity, and tranquillity in mind, each with its own en-suite bathroom.
- A dedicated massage room and quiet spaces for one-to-one treatments and personal care.
- A breathtaking indoor Shala with high ceilings and panoramic views of the sea and mountains.
- Serene gardens and outdoor spaces to rest, reflect, and reconnect.
- Carefully hosted by a small, hands-on team living on site, deeply familiar with the land, its rhythm, and the needs of guests.

EXPLORE OUR HOME





# OUR LOCATION

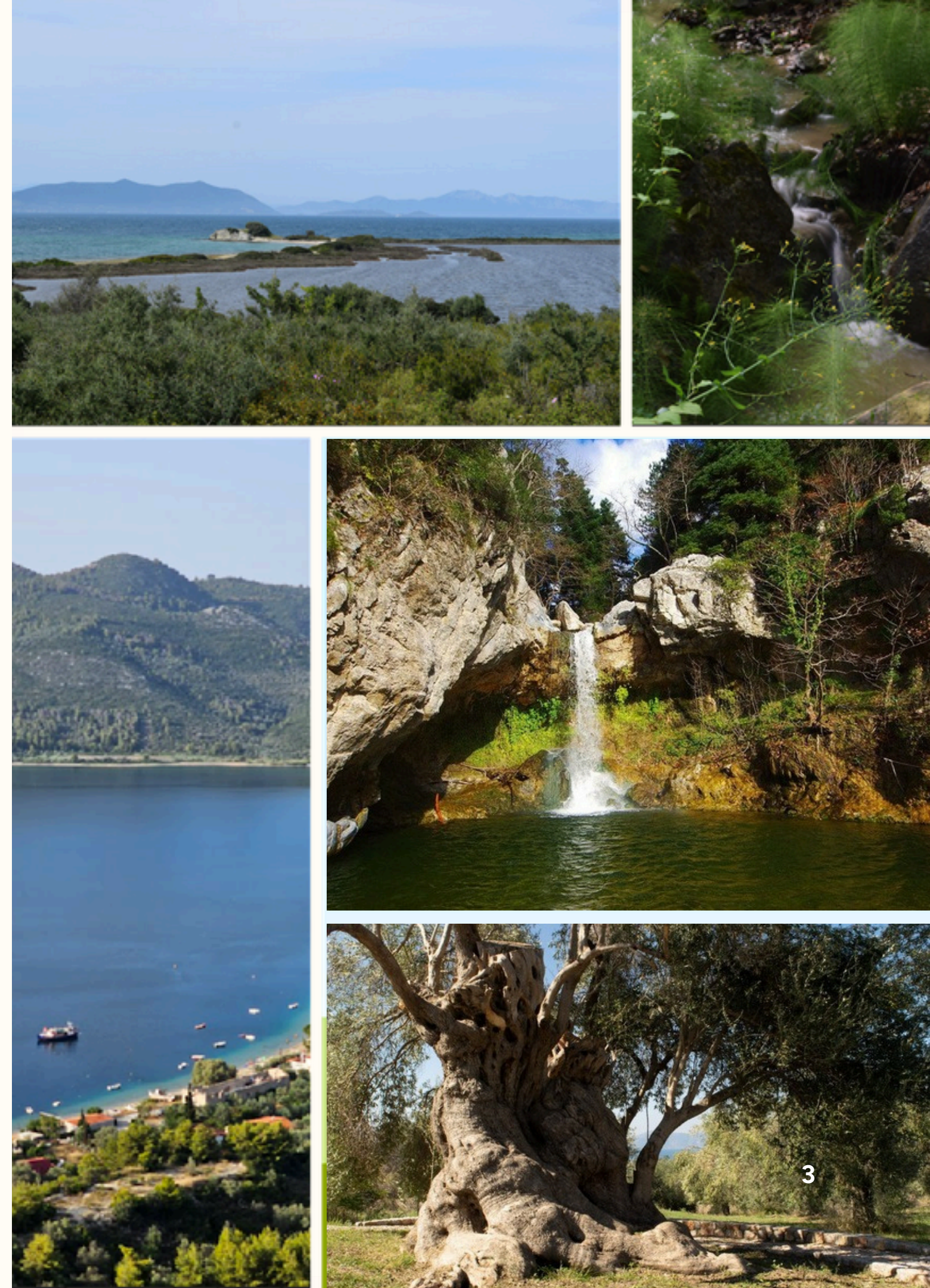
Anandamaya is located in a serene fishing village on the lush northern coast of Evia Island in Greece -just 3 hours by car from Athens.  
Remote enough to disconnect, yet accessible enough for smooth group travel.

The surrounding area offers a rare diversity of landscapes within short distance — forests, waterfalls, thermal waters, quiet beaches, and ancient paths.  
This natural variety allows retreat leaders to gently weave nature-based experiences into their program, whether through movement, silence, exploration, or simple time by the sea.

The area has long attracted poets, seekers, and those drawn to beauty and introspection with its forests, waterfalls, ancient paths, and timeless energy, Evia offers a mystical, grounding backdrop to your retreat.

Private transfers from/to Athens can be arranged upon request.

DISCOVER YOUR  
DESTINATION





# SLOW LIVING RETREAT

"Living better, rather than faster."

This retreat is designed to help you slow down, reconnect with nature, yourself, and the present moment. It is about immersing yourself in a way of life where each moment is savored, stress is left behind, and the body and mind are nourished deeply.

Anandamaya was born from a return to rootedness and a deep listening to the island's natural rhythms. It is shaped by a way of living that honors simplicity, presence, and alignment with nature.

This is not just a yoga retreat, but a fully immersive lifestyle experience. Through living slowly and moving, this retreat invites a small group of like-minded individuals to experience an authentic and immersive way of being, one that gently supports healing, restoration, and a profound sense of belonging.





# YOUR HOME AWAY FROM HOME

Anandamaya is not a venue, it's a lived-in retreat home. A place where guests settle in quickly, feel held by the space, and move through their days with ease and familiarity.

- Shared spaces designed for connection and rest
- Quiet corners for solitude and integration
- Natural light, earthy textures, and simple comfort
- A rhythm that supports both togetherness and privacy
- A home-like atmosphere that invites people to soften

STEP INSIDE







# MINDFUL PRACTICES



YOGA  
MINDFUL MOVEMENT  
MEDITATION  
CREATIVE EXPRESSION  
NATURE CONNECTION







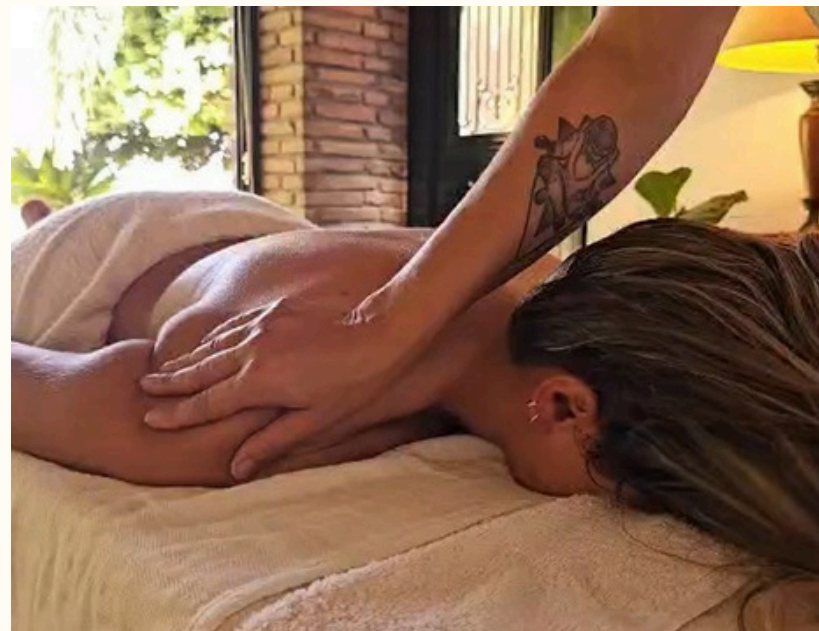
# NUTRITION



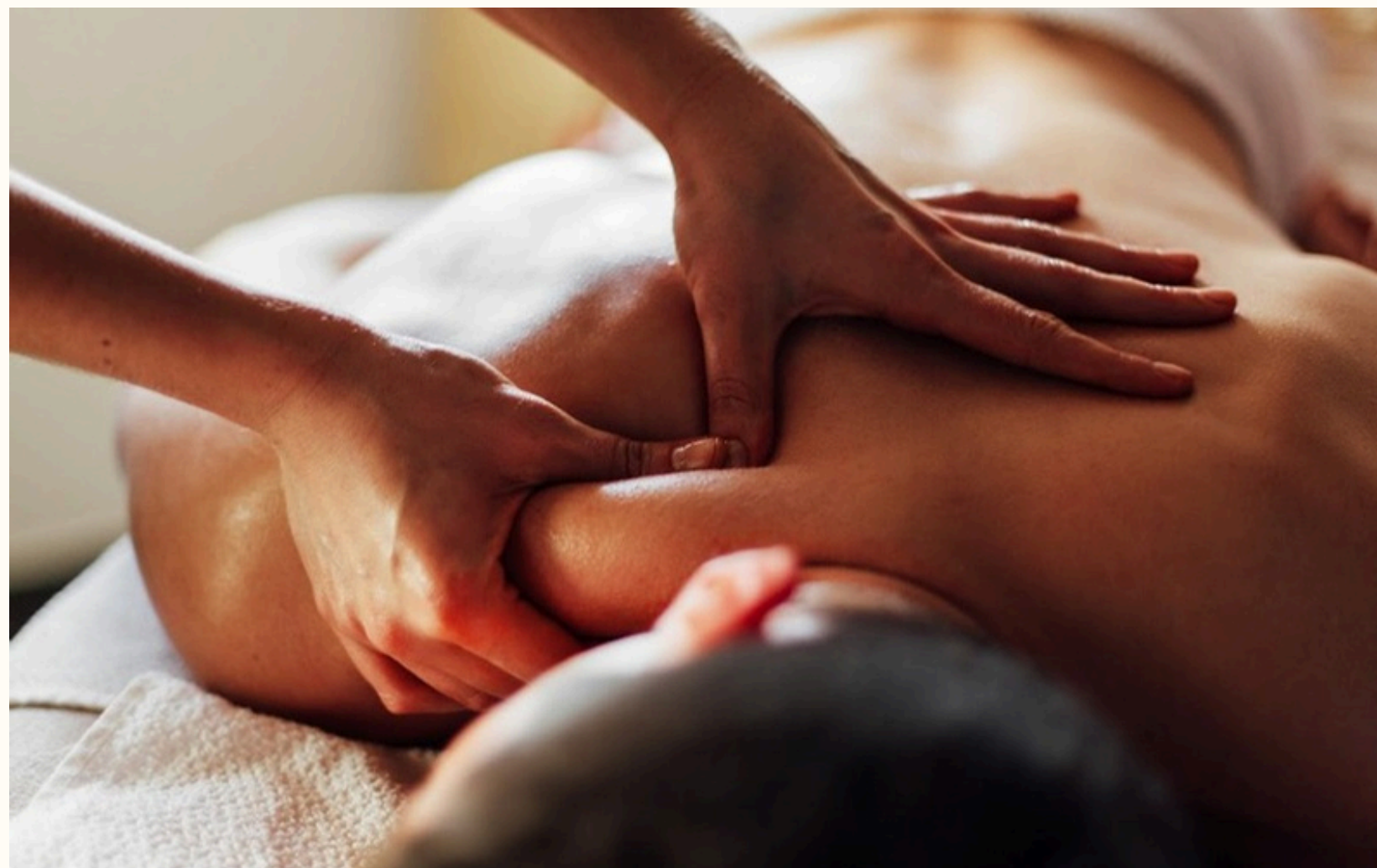
FULL-BOARD  
GREEK-MEDITERRANEAN  
VEGETARIAN  
VEGAN FRIENDLY  
HOME-GROWN VEGGIES  
LOCAL-FARMED PRODUCTS



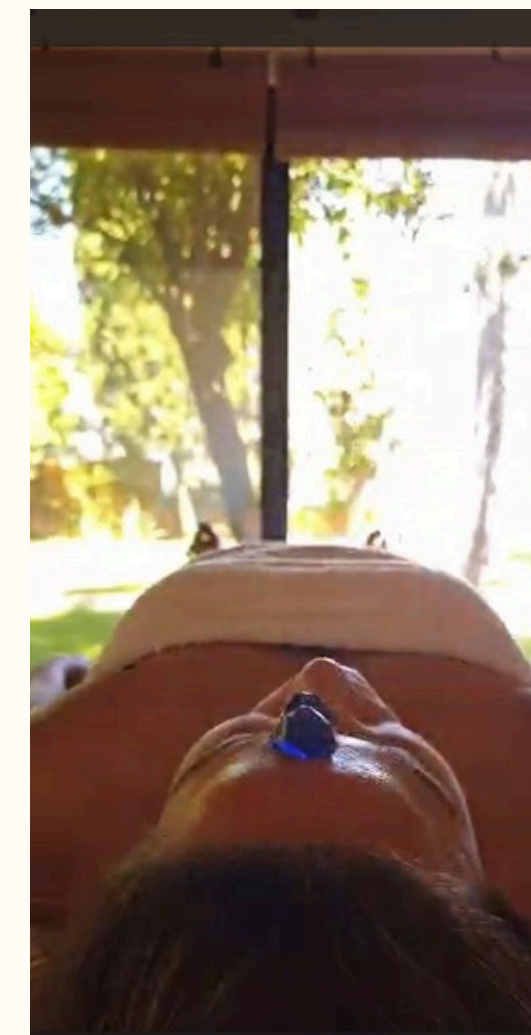




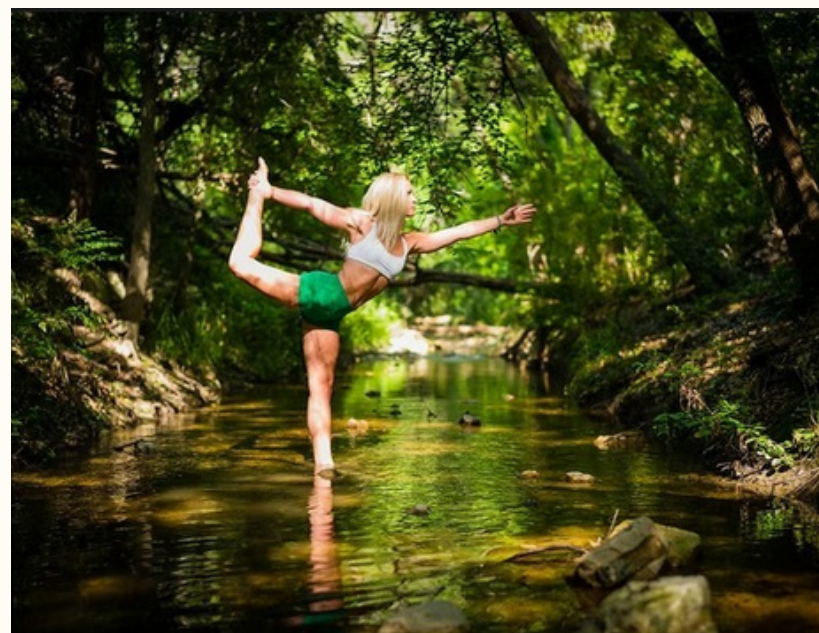
## HOLISTIC THERAPIES



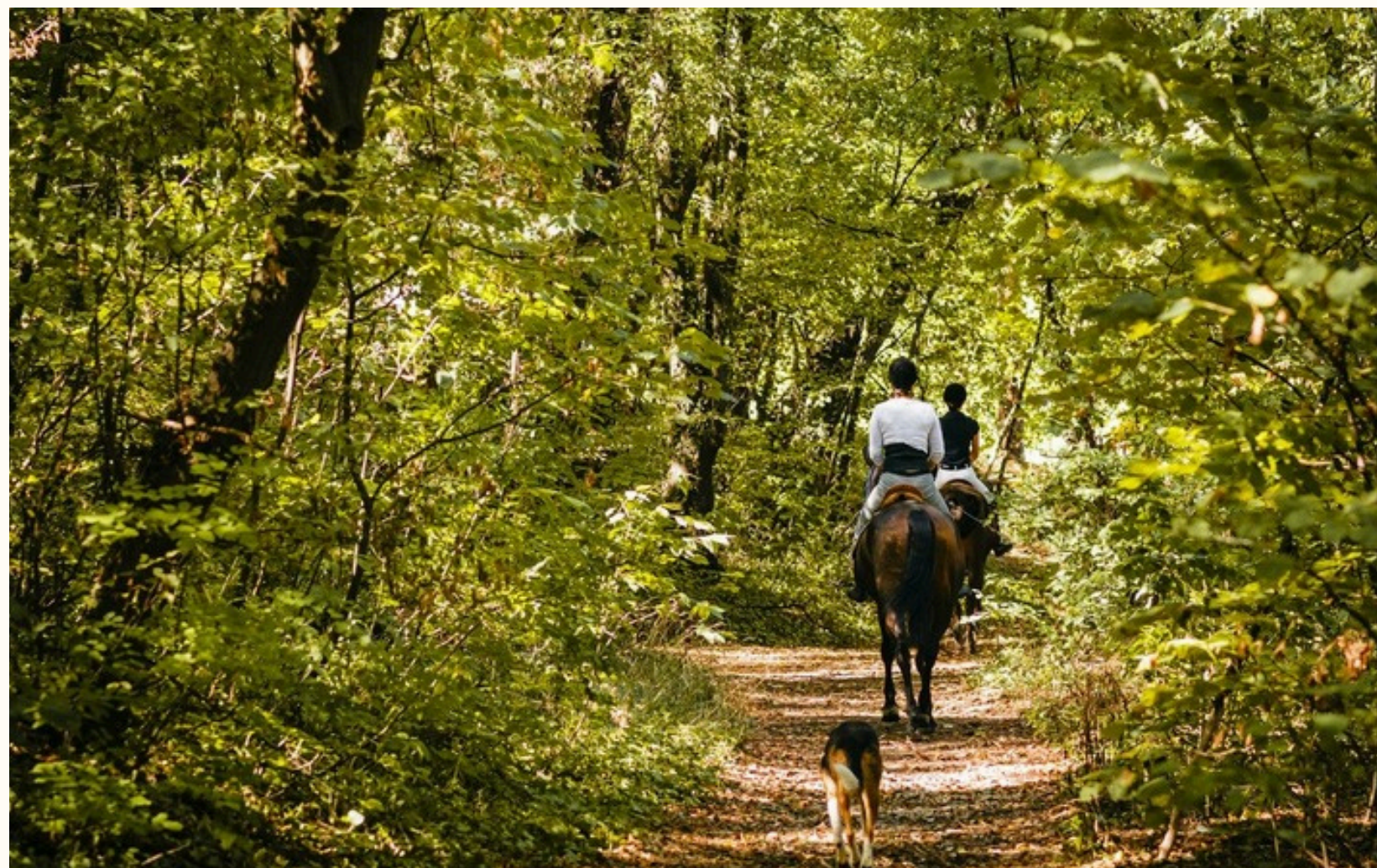
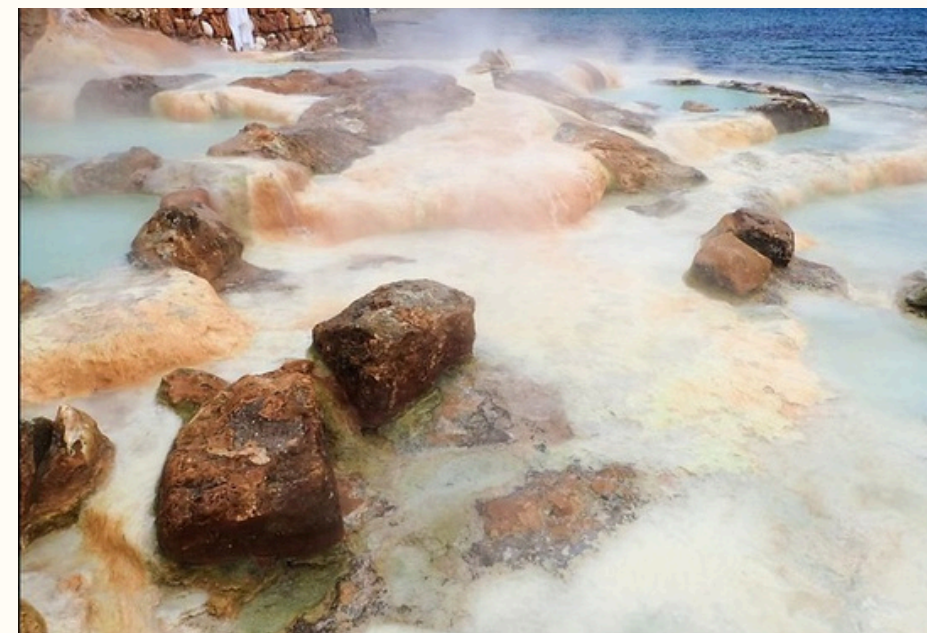
MYOFASCIAL MASSAGE  
REIKI HEALING  
THETA HEALING  
INNER CHILD THERAPY  
LOCAL THERAPIES







## OPTIONAL ACTIVITIES



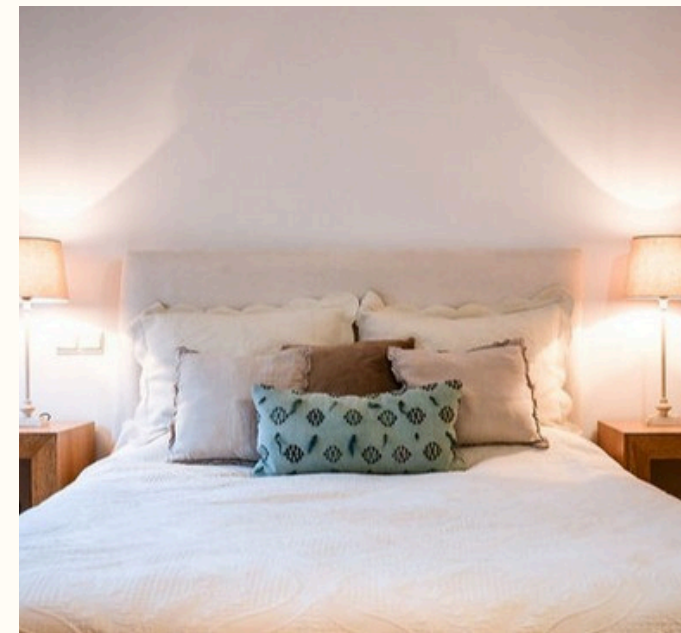
WATERFALL HIKES  
FOREST BATHING  
THERMAL SPRINGS  
SECRET BEACHES  
ANCIENT TREES  
RUINS & MONASTERIES  
SUP







## ROOMS



5 TWIN/QUEEN EN-SUITE  
ROOMS, THOUGHTFULLY  
RESTORED TO OFFER  
SIMPLICITY, COMFORT, AND  
AESTHETIC WARMTH





# SLEEP SANCTUARY

## Judea | Queen Superior Room

Minimal, White, Wood, Natural, Soothing, Cozy  
North-oriented

### Amenities

- 2x Singles or 1x Queen-size bed
- Window with garden view
- En-suite bathroom with shower
- Organic Apivita shower gel & shampoo
- Hairdryer
- Wi-Fi

### Room Price

€ 1100





# SLEEP SANCTUARY

## Aloe | Queen Superior Room

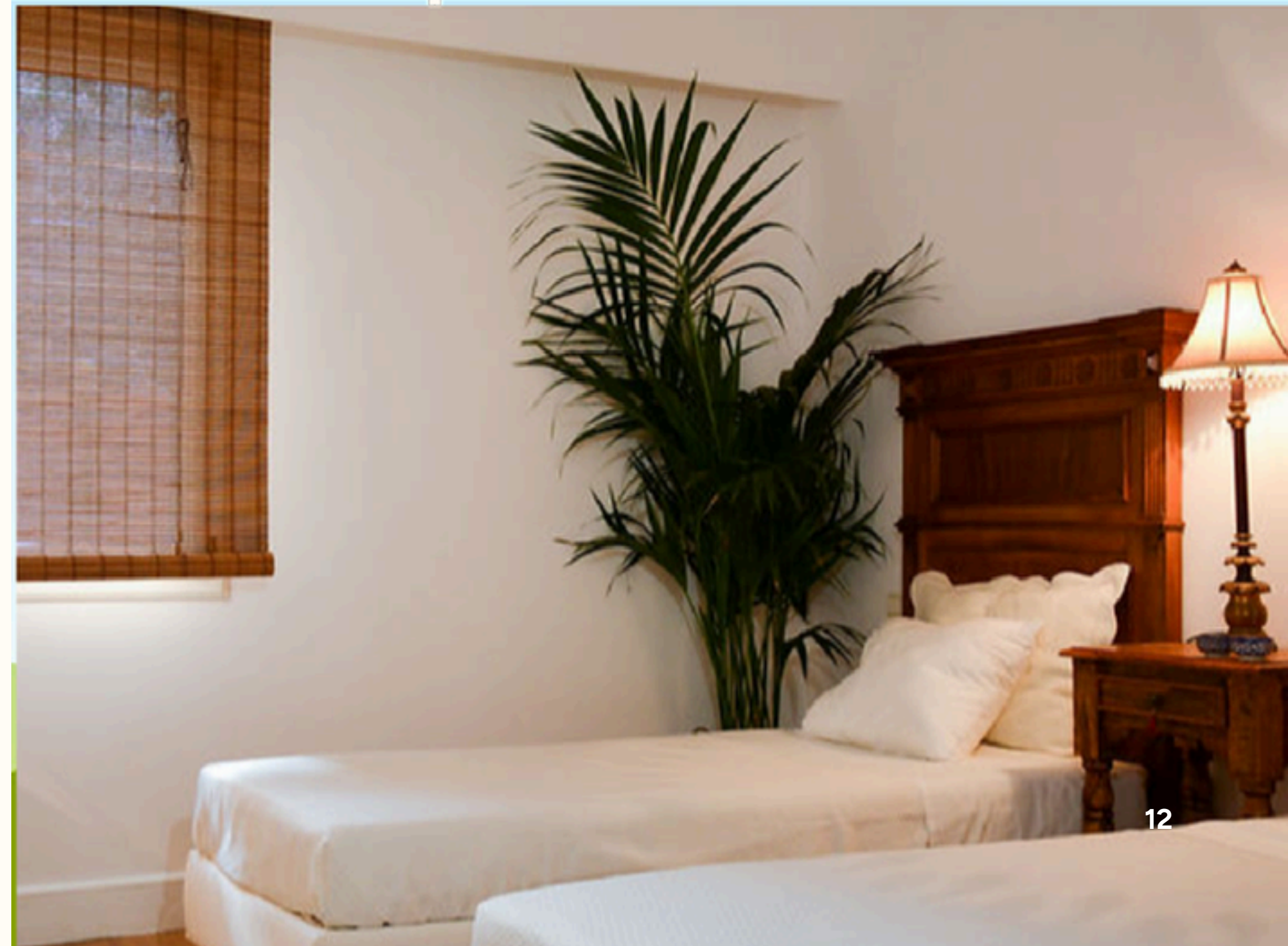
Antique-Tuscanian furniture, Grounding, Rustic, Sacred Stillness South-oriented

### Amenities

- 2x Singles or 1x Queen-size bed
- Window with garden view
- En-suite bathroom with shower
- Organic Apivita shower gel & shampoo
- Hairdryer
- Wi-Fi

### Recommended Price

€ 1100





# SLEEP SANCTUARY

## Cyprès | Queen Superior Room

Boho-Chic, Morning light, Sweet, East-oriented

### Amenities

- 2x Singles or 1x Queen-size bed
- Balcony with forest & village view
- En-suite bathroom with shower
- Organic Apivita shower gel & shampoo
- Hairdryer
- Wi-Fi

### Recommended Price

€ 1200





# SLEEP SANCTUARY

## Levanda | Queen Deluxe Suite

Colonial-Chic, Spacious, Morning light, Softly luxurious Northeast-oriented

### Amenities

- 2x singles or 1x Queen-size bed
- Private terrace with sea & forest view
- En-suite bathroom with Shower
- Jacuzzi - bath tub
- Organic Apivita shower gel & shampoo
- Hairdryer
- Wi-Fi

### Recommended Price

€ 1350





# YOUR HOSTS

## Kons

Konstantinos or "Kons" is the heart behind Anandamaya Retreats and your guide throughout your time here. After years of living in the fast-paced city, he returned to his family home by the sea to embrace a simpler, slower way of life.

He now shares that way of living with others, opening his home and his island to create a space where people can feel grounded, cared for, and inspired.





# YOUR HOSTS

## Natali

Natali brings a holistic approach to well-being, rooted in the connection of mind, body, and spirit. As a co-host at Anandamaya, she helps hold and guide a nourishing container through empowering and joyful movement practices informed by her background in mobility, Muay Thai, yoga, and ecstatic dance.

She weaves these with myofascial massage, Reiki, and Theta healing to support a safe, nurturing space for release, renewal, and integration. Drawing on positive psychology, eco-therapy, and inner child healing, Natali co-curates experiences infused with art, music, and mindful movement; inviting play, healing, and a gentle return to your true essence.





# LET'S CONNECT

If this resonates with your vision, We'd love to meet you and explore how we can co-create something truly meaningful for your students.

You can easily book a short call with me through the link below:

Looking forward to hearing your thoughts and hopefully welcoming you to our island home.

BOOK A CALL