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.

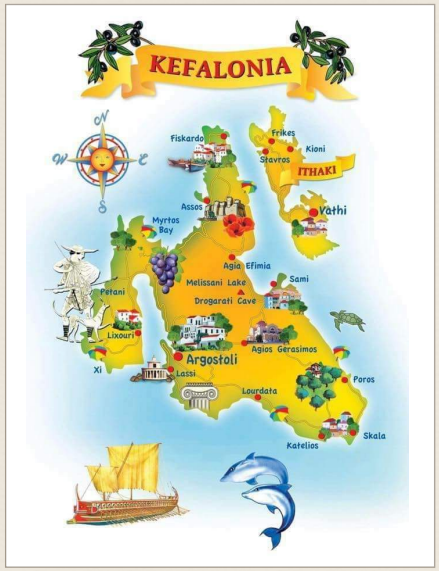
Working with the breath, Movement & Yoga, Qigong and acupressure, and silent evening meditations under the stars.

As well as:

Day trip to Drogarati Caves and Melissani Lake

Day trip to the gorgeous capital, Argostoli

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

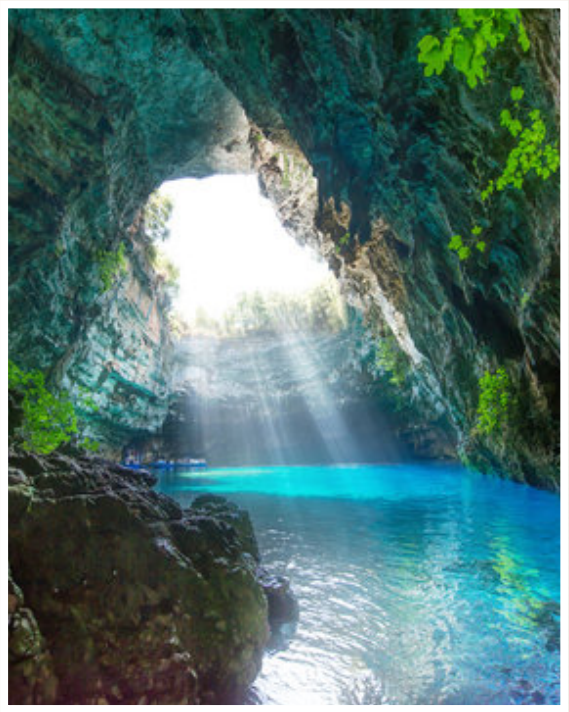
Cat Westwood

07503258670

catwestwood@outlook.com

www.catwestwoodshiatsu.com

YOGA RETREAT KEFALONIA



Wed 2nd - Mon 7th June 2027

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 in Sami
- 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 April 2027.

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** APARTMENT TO SELF

TWO PEOPLE SHARING £1,380** SHARING

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: POSSIBLE BOOKING ON SPECIAL REQUEST

ONE PERSON £TBC

TWO PEOPLE SHARING £TBC**

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.



