

Waterfront

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YOGAQUA RETREAT AT MARPUNTA RESORT GREECE



Back in 2012, Santikos Collection introduced YOGAqua to Greece and over a decade later are delighted to be welcoming back, all the way from California, founder and trainer to the stars, Sarah Tiefenthaler. Along with instructor Courtney Regan, Sarah will host a special retreat at Marpunta Resort on the island of Alonnisos from 12th-16th June.

This highly anticipated retreat will offer the perfect opportunity to relax and re-energize. Guests will receive daily expert yoga instruction (both on and off the water), a delectable array of fresh and locally-sourced Greek cuisine, boat excursion and guided hike of this stunning island.

Alonnisos is a pristine island cloaked in pine forests and sweet-scented wild herbs. Encircled by Europe's largest marine reserve, its turquoise waters are home to endangered Mediterranean monk seals, turtles and three species of dolphin. There's even an underwater museum, where divers can get up close to a shipwreck from 425 BC (the scuba diving here is some of the best in the Med).

Set on a private peninsula on the island's southwest coast, Marpunta Resort feels gloriously secluded but is within easy reach of the best beaches. Built in the style of a traditional fisherman's village, its white-washed buildings peek out from clouds of fuchsia

bougainvillea. Inside, the look is simple but supremely stylish: sleek light-flooded rooms with colour pops of turquoise and tangerine. There's a shimmering pool, a tennis court and of course yoga and paddleboards for exploring the azure coves near the hotel.

For those who might not yet have taken to the water on a Stand-Up Paddle Board and want to learn more, YOGAqua is a natural extension of the timeless practice of yoga, fused with the exciting art of SUP'ing. YOGAqua has gained popularity and a loyal following over the years for its refreshing, exhilarating, and toning effects. With yoga taking place on paddle boards on the water (don't worry, you're anchored down so you won't drift!), guests perform poses and engage muscles which in turn increases strength, endurance, and muscle tone.

Sarah Tiefenthaler, owner and founder of YOGAqua, completed her initial yoga teacher training in Costa Rica where she focused intensely on the philosophy of yoga as well as meditation practices. On returning to LA she continued her journey and focused on human anatomy and alignment in relation to yoga. Yearning for a way to combine her love of yoga and connection to nature, she pieced together her passions and began experimenting with yoga poses on boards – YOGAqua was born.

YOGAQUA RETREAT 12TH-16TH JUNE 2024

4 nights at Marpunta Resort, Alonnisos from £2,180pp (double occupancy) £2,615pp (single occupancy). Price includes accommodation on a half board basis (breakfast and dinner), all transfers from Skiathos Airport, semi-private SUP yoga session, 5 'land' yoga sessions, boat excursion, guided hike, yoga mats, props and SUP rental.

To book, or for further information visit www.santikoscollection.com or email reservations@santikoscollection.com.