

UPSTATE

EVERYTHING YOU NEED TO KNOW ABOUT
GREECE 2025



HELLOO EURO SUMMER!

YASSOU! 🇬🇷

It's almost time! Your Upstate Greece Retreat is just around the corner, and we can't wait to move, relax, and explore with you.

This guide has everything you need to know—how to get there, what to pack, and what to expect.

Let's get you prepped for a week of sun, sweat, and stunning views!



PAYMENT DETAILS

SECURE YOUR SPOT!

To lock in your place (and your dreamy sea-view room!), a \$500 deposit is required.

- You'll receive an invoice with payment details after you have registered.
- The deposit is non-refundable and must be paid within 7 days of receiving your invoice.

HOW TO PAY

We accept both credit cards and bank transfers. More details on your invoice!

REMAINING BALANCE

- 50% due 90 days before the retreat start date.
- Final balance due 60 days before the retreat start date.
- Full T&Cs here: [Retreat Terms & Conditions](#)

Let us know if you have any questions—we're here to help!



WHEN + WHERE (AND HOW TO GET THERE!)

WHEN + WHERE

Location: Aegialis Hotel & Spa, Amorgos, Greece

Retreat Dates:

- August 19–26, 2025
- Check-in: 3:00 PM on arrival day
- Check-out: 11:00 AM on departure day

We'll kick things off with a welcome dinner on the first night, and wrap up the retreat with a morning class + breakfast on the last day.

GETTING TO AMORGOS

Transfers between the Amorgos port & hotel (on arrival + departure) are provided by the resort.

Ferries to Amorgos:

- Ferries + high-speed boats run from Athens & nearby islands.
- Check schedules & plan ahead — ferries can book out in summer!
- Full ferry info here: [Aegialis Travel Guide](#)

Flight Tips:

- Nearest airport: Athens (ATH)
- We recommend arriving in Athens at least a day early to explore & avoid travel delays.

Psst – want to extend your stay at Aegialis? Let us know—we'll help book extra nights!



WHERE YOU'RE STAYING

You'll be calling Aegialis Hotel & Spa home for the week – a luxury retreat destination with panoramic sea views, fully equipped yoga studios, and a serene spa to unwind in.

Resort highlights:

- Infinity pool with insane views
- Fully equipped movement studios
- Spa & wellness center (discounted treatments included!)
- Gorgeous rooms with balconies
- Restaurant serving fresh, local Greek cuisine

And did we mention? Every room has a sea view, so you can wake up, breathe in that fresh island air, and start your day in paradise.



OTHER DEETS ABOUT THE RETREAT

WHAT TO PACK

- Sunscreen & hat (Greek sun = STRONG)
- Water bottle (stay hydrated!)
- Book or journal (for chill time)
- Bug spray (just in case)
- Any meds you need
- Activewear (for Pilates + yoga)
- Swimsuit (or two!)
- Comfy sneakers (for hiking & exploring)
- Flip-flops (for pool + spa days)

WHAT'S INCLUDED

- 7 Nights accommodation
- Daily classes
- Hiking Tour
- Breakfast + Dinner Daily
- Transfers upon arrival and departure on Amorgos (port-hotel-port)
- One 30' relaxing massage
- 10% discount on Face and Body treatments at Lalon Idor Spa
- Use of Lalon Idor Spa facilities (sauna, hammam, jacuzzi, indoor seawater swimming pool, fitness center)

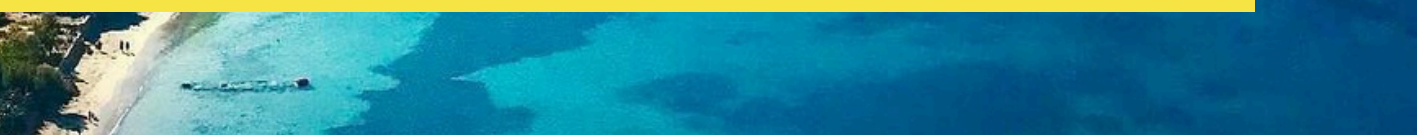
WHAT'S NOT INCLUDED

- Airfares
- Travel + medical insurance
- Extra food + drinks outside set meals
- Extra excursions + experiences
- Tourist accommodation tax

STAY CONNECTED

We'll set up a WhatsApp group closer to the retreat so we can coordinate, share tips and hype each other up!

Got a friend who'd love to come? Book together and save \$100 each!



FAQ'S

HOW DO I SECURE MY SPOT?

Register and once we have received your deposit, your spot is secured! We can only hold your place for 7 days without a deposit so please plan accordingly.

DO I NEED TO HAVE A REGULAR YOGA/ PILATES PRACTICE OR FITNESS REGIME TO ATTEND?

Our Upstate teachers are experts in delivering classes with plenty of modifications, so no matter your experience level, you will be able to enjoy the feeling of moving with the group. Classes are also completely optional. So if you do decide that a book by the pool or a rest in your peaceful bedroom is what's calling you most, go for it!

I HAVE SPECIAL DIETARY REQUIREMENTS. CAN THAT BE ACCOMMODATED?

Of course! We will cater to all your food requirements. You can relax knowing your special requirements will be taken care of. Please let us know in advance of any dietary requests.

ARE FLIGHTS INCLUDED IN THE RETREAT PRICE?

Flights are not included in the price. Guests are responsible for booking their own flights.

HOW DO I GET TO THE RETREAT FROM THE AIRPORT?

Upstate private transport is available upon request.

WHAT IF I NEED TO CANCEL? WILL I GET MY MONEY BACK?

If you cancel 90 days or more prior to the retreat, you receive the full amount paid with exclusion of the non-refundable \$500 deposit.

If you cancel 60-31 days or less prior to the retreat, you will forfeit 50% of all payments made towards the retreat.

We cannot offer refunds for cancellations within 30 days of the retreat.

CAN I BOOK WITH FRIENDS?

Yes! Let us know you'd like the shared room option together and we can make it happen.

FAQ'S

CAN I COME SOLO?

Absolutely! Coming solo to a retreat is an awesome way to dive deep into self-care and meet some new like-minded people.

CAN I STILL GET A SPOT IF IT'S SOLD OUT?

Join the waitlist by contacting us, and be the first to know if a spot does become available!

DO I HAVE TO BE AN UPSTATE MEMBER TO ATTEND?

Nope! All are welcome.

WHAT IS THE AGE RANGE OF ATTENDEES?

We welcome all ages 18+ to attend and enjoy retreats.



**GET
ON
UP**