



Unleash RETREATS

Emporio, Santorini
26th May - 30th May 2027

Movement and connection created to
unleash the best version of you.

unleashmovement.co.uk

Santorini. An island with so much to offer - beauty, calm and adventure. As soon as you arrive you'll feel instantly open and relaxed.

Join Olivia for a packed out five days, starting each day with morning movement, enjoying a planned activity throughout the day and ending the evening with a delicious dinner.

You'll stay in a beautifully restored traditional winery carved into the cliffside with sea views, jacuzzi and within walking distance to the nearest town, Emporio.

This really is a chance to explore how you can show up for yourself, find new connections and unleash you.



What to expect:

4x nights accommodation

Daily morning movement (barre/yoga)

Daily light breakfast

1 x Restaurant meal

1 x Gyros night!

1x Private dining experience*

Guided walks

Airport transfer

See draft itinerary on the following pages.

Add ons (not included in the price):

All other transfers (please ensure to bring cash for this)

Flights

Lunch

Beach club

Volcanic Island Cruise and Hot Springs

Wine tasting

Please read final page for booking information. Deposits are non refundable and rooms are offered on a first come first served basis.



For 2027 we are including a very exciting private dining experience from the comfort of the villa!*

A typical itinerary*

	Day 1	Day 2	Day 3	Day 4	Day 5
AM	Barre	Yoga	Barre	Yoga	Barre, Yoga & Meditation
DAYTIME	Hike up (and back down) to Pyrgos - enjoy the views in the highest town of Santorini, also known as the food capital of the island.	Catamaran Cruise visiting the volcanic islands and hot springs of Santorini.	Hike from Fira, the capital of Santorini to Oia, the most beautiful place with stunning views. Enjoy lunch at Ammoudi Bay.	Beach club day!	Your own free time - maybe there is something you'd like to see or you'd like to visit Kamari for it's beaches.
PM	Following a wine tasting with a local winery, dine within the cliffside at one of Santorini's stunning restaurants.	Gyros night!	Hop in the jacuzzi and if there's somewhere you've been eyeing up for dinner, now is your chance. Equally stay in and visit the supermarket or local restaurants for dinner.	Private dining experience with <u>Chef Giannis Papaevangelou</u>	Transfer back to the airport or go on to your next destination.

Please note that this may vary depending on flight times, weather and other variables*

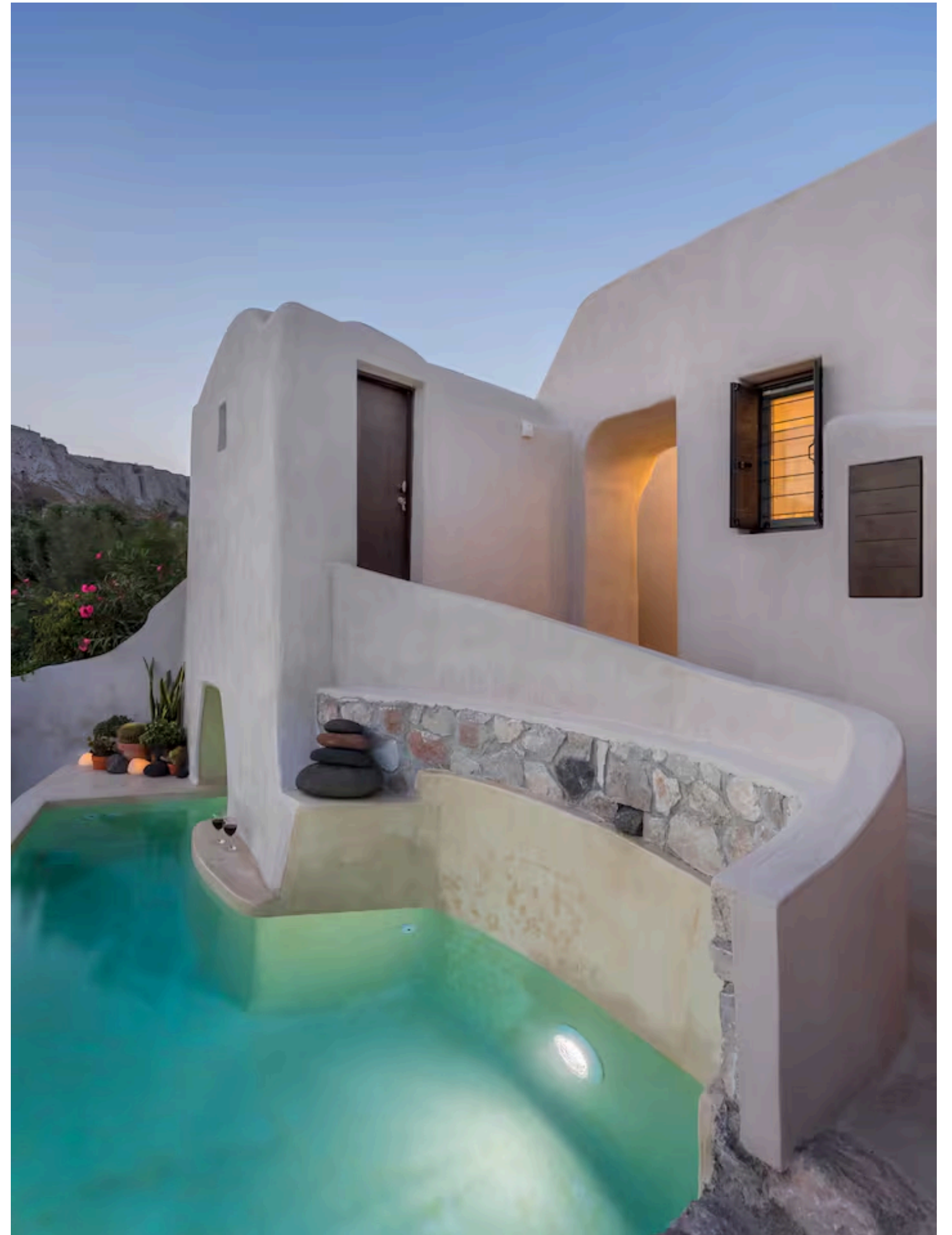
Accommodation. The main villa is divided into three apartments. There are also three apartments tucked behind the villa.

Each apartment has air con, it's own kitchenette and bathroom.

A handful of rooms are private but the overall set up is open plan. Private rooms will be highlighted on the following pages.

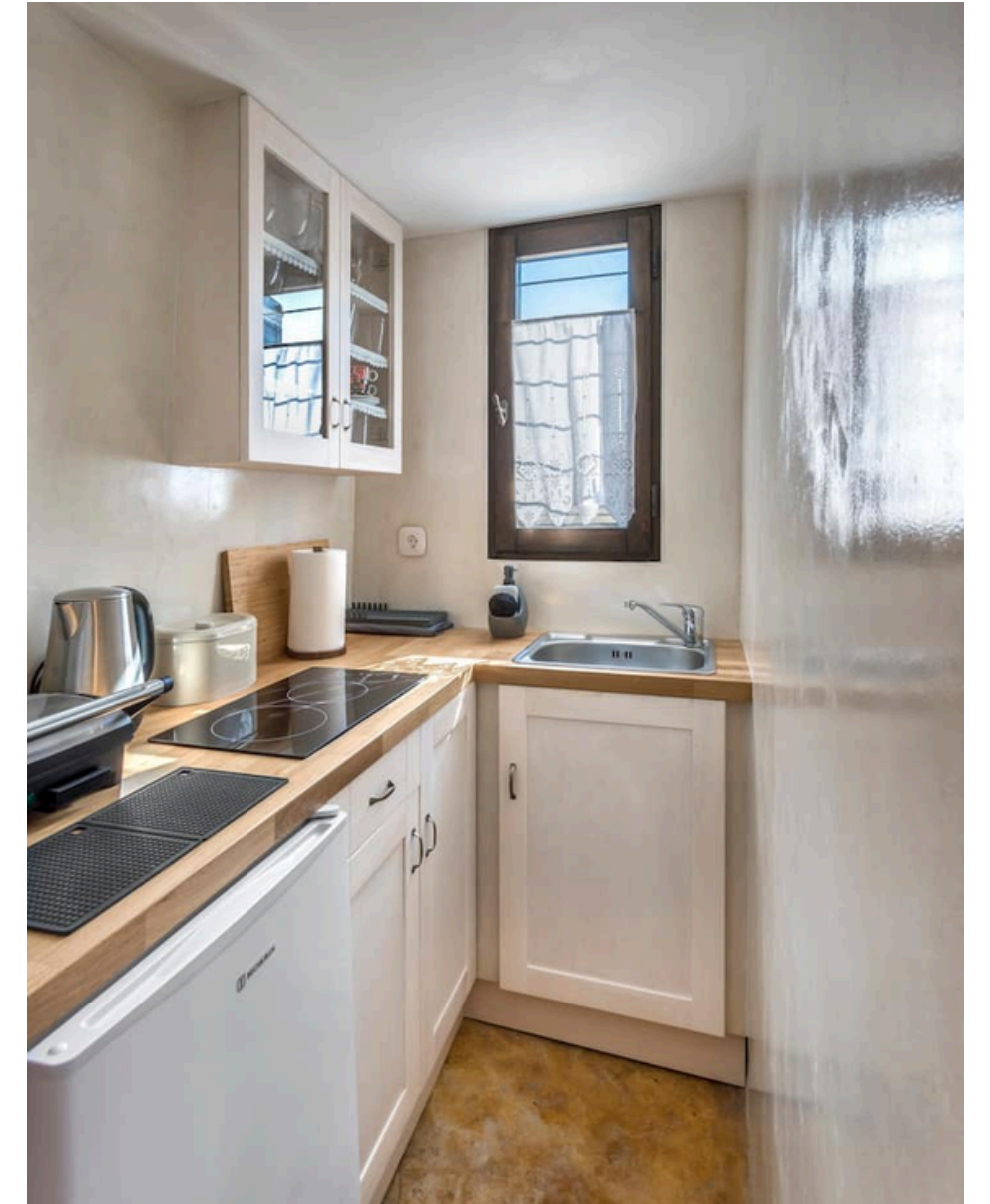
Rooms are offered on a first come first served basis. To secure the room you'd like it is advised to book as soon as possible.

If you have someone that you know coming on the trip you can request to be together and it would be ideal if you could share a room. If you prefer not to share this is possible for an additional fee.



Villa 1

Double sofa bed



Villa 1

King Bed & En-suite



Villa 2

King Bed with En-suite

Please book as a pair



Villa 2

2 Single Beds + 1 Double Sofa Bed
Toilet & Shower Unit



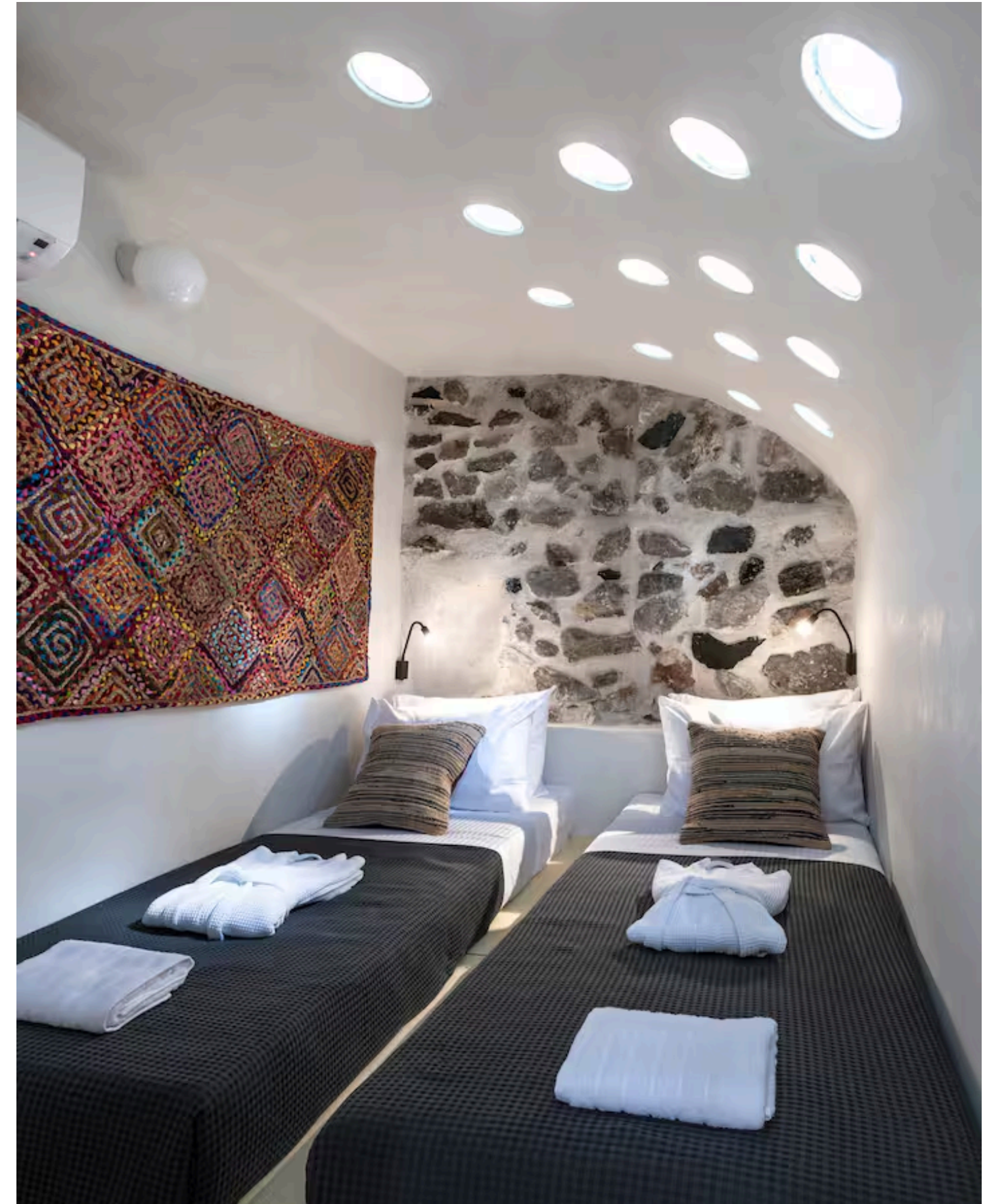
Villa 3

Queen Bed with En-suite



Villa 3

Singles with bathroom connected
(this can be for one or two)



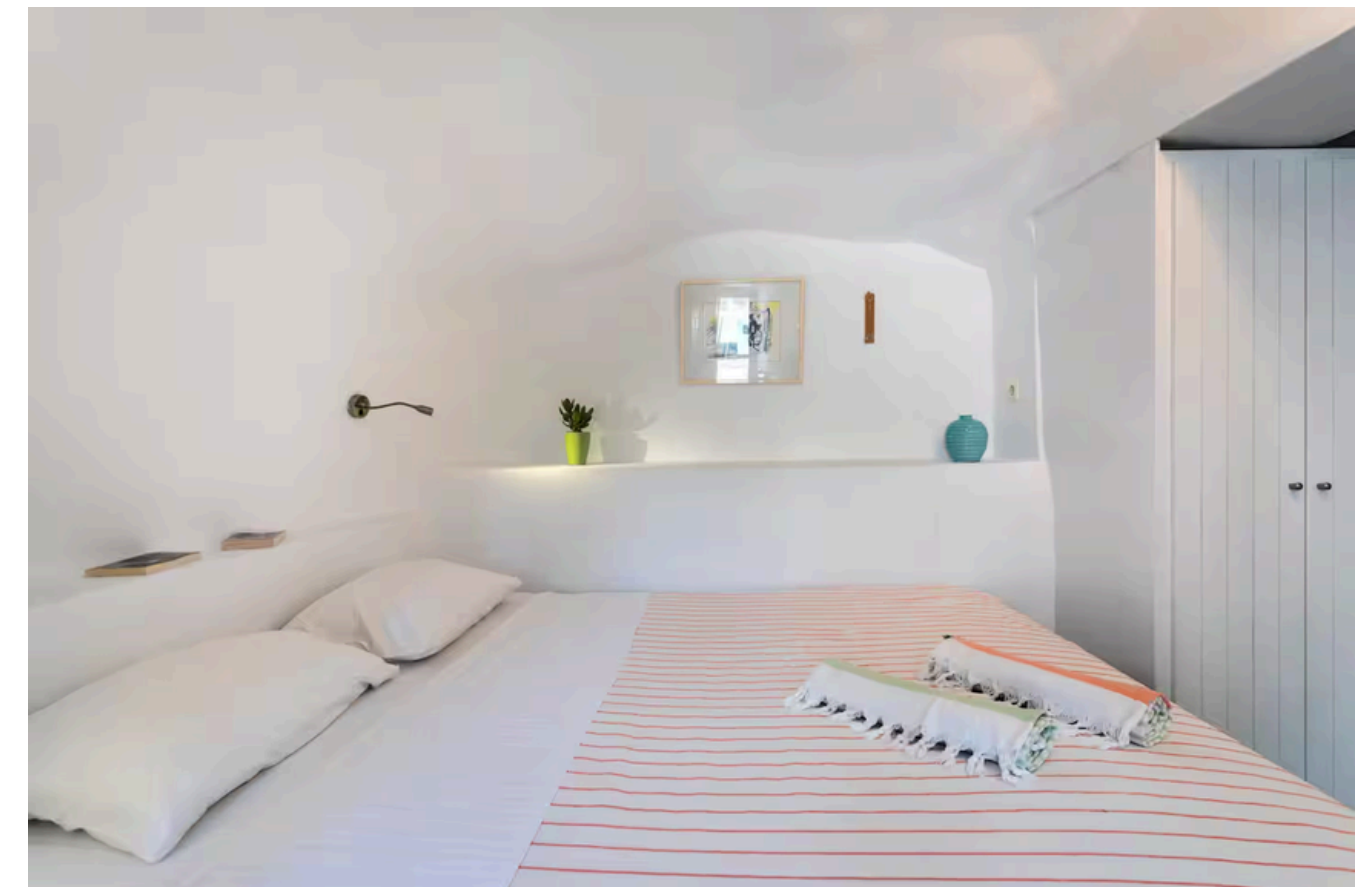
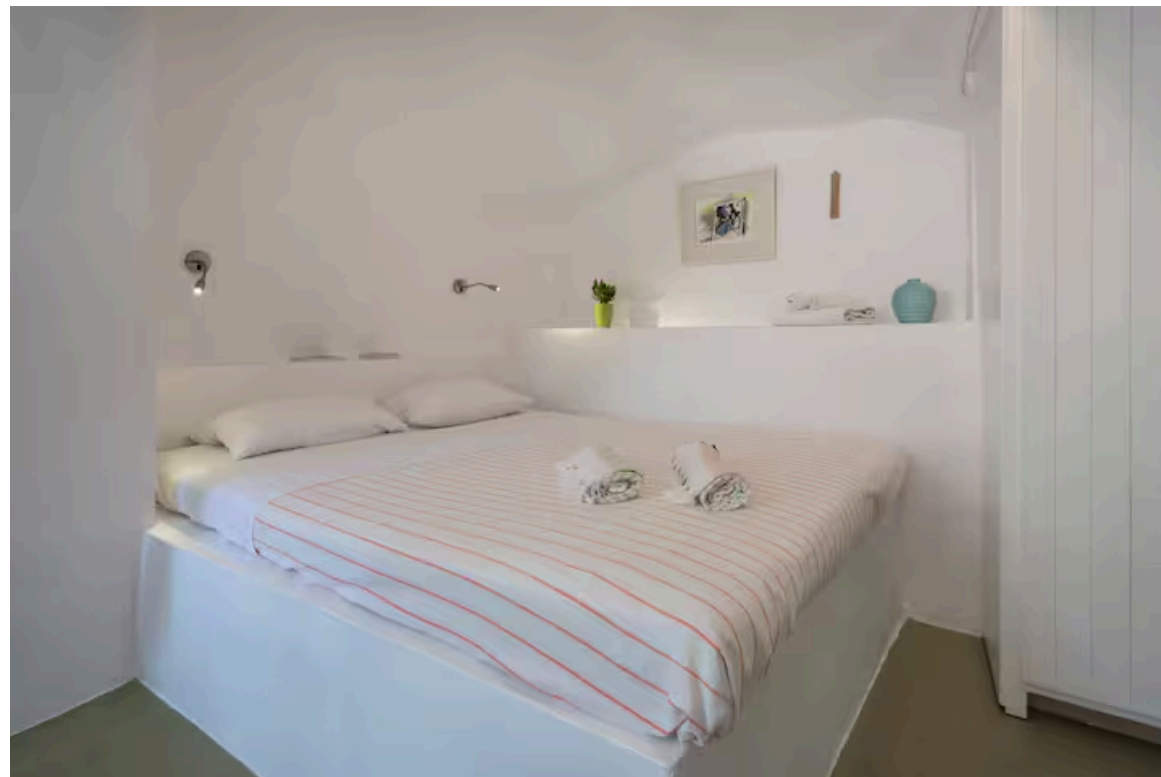
Villa 4

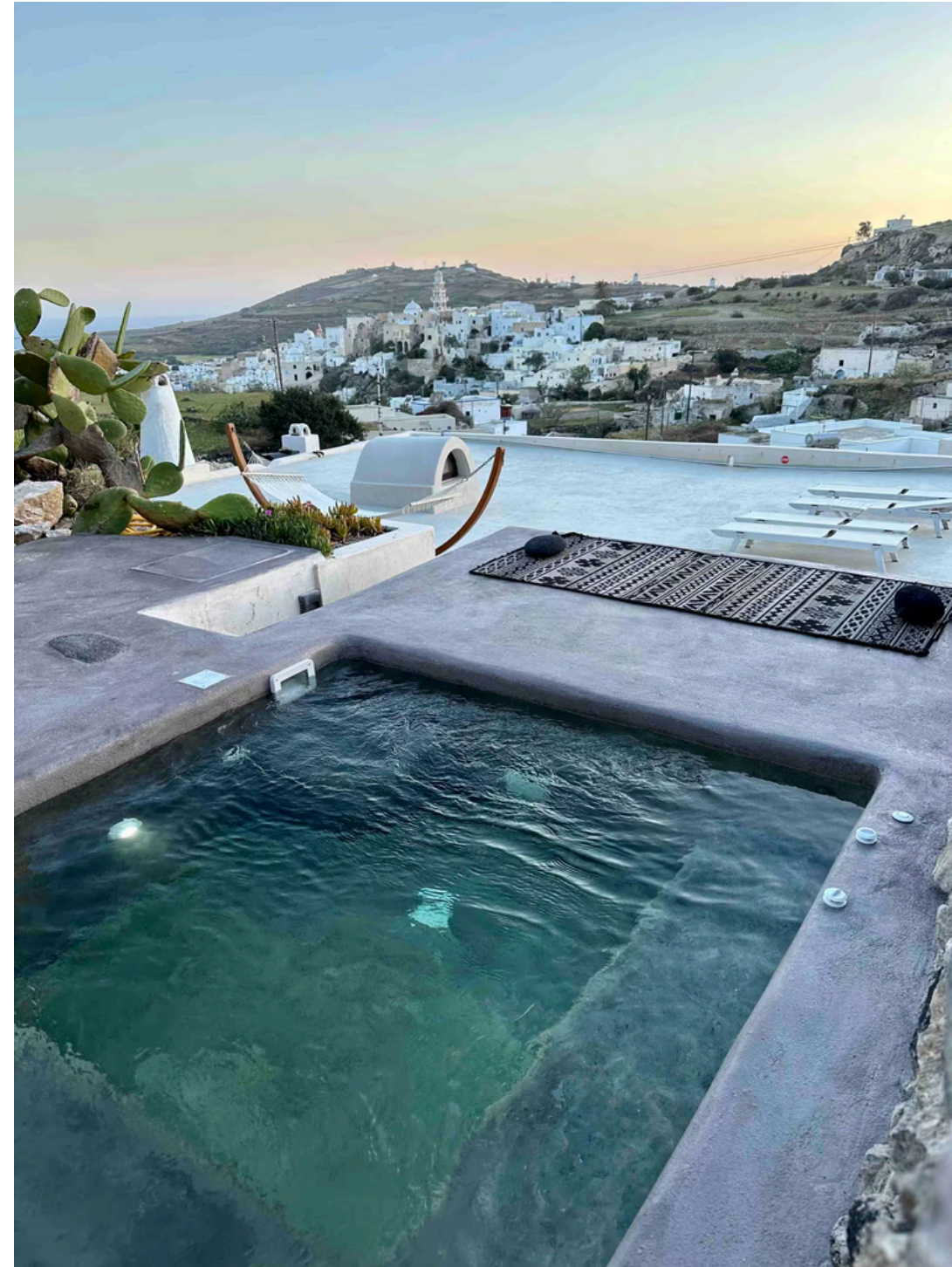
2 Doubles (more privacy)



Villa 5

1 Double (more privacy)





Communal dining area, 2 dipping pools, 1 heated jacuzzi, rooftop terrace

Villa 2 Kitchen



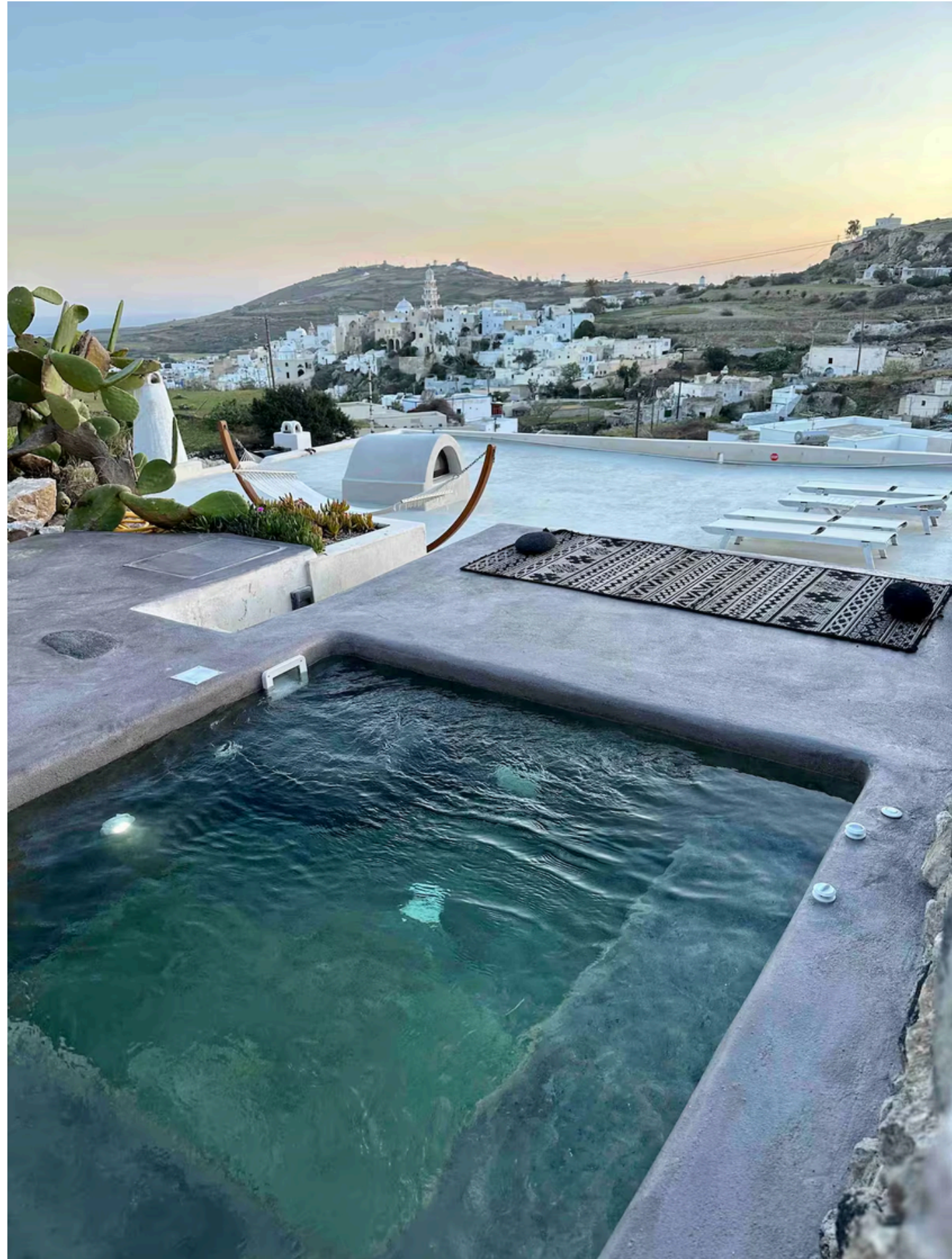
Villa 3 Kitchen



Why Unleash?

Unleash is more than just a retreat. It's a movement. A chance to reconnect with your body, your power, and your purpose — all while immersed in one of the world's most inspiring islands.





What to expect from Unleash Yoga

Olivia qualified as a 200 hour Yoga Teacher with Empowered Yoga School, so expect an empowering yoga flow. Olivia will guide you through:

- Breathing techniques
- Vinyasa style flow, sun salutations & hands on assists
- Guided meditation

What to expect from Unleash Barre

Olivia has four years' experience teaching barre at London's top boutique studio, Psyche, trained by world leading choreographers (including the back up dancer for Kylie Minogue!)

- A full body workout
- Low impact & high energy
- Beach club music vibes

Here is what our 2026 retreaters had to say:

“Olivia, what can I say, thank you so much for organising such a fabulous yoga retreat. Everything was so thoughtfully planned, and it was such a joy to spend time in such a beautiful place with such great company. The barre and yoga were great alongside the giggles we had. Thank you again for creating such a memorable retreat – I loved every minute of it.”

“Thank you for all the incredible food you cooked for us, the Unleash treat bags, organising countless transfers, sharing cocktails, taking us on hikes, and somehow still having the energy to motivate us through Barre + yoga every single day. But best of all was having YOU as our host, I genuinely wouldn't have wanted to share the experience with any other group.”

“Thank you Olivia for organising and bringing together such a lovely group of people.”

“I had the best time ever, such an amazing location and group. I surprised myself so much and was way out of my comfort zone and have you all to thank for an amazing time!”

“In all honesty, I'm lucky to have spent such great time with a wonderful group of fun, interesting, and hilarious, people and I'd do it again in a heartbeat (if you'd have me).”

“It was truly such a fantastic week. Thank you so much Olivia for organising everything and for all the extra touches that made it so special. Loved getting to know everyone — you're all such an amazing group of people.”



Bookings

Price per person: £1700

To secure your booking

Email: unleasholivia@gmail.com

Subject line: 'Santorini Retreat 2027 Reservation'

Draft message: Hey Olivia, I'd love to secure my booking for the Santorini Retreat 2027. My room preference is "...". I understand that my booking will be confirmed once my deposit of £500 is placed and that the deposit is non refundable. Thanks so much!

For the room preference please quote e.g. 'Villa 3 Singles'.

Please understand rooms are on a first come first served basis. We recommend booking early to secure the room you'd like.