

Mykonos Connection

RETREAT

with Lauren Anne

25-30 SEPT 2024



LAUREN ANNE

*A unique, luxury oasis in the
heart of Mykonos.*

**CHOOSE PEACE &
RELAXATION, SEEK
EXCITEMENT OR
BETTER YET FIND
BALANCE IN HAVING IT
ALL!**

**PERFECTLY LOCATED
JUST 10 MINUTES
FROM THE TOWN,
CHARISMA HOTEL &
WELLNESS SUITES
WILL BE OUR HOME
FOR THIS RETREAT!**



Day One

WED 25 SEPT

Arrivals/ check in from 3pm

7PM - Dinner (*optional*)*

8PM - Welcome Circle & Sound Healing

Day Two

THURS 26 SEPT

8:00AM - Meditation & Vinyasa
Yoga

9:30AM - Breakfast

6PM - Alignment Workshop

7PM - Dinner

8PM - Yin Yoga

Day Three

FRI 27 SEPT

8AM - Ashtanga Half Primary Series

9:30AM - Breakfast

FREE DAY

**itinerary is subject to change*

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Day Four

SAT 28 SEPT

9AM - Deep Stretch Class

10:30AM - Breakfast

1:30PM - Lunch

5:30PM - Inversions Workshop

7PM - Dinner

8PM - Yoga Nidra & Sound Healing

Day Five

SUN 29 SEPT

8AM - Meditation & Dynamic
Vinyasa Flow

9:30AM - Breakfast

5:30PM - Breathwork & Sunset Yoga

7PM - Dinner

8PM - Closing Circle

Day Six

MON 30 SEPT

8AM - 108 Sun Salutations

9:30AM - Breakfast

12PM - Checkout & Departures

A photograph of a breakfast table. In the foreground, a white plate holds two avocado toast slices topped with a poached egg and black sesame seeds. In the background, there are pancakes with fresh raspberries and blueberries, a glass of orange juice, and a white coffee cup. The table is made of light-colored wood.

What's included...

**5-NIGHTS' STAY IN A SEA
VIEW LUXURY ROOM AT
CHARISMA HOTEL &
WELLNESS SUITES**

**GROUP AIRPORT
TRANSFERS ON THE
RETREAT START/END DATE
IN LINE WITH THE
ITINERARY**

**DAILY HEALTHY &
NOURISHING BREAKFAST,
LUNCH OR DINNER**

**DAILY GROUP YOGA,
MEDITATION &/OR SOUND
HEALING SESSIONS**

**2 SPECIALISED
WORKSHOPS**

**FULL ACCESS TO GYM
FACILITIES**

**GIFT BAG & RETREAT
BOOKLET**

The Package

SINGLE OCCUPANCY

15,670 AED / \$4,265 USD

DOUBLE OCCUPANCY

8,335 AED / \$2,270 USD per person

*Flight & visa costs are not included!
Please ensure you check your eligibility/
requirements for obtaining a visa/ETA.*

Your Host

Lauren Anne is a strong believer in **balance, unique experiences** and the **importance of connection** (not only to others but also to yourself).

As a Yoga Teacher, Sound Healer & Life Coach with a background in Psychology and life in the corporate world, Lauren Anne takes a 360 degree approach to planning retreats with not only the hope that it will be enjoyable but rather, that it will be **life changing!**

Contact me...

Whatsapp
[+971562598117](https://www.whatsapp.com/chat?phone=971562598117)

Email
info@laurenannewellness.com

Instagram
[@laurenanneyoga](https://www.instagram.com/laurenanneyoga)

Why you should join...

(...from just some of the hearts of those who have!)

Lauren held all of us, created a space where everyone felt **safe to be vulnerable**, to crack open our hearts, to let the tears flow, and to let the **laughter and joy go unbridled**. I met my inner child over and over again, and have **formed lifelong friendships** with souls I am so fortunate to know and care for.

It was **a retreat of dreams** — one that will allow each one of us to move forward with even more love and growth in our lives. **Truly, deeply life-changing.**

She packages everything together so well, and **makes everything seamless**. No one had to worry about anything, she has solutions for everything, and pleasant surprises all the way through

"I've never felt so inspired by someone."

"The retreat is **an unforgettable moment of my life!** And of course all the activities and adventures were amazing - but, sharing it with Lauren and the group is what made it unique!"

Always **fully present and engaged** with all of us. That was so beautiful!

Lauren creates a **magical energy** between the group and holds space for each and every one to share and be open to the experience. She makes all **feel welcome, safe and free** to express themselves.

I have done other retreats in the past and this by far is the best one Lauren you made everyone feel like they are hosted in your own home though it was an international retreat.

How to join...

As always, spaces are limited to keep the group intimate allowing me to spend quality time with each of you.

Please request an invoice by connecting with me and providing your full name, phone number & email...

Whatsapp - +971562598117
Email - info@laurenannewellness.com
IG - @laurenanneyoga

Please note... Every retreat is not for everyone and it is important to me that although the group is dynamic it is also cohesive.

For this reason, if we have yet to meet, please visit my website to fill out an application form and I will get back to you as soon as I can.