

UPSTATE

EVERYTHING YOU NEED TO KNOW ABOUT
GREECE 2026

HELLOOO EURO SUMMER!

YASSOU! 🇬🇷

We're so excited for a week of adventure, connection + movement in Greece.

This guide has everything you need to know – where you are going, what to pack, and what to expect.

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



EXPERIENCE GREECE

This retreat isn't just about relaxation, it's your launchpad for adventure, connection, and movement!

Embrace the vibrant spirit of Greece with a guided hike through the charming Aegiali villages, led by a local expert who will bring the island's stories to life.

Walk scenic trails that weave through whitewashed buildings, framed by picturesque views of the sea, mountains and lush greenery.



Back at the resort, unwind with full access to the resort's spa facilities, perfect for a post-hike recovery session or simply soaking in the serene, dreamy atmosphere.

Lounge by the pool, utilise the gym space and enjoy the freedom to decide where you want to eat lunch each day.

Sweat it out, make new like-minded friends and take time for yourself at Aegialis Hotel & Spa.

UPSTATE

GET SET FOR ADVENTURE

Practise all your favourite class styles including Reformer, Mat Pilates, Power Flow and Yin Yoga, all led by our experienced Upstate instructors.

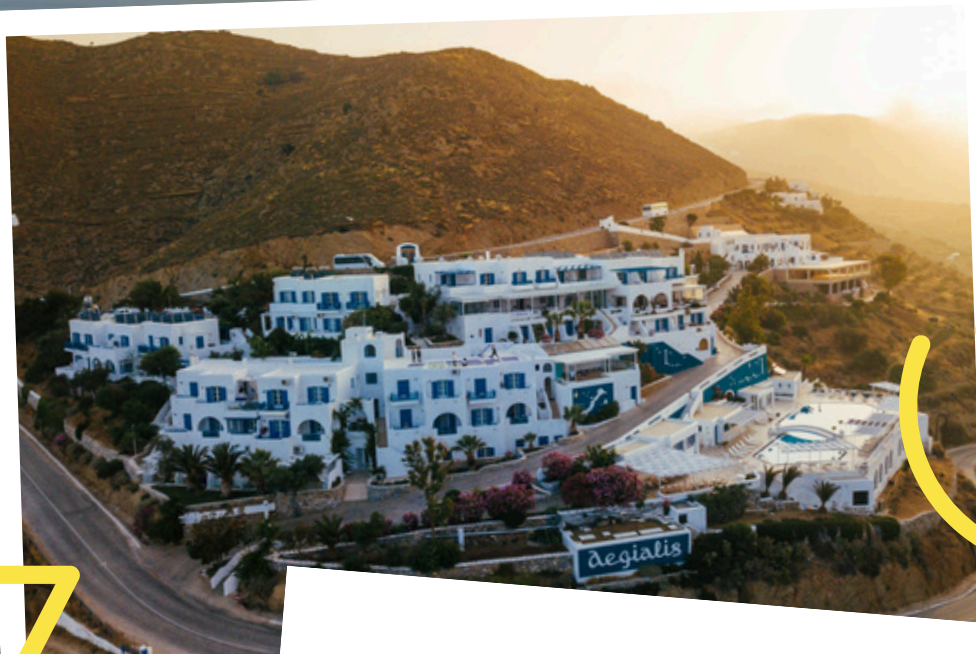
Every class is optional, so you can fully tailor your retreat to what your body and mind need most.

Feel empowered, connect with good vibes, and uncover your inner calm.

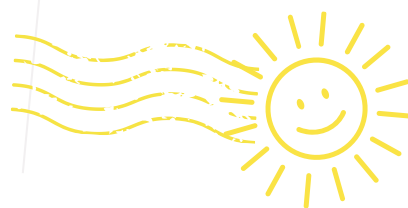
This is your time to move, explore, recharge and make it unforgettable!



A PEACEFUL OASIS



Welcome to your home for the week - Aegialis Hotel & Spa, a luxury escape nestled on the hillside above Aegiali Bay, consistently earning praise as the "jewel of Amorgos" for its refined service and exceptional island setting.



THE RESORT

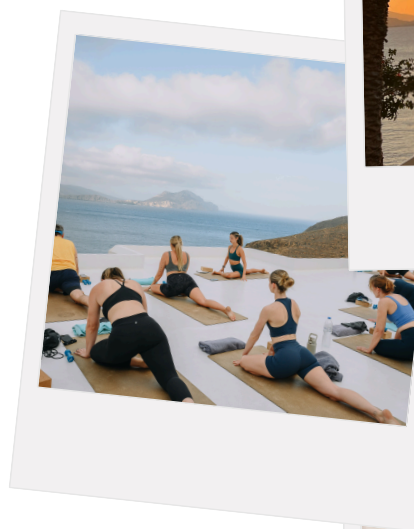
This retreat space is purpose-built for rejuvenation and renewal and is considered a top retreat destination worldwide.

Offering spectacular views of the Aegean Sea and celebrated for blending luxurious comfort, authentic Cycladic design, and warm, family-run hospitality, the hotel features elegant rooms and purpose-built movement studios.

Pamper yourself at the renowned Laloni Spa - think Greek-inspired massages and recovery saunas. Eat fresh, locally sourced and seasonal cuisine at the Ambrosia Restaurant and take in the stunning views.

In between classes and rest time, hang by the spacious pool, discover nearby beach spots, explore quaint Cycladic towns, or book invigorating experiences like a boat tour, traditional cooking class or even a lively Greek dance lesson.

Whether you're seeking connection, adventure, or relaxation - you'll find your perfect balance right here.



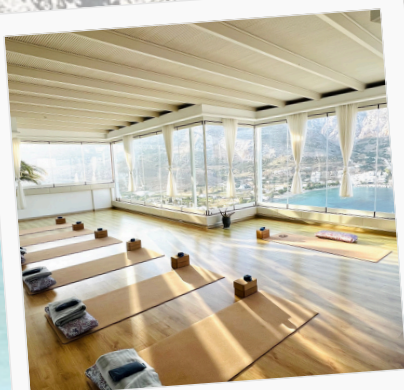
SAMPLE DAY



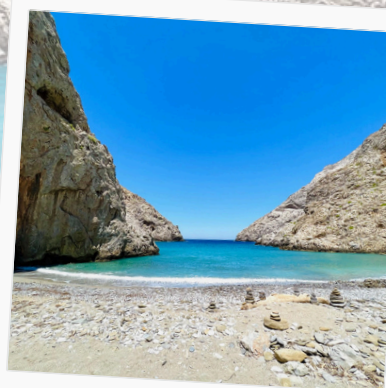
8:30AM
REFORMER



9:30AM
BREAKFAST



12:00PM
POWER FLOW OR MAT PILATES



2:00PM
BEACH



6:00PM
YIN



7:30PM
DINNER

PRICES + ROOMS



We'll be staying at [Aegialis Hotel & Spa](#), which serves up comfort and style with handcrafted forged iron beds, timeless classic furniture, and designer linens. The rooms embody the essence of minimal Amorgian design while offering state-of-the-art facilities for a truly luxurious experience. Get set to immerse yourself in the beauty of Aegiali Bay with stunning views that perfectly complement the elegant and modern ambiance.

All rooms feature the following amenities:

- Smart TV
- WiFi internet
- Telephone
- Air-conditioning
- Private balcony/veranda
- Fridge
- Coffee & tea facilities
- Kettle & espresso machine
- Hair dryer
- Safe box
- Bathrobes
- Slippers
- Bathroom amenities (Shampoo & Conditioner, Body Lotion, Vanity Set, Sewing Set, Shaving Set, Toothbrush set)
- Luxury bedding & linens (Guy Laroche)
- Free access to the Spa (Sauna, Hammam, Jacuzzi, Swimming pool, Gym)

Check-in on arrival day: 3pm

Check-out on departure: 11.00am

Retreat starts with dinner on arrival day and ends after breakfast on departure day.



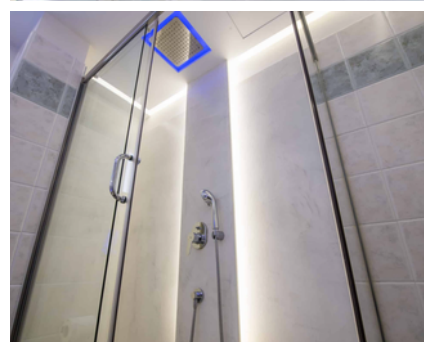
PRICES + ROOMS

ROOMS – SEA FRONT VIEW

Superior Cycladic Room Single Occupancy: 1 King Bed

Superior Cycladic Room Double Occupancy: 1 King Bed or Twin Beds

Superior Amorgian Room Triple Occupancy: One Double Bed and Two Single Beds



SUPERIOR AMORGIAN TRIPLE SHARE

Early Bird \$3390, Full Price \$3590

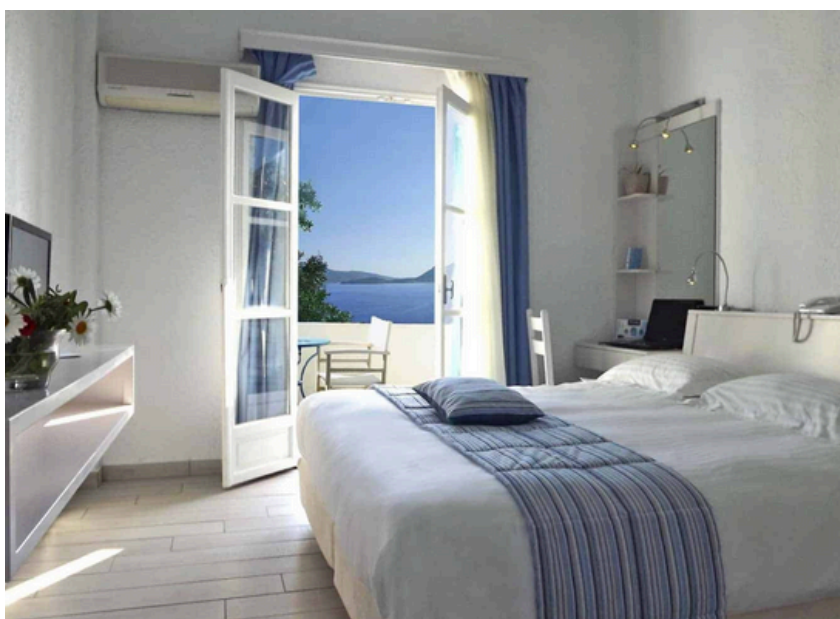


PRICES + ROOMS



SUPERIOR CYCLADIC OR AMORGIAN TWIN SHARE

Early Bird \$3690, Full Price \$3890



SUPERIOR CYCLADIC OR AMORGIAN SINGLE

Early Bird \$4690, Full Price \$4890

PAYMENT DETAILS

SECURE YOUR SPOT!

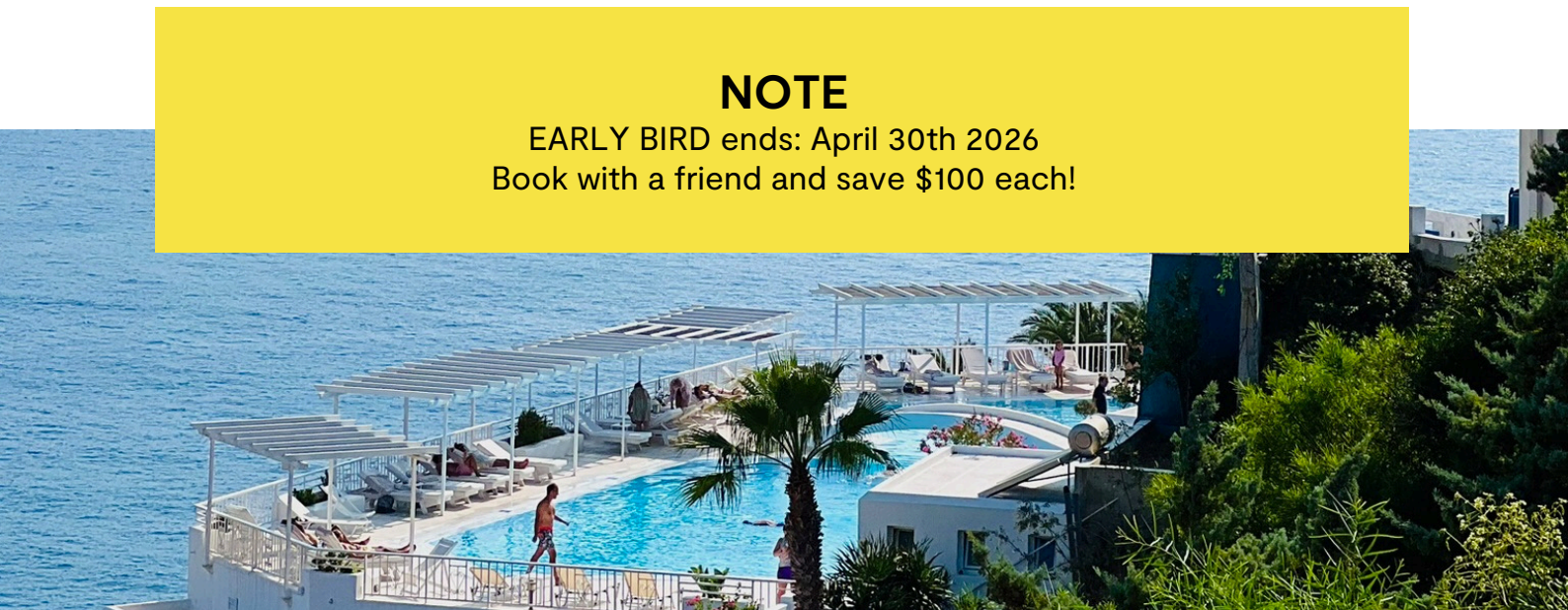
All payments must be made according to the schedule below to secure and maintain your booking:

PAYMENT STAGE	AMOUNT DUE	DUE DATE
Deposit	\$700	At the time of booking
Second payment	25% of balance	No later than 10 months prior to the Retreat's start date
Third Payment	25% of balance	No later than 7 months prior to the Retreat's start date
Final payment	Remaining balance	No later than 4 months prior to the Retreat's start date

* If you book 4 months or less prior to the Retreat's start date, you must pay the full fees at the time of booking.

NOTE

EARLY BIRD ends: April 30th 2026
Book with a friend and save \$100 each!



OTHER DEETS ABOUT THE RETREAT

WHAT TO PACK

- Sunscreen & hat
- Water bottle (stay hydrated!)
- Book or journal (for chill time)
- Any meds you need
- Activewear (for Pilates + yoga)
- Swimsuit (or two!)
- Comfy sneakers (for walking tour & exploring)
- Flip-flops (for pool + spa days)

WHAT'S INCLUDED

- 7 Nights Accommodation
- Daily Classes
- Hiking Tour
- Breakfast + Dinner Meals
- 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, Ferries
- Additional Excursions and Experiences
- Tourist Accommodation Tax
- Travel & Medical Insurance
- Additional Food and Drink outside of set meals

STAY CONNECTED

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

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 \$700 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**