

YOUR



karma
retreats

Welcome Pack

We're so delighted you're considering joining us.
This welcome pack is your invitation into the world of Karma Retreats.
A place where your wellbeing, joy, and personal transformation
are truly honoured.
Inside you'll find everything you need to know to start planning your
journey with confidence.



What makes Karma Retreats unique?



Expert-Led Care: 10+ years of experience in yoga, voice work, energy practices, and holistic healing.



All-Inclusive Ease: From airport pick-up to your final glass of wine, everything is taken care of.



Adaptable for Every Body: Whether you're a seasoned yogi or a complete beginner, everything is tailored with compassion and clarity.




Real Connection: Our guests often say they leave feeling seen, supported, and transformed.



Our Retreats Overview



Handpicked luxury villas
& resorts in Greece



Locations steeped in
history and tradition



What's included?

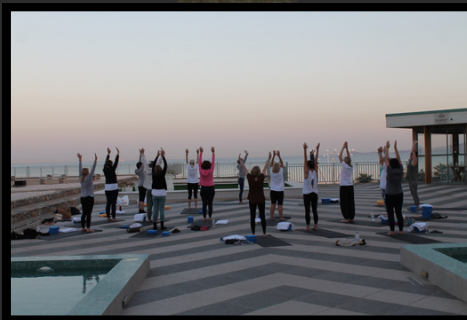
- ◆ Luxury private transfer from & to the airport of our destination
 - ◆ Accommodation (shared or private rooms)
- ◆ All meals throughout the day. All snacks, refreshments (including wine and local treats)
 - ◆ All workshops, classes, and activities; Singing - Yoga - Vocal Yoga - Miracle Mornings - Sound Baths - Qi Gong
 - ◆ All equipment (yoga mats, props, etc.)
- ◆ Unlimited access to all hotel facilities (Sauna - Steam Room - Gym)
- ◆ Your own personalised t-shirt & yoga mat to take back home & continue your practice
 - ◆ The official KARMA RETREATS magazine
 - ◆ Farewell dinner party
 - ◆ Certificate of Participation
- ◆ Unique farewell gift from KARMA RETREATS
- ◆ 24/7 support from Katie & Markos, the Karma team

SAMPLE OF OUR DAILY SCHEDULE



- 7:00am Gentle Morning Movement or Meditation
- 9:00am Magnificent Breakfast
- 10:30am Workshop / Guided Experience / Singing
- 1:00pm Long, nourishing lunch
- 3:00pm Free time (pool, beach, journaling, use of spa)
- 5:30pm Evening Practice (Restorative - Sound baths)
- 7:30pm Dinner and wind down time

Optional afternoon/evening connection or private sessions based on the retreat's schedule.



Are you a Rock Choir member?



What to expect if you are joining one of our voice-focused retreats

You'll be supported with warmth, laughter, and the freedom to be wholly yourself. We honour each guest as a unique part of the whole — creating a space where connection, care, and joyful living are not just encouraged, but woven into every day of the retreat.



Vocal Yoga[®]



Group singing sessions (no experience necessary!)



Vocal technique coaching by an official R.C. leader



Breath & posture work through movement



Rest & recharge time

At Karma Retreats our main goal is
to help you rediscover yourself.



You don't need to be flexible.
You don't need to have experience.
You don't need to come with anyone else.
You don't even need to know exactly what you're looking for.

All you need is a willingness to take a breath, show up for
yourself, and let us meet you exactly where you are.

We're here to welcome you with open arms — and walk beside
you every step of the way. We can't wait to meet you.

With all our love and blessings,

Katie & Markos

Follow our social media & become part of our fantastic community!



Karma Retreats



karma_retreats



Spaces We've Shared, Lands We've Loved

- 📍 CRETE - OCTOBER 2022
- 📍 CRETE - MAY 2023
- 📍 RHODES - OCTOBER 2023
- 📍 KALAMATA - MAY 2024
- 📍 LINCOLNSHIRE - JUNE 2024
- 📍 SANTORINI - OCTOBER 2024
- 📍 KORINTHOS - MAY 2025
- 📍 CRETE - OCTOBER 2025



The break you deserve...

