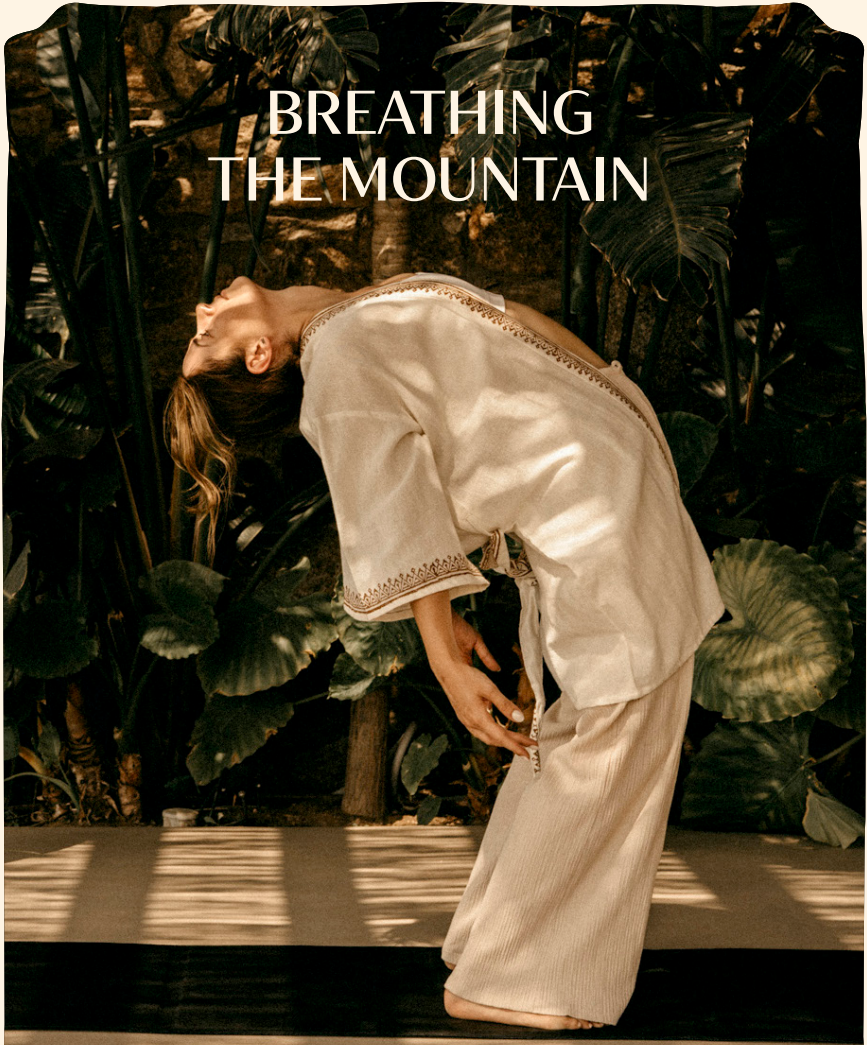


A woman with long brown hair tied in a ponytail is performing a deep backbend (Urdhva Dhanurasana) in a lush, tropical jungle setting. She is wearing a white, long-sleeved yoga top with a decorative gold-colored border along the neckline and cuffs, and white, wide-leg yoga pants. Her head is tilted back, and her hands are reaching towards her feet. The background is filled with large, dark green tropical leaves and trees. Sunlight filters through the foliage, creating a pattern of light and shadow on the ground.

BREATHING THE MOUNTAIN

YOGA RETREAT
2-5 April & 30 April-3 May

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MICHAELA-NATALIA VASILEIADI

Mechanical & Environmental Engineer (MSc)

Yoga & Movement Specialist

Michaela-Natalia Vasileiadi, is a science-informed wellness practitioner and internationally experienced yoga teacher, the retreat focuses on practices that support nervous system regulation and overall wellbeing. Her work focuses on nervous system regulation, mindful movement, breathwork, meditation, and Yoga Nidra, offering practices that feel accessible, deeply restorative, and genuinely transformative. With calm precision and intuitive guidance, she creates safe spaces where guests can slow down, reconnect, and restore balance on a physical, emotional, and energetic level.

Meet Michaela-Natalia



RETREAT PROGRAM

THURSDAY

19:30–20:45 | NSDR / Yoga Nidra

A deep rest experience designed to support quality sleep and nervous system recovery. Guests are gently guided into profound relaxation, allowing the body and mind to fully unwind. The session closes in silence, encouraging inner stillness and integration.

FRIDAY

08:00–09:15 | Morning Flow: Regulate & Awaken

A breath-led vinyasa flow designed to gently awaken the body while maintaining a nervous-system-friendly pace. Adaptable to different levels, the session builds clarity, circulation, and focus, concluding with a short grounding meditation.

18:30–19:45 | NSDR / Yoga Nidra

An evening session of guided deep rest, supporting mental clarity and physical recovery. Ideal for releasing accumulated tension and resetting the system after the day, preparing the body for restful sleep.

SATURDAY

08:00–09:15 | Vinyasa Flow

A dynamic yet accessible morning flow with choice-based intensity. Guests are invited to explore balance, strength, and confidence through breath-led movement, adapting the practice to their own energy and needs.

18:30–19:45 | Restorative Yoga & Sound / Meditation

A deeply calming evening practice combining supported restorative postures with breath- or sound-based relaxation. This session encourages full release and integration, allowing the nervous system to settle and the body to restore.

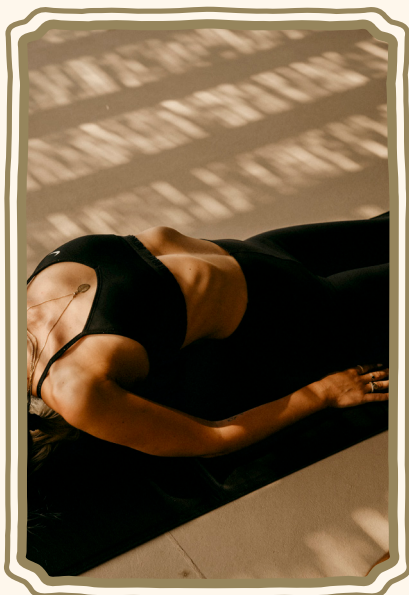
SUNDAY

08:30–09:45 | Gentle Flow & Breath Awareness

A soft, grounding closing practice focused on gentle movement and conscious breathing. Guests leave with practical tools and embodied awareness to support balance and wellbeing beyond the retreat.



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SPA



SANTA MARINA
ARACHOVA
RESORT & SPA

BREATHING THE MOUNTAIN EXPERIENCE

Set within the stillness of Mount Parnassus, Breathing the Mountain is a 4-day wellness retreat taking place 2–5 April and 30 April–3 May at Santa Marina Arachova. Guided by breath, gentle movement, and conscious rest, the experience is designed to quiet the nervous system and restore a sense of inner balance. Through accessible, breath-led practices, restorative yoga, meditation, and Yoga Nidra, guests are invited to slow down, soften, and reconnect with themselves, moving and resting at their own pace.

THIS IS AN INVITATION TO STEP OUT
OF RHYTHM AND INTO STILLNESS,
RETURNING GROUNDED, CLEAR,
AND DEEPLY RENEWED.

DAILY GUIDED PRACTICES



INDIVIDUAL CONSULTATIONS



SPA RITUALS



MOMENTS OF STILLNESS DESIGNED TO GROUND,
RECHARGE, AND TRANSFORM.

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INK DESIGN

PARTICIPATION

The wellness retreat is complimentary
for in-house guests of Santa Marina Arachova.

External guests are also welcome to join,
subject to availability and upon request.

Private yoga sessions with Michaela
can be arranged upon request, for those seeking
a more personalised experience.



SANTA MARINA
ARACHOVA

RESORT & SPA

Kalanaki, Arachova, 32004, Viotia, Greece
+30 22670 31954 | arachova@santa-marina.gr

santamarina-arachovaresort.gr