

A woman with long brown hair is captured in a deep backbend yoga pose. She is wearing a white, long-sleeved top with a decorative lace-like trim at the cuffs and a matching white wide-leg pant. Her head is tilted back, and her hands are resting on her thighs. The background is a dense, dark green jungle with large, tropical leaves. Sunlight filters through the foliage, creating dappled shadows on the ground.

BREATHING
THE MOUNTAIN

YOGA RETREAT

2-5 April & 30 April-3 May

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Mikaela is a science-informed wellness practitioner and internationally experienced yoga teacher, known for her grounded, nurturing approach to 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 Mikaela



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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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 Mikaela can be arranged upon request, for those seeking a more personalised experience.



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