



# B O D B Y R O D

## 2022 RETREATS

Rod would love to welcome up to 15 guests to join him on the island of Mykonos to stay at the beautiful Aphrodite3 villa. From its lofty viewpoint above Kalafatis Bay Aphrodite3 offers stunning sea views and the opportunity to live the Mykonos luxury villa experience in stylish surroundings





## THE DATES

June 16th - 21st

September 15th - 20th

September 20th - 25th

## PRICES

Double room (sharing) rate £2000 per person

Single Occupancy rate £2300 per person

Included in the price, transfers to and from the airport or port. Breakfast will be served each morning. Two classes per day. A varied programme will be put together to keep your workouts challenging and exciting. Workouts will either be in the style of Barre & Yoga or Barre & Stretch.

In September a top Yoga coach will join the retreat.

Rod is very excited to announce the queen of Barre, Maria Eleftheriou will be joining June's retreat.

A private chef will cook for us on two of the evening's dishing up some tasty local delights. You can't go to Mykonos without enjoying what it has to offer, Rod will have some surprises up his sleeve maybe a bouji beach club, sunset drinks or one of the hot must goto restaurants. Transfers to these spots will also be included, if anyone knows Mykonos you'll know that taxi's are few and far between, with that in mind the retreat has a concierge service on hand



### The Rooms

2 bedrooms on the first floor with sea views.

1 bedroom on the ground floor

2 bedrooms on the lower level with aquarium pool windows

1 guest house with sea views

1 guest house with sea views, sleeps 3 people, king bed and sofa bed



Bodbyrod is all about offering a balanced lifestyle. Whilst we will get “burny burny” in our workouts we will enjoy ourselves in our downtime. We will eat well and it’s your choice whether you feel like a green juice or a glass of wine!

## **Payment & Securing your spot**

To enquire about a place on the retreat send an email to [retreats@bodbyrod.com](mailto:retreats@bodbyrod.com)

To reserve a place a deposit of 30% will be taken and the remainder to be paid 6 weeks before your retreat.