



Are you ready to bring the virtual Mykonos trip to life? In the summer of 2020 in the height of Lockdown 1 we could only dream of going on holiday. To take our minds off the burn in our muscles and the strain on our minds I would take us on virtual trips to Mykonos.

I'm so happy to announce that I can make the virtual dream a reality in September 2021.

It only seemed fitting that a Bodbyrod retreat would take place on the beautiful island of Mykonos.

I would like to welcome 15 guests to join me in 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 villa has lots of room for outdoor dining or sunbathing on the verandas or by the swimming pool, a BBQ area and of course space for "dance breaks"

Inside there are up to 8 bedrooms, 6 guest bedrooms with double beds and their own en suite bathrooms.

A master bedroom with double bed and a guest house with a king bed and sofa bed.



The retreat begins on September 15th – September 20th, 5 nights. You will be picked up from the airport and transferred to the villa where you will be greeted by me.

The programme is subject to change as I want to make sure you all have the best time, but the workouts will be 2-3 daily. Either Bodbyrod workouts, Abs & Ass, Abs & Arms, Cardio & Core, Barre or Stretch and to compliment these workouts I will be bringing a top yoga instructor from the UK to Mykonos.

Breakfast will be served each day and on 2 of our evening's dinner will be served at the villa by a fantastic chef.

On the other evenings you will be free to soak up and enjoy the lavish restaurants or rustic taverna's of Mykonos town.

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!

Prices.

Prices are per person. Guests will be sharing rooms so make it a retreat with a friend, partner or family.

Prices start at £1700.



Rooms:

2 bedrooms on the first-floor
sea views.

1 bedroom on the ground floor

2 bedrooms on the lower level
with aquarium pool windows

1 master room with sea view

1 guest house with sea view,
sleeps 3 people

Kindly note that you will obviously not be able to have identical rooms for all guests as this is quite rare at most properties in Mykonos.

Payment's and securing a place.

A deposit of 30% is all that's needed to secure a spot on the retreat with the further 70% to be paid by July 31st.

COVID: We all hope to be living in a different world by September but should Covid cases rise and either the UK or Greece imposes restrictions on travel then a full refund will be issued.



