

# A MuLux ReTreat with James D'Silva

*...a special summer edition: June 27 - July 2*



## **SANTORINI**

We have chosen dreamy Santorini and a LIM (Coco-Mat) Hotel, as your retreat home. Tucked away in the tranquil south in Akrotiri, where the prehistoric civilization thought to be the mythical Atlantis was developed, this places you near the iconic Red Beach, White Beach as well as the black-sanded eastern shores. The prehistoric settlement (a.k.a. the Aegean Pompeii) is just minutes away, and the hotel has the best views of the sea, the caldera and of course, the famed sunsets. It is the ideal base from which to explore an authentic and idyllic part of the island and savor a welcome respite from the summer crowds further north.

We have booked this lovely property in its entirety to create a customized experience that is ***exclusively yours.***

## The Treat

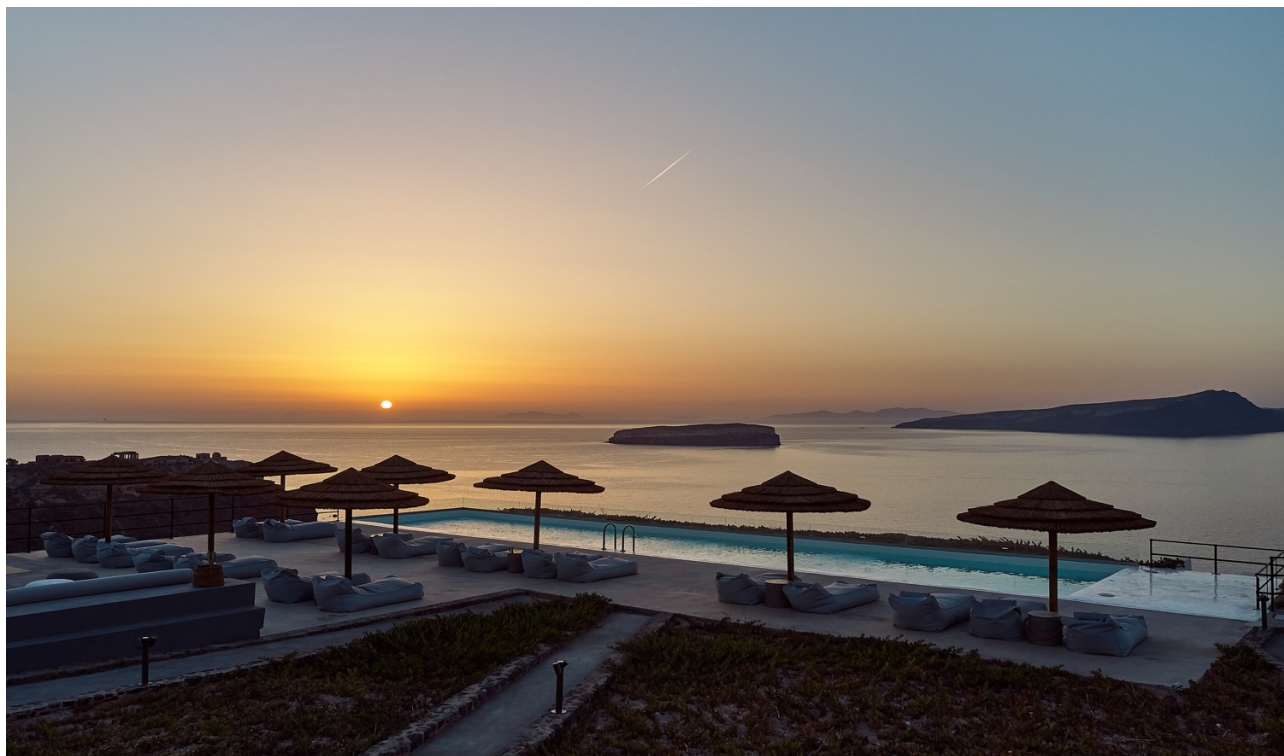


At the heart of this 6-day retreat are sessions of the **Garuda Method** with its founder and creator, *the one and only James D'Silva*. There is truly nothing better than *the intelligent exercise* on a Greek isle to kick off your summer in perfect harmony.

**Re-Treat Yourself...** and connect first and foremost, with yourself, with your loved ones, in a dreamscape that is Santorini. Reunite with old friends, make new ones.

- **Day 1**, June 27<sup>th</sup> (Arrival Day): Check-In, First Sunset Garuda Session, Welcome Group Dinner
- **Days 2 & 4**, June 28<sup>th</sup> & 30<sup>th</sup>: Morning & Sunset Garuda Sessions
- **Day 3**, June 29<sup>th</sup>: Morning Session, An Evening Out in one of Santorini's classic tavernas, cliff-hugging restaurants or wherever you wish.
- **Day 5**, July 1<sup>st</sup>: Morning & Sunset Sessions, Last Group Dinner
- **Day 6**, July 2<sup>nd</sup> (Departure Day): Last Morning Session, Check-Out





The afternoons are for siestas in your retreat home or at nearby beaches, for laps in the pool or if you absolutely must, for a bit of (remote) work on your patio. The hotel is the perfect starting point to discover Santorini's volcanic beauty.

Akrotiri is full of wondrous historic and natural sites. Ancient Thera, lovely Imerovigli, other medieval villages, and the port can all be reached in just 20-25 minutes. Horseback riding, biking, hiking, or sailing are just some of the ways to experience the island's hidden gems... ***The choice is yours.***

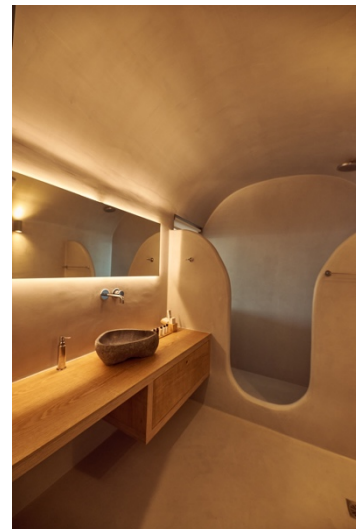


## Your Accommodation

In clean neutral tones, all rooms are designed with a soothing, unpretentious simplicity. Comfortable. **Essential.** A space that embodies serenity and encourages stillness. All rooms have sea views, most have outdoor hot tubs, and the Infinity rooms are built onto the rocks. And of course, beds are all-natural signature coco-mat which can be personalized upon request.

- Sunset Balcony Residence: 40 m2 (max capacity – 3 guests)  
Standard King-size (180x200) coco-mat bed + sofa bed in sitting room + balcony
- Sunset Garden Residence: 25 m2 (max capacity – 2 guests)  
Standard King-size (180x200) coco-mat bed + patio + outdoor hot tub
- Infinity Residence: 45 m2 (max capacity – 3 guests)  
Standard or Extra King-size (180x200 or 200x200) coco-mat bed + sofa bed in sitting room + patio + outdoor hot tub

*Check-in is on Tuesday, June 27<sup>th</sup> at 15:00 and Check-out is on Sunday, July 2<sup>nd</sup> at 11:00.*



## Your Meals

Your stay is on a full-board basis which includes daily breakfast, lunch, and dinner except on Day 3 when you can choose from one of Santorini's many restaurants for an evening out. (There are reportedly 2000 eateries on the island!)

Back at the hotel restaurant, Greek and Mediterranean dishes are prepared using the freshest ingredients. **Eat and drink what you like.** Lunches may be a la carte while dinners could be set menus with options. As the hotel creates a new menu each season, we will work closely with the chef to arrange the best menus possible.

On the 3<sup>rd</sup> night of June 29<sup>th</sup>, we have opted for an evening out. Perhaps you and/or your travel companion(s) would like to design your own unique adventure. Perhaps an excursion or a date night somewhere extraordinary after sunset drinks? From traditional tavernas, stylish lounges, beach clubs, and volcanic wineries to stunning cliff-top restaurants, there is no shortage of gastronomic highlights.

## **Your Investment**

Please note that space and availability are limited to ensure the **quality** that is synonymous with MuLux ReTreats. We suggest the earliest booking possible to secure your participation and desired room category.

**For booking inquiries:** [info@mulu-productions.com](mailto:info@mulu-productions.com)

<u>Room Category</u>	<u>Package Prices in Euro Per Person</u>
Sunset Balcony	2,050 triple sharing/2,850 double sharing
Sunset Garden	3,050 double sharing
Infinity	2,450 triple sharing/3,450 double sharing
(Single Occupancy Rates upon request.)	

**Your ReTreat Package Rates Include:**

- 5 nights' Accommodations
- Full-Board: Daily Breakfast, 4 Lunches, and 4 Dinners (Breakfast & Lunch only on Day 3, June 29<sup>th</sup>)
- 9 Group Garuda Sessions
- 1 Extra Special Guidance (mini-group or semi-private) Mini Garuda Session\*
- Your Own Personal Mat
- 1 Complimentary Bicycle Hire per Guest (normally 40euros/day)\*\*
- Special Bed & Breakfast Rates for Earlier Arrivals or Extended Stays\*\*\*

\*Before sunset group sessions, guests can seek some extra guidance from James with a mini session as a pair or in very small groups.

\*\*MuLux ReTreat guests can use a bicycle free of charge for a day to explore the area. Please contact hotel reception upon arrival to check availability and make arrangements.

\*\*\*MuLux ReTreat guests who wish to arrive earlier or extend their stay receive a special discount on high season rates. Please contact us to confirm availability and add your extra night(s).

## **Terms & Conditions**

Rates do not include alcoholic beverages, non-mealtime snacks, room services, flights, ferries, local rental cars, taxis, hotel transfers, or dinner on Day 3 of June 29<sup>th</sup>. (Should you prefer to dine in at the hotel restaurant on the third evening, please advise the hosts in advance.)

Full-payment bookings paid by March 31<sup>st</sup>, 2023 receive a €100 discount per room as well as 1 Complimentary roundtrip airport or port transfers (normally 100 euros +) per room.

All other standard bookings require a 50% deposit for confirmation, with remaining 50% balances due on or before May 15<sup>th</sup>, 2023.

Deposit payments are non-refundable but transferable to another guest or as credit towards a future retreat if confirmed with written notifications before May 15<sup>th</sup>; Failure to comply with balance payments received by May 15<sup>th</sup> or deposit transfer confirmations requested after May 15<sup>th</sup> will result in forfeit of paid deposits.

Payments are via bank transfers or paypal in euros, and all transaction fees are the sole responsibility of the sender.

