travelidea

SAIL YOUR SENSES
project Sailing
Retreats and more...





Join us as we embark on this extraordinary adventure,

where art, adventure, and mythology converge.

to create an odyssey unlike any other.

"Sail Your Odyssey" and gain an unforgettable

experience that will leave you inspired, enlightened,

and forever transformed.

1. Sail Your Odyssey!



Experience the Ionian Islands through the eyes of Odysseus and become a part of his legendary journey with "Sail Your Odyssey," a sailing art trip of epic proportions. Our meticulously planned route is inspired by the adventures of the mythical hero, offering you a transformative voyage that mirrors Odysseus' own odyssey.

Setting sail from Lefkada, you will navigate the azure waters, immersing yourself in the rich history and mythology of each destination. Our voyage will include a visit to the island of **Ithaca**, the hometown of **Odysseus**, where the echoes of ancient tales resonate through its amazing landscapes. As we sail through the Ionian Islands, our aim is not only to explore remarkable scenery but also to embrace the spirit of adventure and discovery. This trip will embrace the essence of Odyssey, the pursuit of knowledge and the fulfillment of the idea of a “journey” itself.

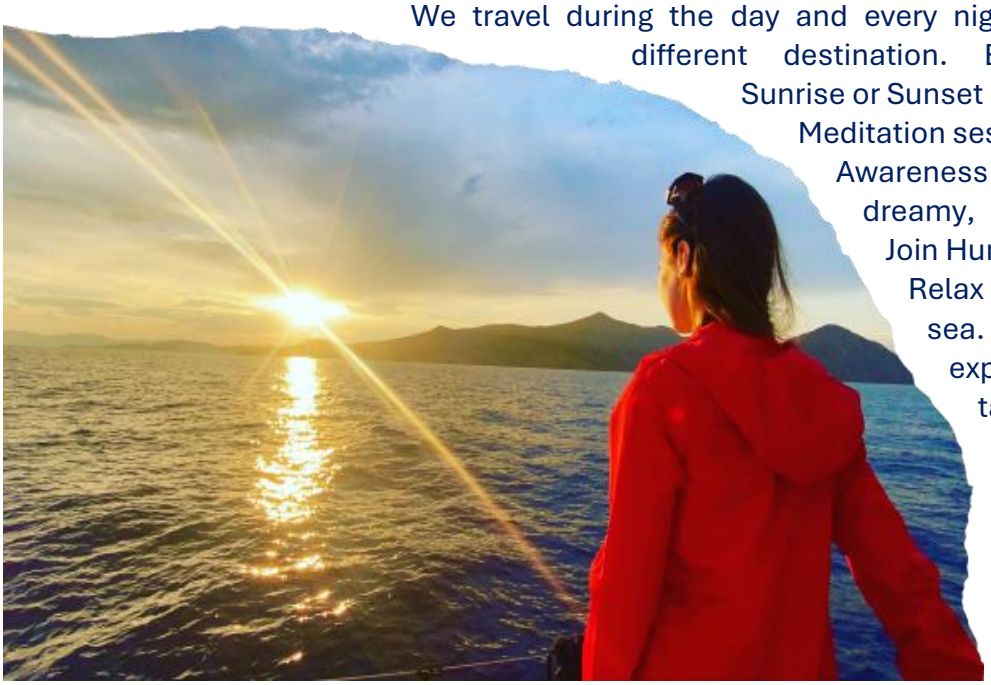
As we continue our Odyssey, we will visit destinations steeped in myth and legend, each offering a glimpse into the timeless world of ancient Greece. Every stop along our route invites you to see deeper into the cultural tapestry of the region. Throughout the journey, our experienced skippers and instructors will lead daily art workshops, encouraging you to capture the essence of each destination through your own unique artistic expression. Whether meditating under the warm sun or bathing at the shimmering sea, you will have the opportunity to create lasting memories and masterpieces inspired by the beauty of the Ionian Islands.

2. YOGA - Meditation and Body Awareness Sailing Trip



ExperienSEAing the most beautiful and relaxing moments on a sailing boat! Enjoy Sunbathing and Swimming in the blue Mediterranean Sea, Yoga, Meditation and Body Awareness classes on board at breathtaking locations or on enchanting secluded beaches.

What Is the Program?



We travel during the day and every night we drop anchor to a different destination. Enroll in Yoga classes, Sunrise or Sunset Meditation sessions and Body Awareness classes on board or on dreamy, secluded beaches. Join Human Connection games. Relax and enjoy the sun and the sea. Meet amazing people, explore new places and taste wonderful flavors at the ports of the islands we moor. Our program is flexible and can be modified according to the proposals of the participants.

3. Sail Your FriendSEAp (F&F – Friends and Families)



A seven-day Sailing Retreat in the Ionian Sea. Embark on a memorable sailing retreat especially designed for **Friends and Families**, where every moment is filled with adventure, relaxation, and cherished memories. Our 7-day journey begins on the enchanting shores of Lefkas island in Greece, setting the stage for an unforgettable experience.

As we navigate the crystal waters of the Ionian Sea, our itinerary takes us beyond the beaten path, focusing on islands like Kastos, Meganissi, Atokos and other non-touristic destinations. Discover hidden gems off the tourist radar, where untouched landscapes and pristine beaches await.

Indulge in sun-soaked days lounging on deck, soaking up the Mediterranean sunshine and relishing in moments of tranquility. Lay-back and sample local delicacies, savor the flavors of authentic Greek cuisine at local tavernas and enjoying leisurely meals under the open sky.

Throughout our journey, we will moor in unique ports and anchorages, each offering its own charm and uniqueness. From small fishing villages to picturesque caves, every stop promises new adventures and unforgettable experiences.

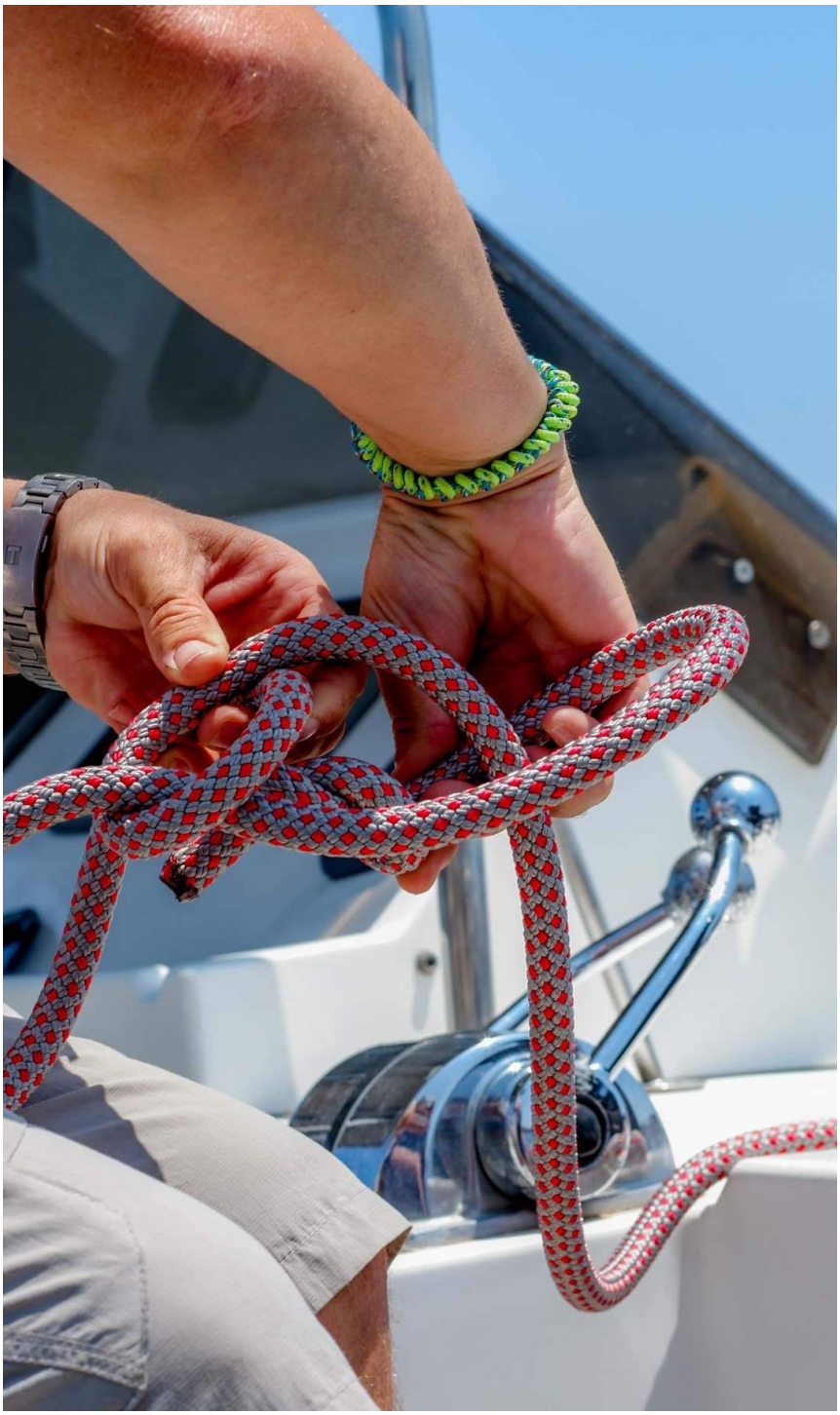
But above all, our sailing retreat is about creating memories with loved ones. Whether it's swimming in crystal-clear waters, exploring hidden caves, or simply sharing laughter and stories under the stars, this voyage is an opportunity to reconnect with friends and family in the most magical of settings.



Join us on this unforgettable journey where every day is a new adventure and every moment is cherished. Come sail with us and experience the beauty of Greece like never before.

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4. Tailored Sailing Retreats – Trips



A sailing adventure crafted just for you, tailored to meet your every need and desire. Whether you're seeking relaxation and resilience, meditation and yoga, pure fun, or a deep dive into cultural experiences, we're here to make your dream trip a reality.

Tell us your story, share your requirements, and let our experienced team work their magic. From the tranquil shores of the Ionian Islands, we'll create a customized package that reflects your preferences and passions, ensuring every moment of your journey is filled with joy, discovery, and fulfillment.

Whether it's finding inner peace through meditation and yoga sessions against the backdrop of the Ionian sea, indulging in water sports and beachside bonfires for pure fun, or immersing yourself in the rich culture and heritage of the region through music and dance and authentic culinary experiences, we will tailor every aspect of your trip to exceed your expectations.

Let us be your guides as you embark on a one-of-a-kind sailing adventure, where every day is a new opportunity for exploration and self-discovery. Your journey awaits – share your vision with us, and together, we'll create memories to last a lifetime in the stunning beauty of the Ionian Islands.

Tailored retreats designed for special occasions such as wedding anniversaries, vow renewals, proposals, birthday celebrations, honeymoons, babymoons, and beyond.



MAY – JUNE – SEPTEMBER 2024
Monohull Max participation up to 8 pax per boat

Accommodation

The protocol of our boats covers accommodation for up to 10 people, including the skipper and the instructor who are the crew on board. All available cabins sleep two persons. Most of the cabins have a double bed and some have a bunk bed. Participants who travel individually will share a cabin with another participant of the same gender. Most of the cabins have a private bathroom, mirror, lighting and portholes that provide natural light. Sheets - blankets - pillows and towels are included. On the deck there is a shower with fresh water that you can use after you've been in the sea.

There are 3 types of accommodation, 2 types of beds:

1. Shared Double cabin with **BUNK BED**
2. Shared Double Cabin with double bed (**FRONT and REAR**)
3. Private Cabin (upon request with extra charge)

** We will let you know about your cabin layout during the inquiry.

✓ **What is included?**

- A week-long sailing trip with overnights on board
- 7 nights / 8 days in shared cabins (or private cabins with extra charge) with a bathroom.
- Skippers' fee
- All Mooring fees



- Fuel
- Fresh Water tank refills
- End Boat Cleaning
- All linen (Sheets, pillows+covers, face + bath towels).
- Provisions to prepare/cook breakfast and lunch on board, including
  Breakfast consists typically of coffee and tea, toast, fresh fruits, yogurt, muesli etc.
  Light vegetarian lunch consists of delicious salads, pasta dishes etc, accompanied by desserts such as fruit or juice. Snacks such as nuts, fresh fruits, muesli, juices are always available on the boat.
  *The team preparation of meals is a very important element of our retreats.



Food
· Breakfast
· Lunch
· Snacks
Drinks
· Water
· Coffee
· Tea
· Juice

- Introductory sailing lesson by an experienced skipper (sailing knowledge is not required)
- Seven days of exclusive training (classes and activities)

What it is not included?

- Travel Arrangements
- Transfer from the Airport to the Port of Lefkada
- Participants' personal expenses
- Dinners in traditional Greek Taverns
- Soft & Alcoholic Drinks
- Paddle boards - SUP (1 SUP available with no extra charge)
- Snorkeling equipment (3 sets available with no extra charge)
- Whatever not mentioned clearly above.