



YOUR WELCOME PACK

WELCOME TO SILVER ISLAND

Thank you for giving yourself this gift. It is our absolute pleasure to welcome you to Silver Island Yoga. Below is some information to make your preparations easier and your stay a very special, unique experience.

YOUR HOSTS

Your island hosts Lissa and Corné are there to ensure that you have a magical stay, so please don't hesitate to chat to them if you have any questions. We also have a fur family, consisting of 3 dogs: Kanela, Olive, Pepper and our 3 cats Kosma, Meena and Sita

THE ISLAND

Silver Island is a working olive farm and has two houses (The Villa and The Main House) as well as a lighthouse and small church. It offers 60 acres of beautiful, un-spoilt island for you to explore and make your home. It is all yours for the week! We are completely off grid and run as an eco-retreat with the following initiatives in place:

- Powered by the Sun: We are 100% solar run. We use gas and wood for cooking.
- Our precious water source: Our only source of water is collected from our winter rainfall.
- Environmental products: Natural and biodegradable shampoo, conditioner, body wash, body lotion, hand-wash as well as insect repellent are supplied for your use. We also use 100% biodegradable and natural cleaning products.
- Waste reduction: We compost all our organic waste and recycle all other waste as Greece has made great strides in their waste reduction & recycling.

YOGA

- The retreat will commence with an afternoon class on the day of your arrival.
- Every day there will be two yoga classes – in the morning and afternoon; the times of which will be set during your first yoga class with your teacher.
- The yoga Shala is located between the Villa and Main house.
- The final class will be on Saturday morning before your departure to the mainland.
- A pre-requisite of your stay with us, is for you to complete our online Wellness Questionnaire. This allows us to know more about you and your needs to ensure you can get the most from your yoga experience with us. This will be sent to you a month before your retreat, and your quick response would be greatly appreciated. This is confidential and will only be shared with Lissa, Corné and your Teacher.

ACTIVITIES

- For the adventurous - 2 kayaks, 2 SUPs and a pedalo are available for you to explore the shores of the island, where you might even meet a dolphin or two or our resident seal!
- For the water lovers - snorkels and goggles are provided letting you get to know our local fish or do some shell diving. There are also lots of coves and beaches you can access from the water.
- For the walkers – there is 60 acres of island to explore and over 2000 olive trees to sit under and meditate.
- For the artistic - there is an art cupboard, which you are welcome to help yourself to.
- For the creative - Bring a journal and simply allow the nature to flow onto the paper with creative writing
- For those who just want to relax – there is sea, sun, hammocks, and the most exquisite scenery.

MEALS

Three vegetarian meals, inspired by the Mediterranean diet will be provided daily. All our produce, where possible, is seasonal, organic, and locally sourced. Evia's fertile soil and bountiful sunshine produce some of the tastiest sun ripened fruit and vegetables which when prepared with love, and our own extra virgin olive oil, result in mouthwatering, nutritious and delicious dishes. The meals will be served at our outdoor table or in our sheltered dining area, both overlooking the Aegean Sea.

Fresh coffee, a variety of teas, fresh fruit and healthy snacks will be always available. Drinking water is always available. You will receive a complimentary water bottle that you can fill up as needed and water bottles are supplied in the rooms. We also serve local organic vegan wines with dinner if you would like a glass.

We can cater for vegan, gluten free, lactose free diets. You will be asked to complete our online Wellness Questionnaire, where you will be able to share any dietary requirements or food allergies.

POP UP SHOP

On Friday's we have a pop-up shop, with some wonderful products for sale. We sell Sarongs €25, Yoga blankets €30, Toiletries that range from €10-15, Honey products from €5-20, fig products €6, nut butters €4, postcards €4, and our very own Silver Island Olive oil €25 (when available) and Cookbook €35. Please make sure you bring some extra cash for these as we are unable to accept PayPal payments.

SPECIAL OCCASIONS

We would be delighted to help make any special occasion you may be celebrating during your stay with us extra special. Please let Claire know prior to your arrival.

For any additional information, queries or questions please do not hesitate to contact Claire. She is also happy call you if you would like to speak to her in person.

With love
Claire, Lissa, Corné