



Cretan Dreams Retreat 2026



Sfakia | Crete | Greece

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Once again, we are returning to the beautiful, small town of Sfakia on the island of Crete for our Pilates retreat. This year our retreat will run for seven nights from Friday, 2nd October to Friday, 9th October 2026.

Our hosts will be Eugenia and Nikos from Yoga On Crete, and we will have exclusive use of their charming house above the town. There will be Pilates practice twice a day under the olive trees on the deck behind the premises as well as three sessions of meditation and mindfulness practice.

We will take our breakfast and evening meals together outside in the courtyard enjoying fabulous, locally grown Cretan vegetarian food. This leaves plenty of time during each day to relax at the house or perhaps on the nearby beach, or a short boat trip to Sweet Water beach. You can also explore the town, maybe taking in one of the many tavernas. We also recommend catching a ferry to the nearby village of Loutro, which is traffic-free and simply gorgeous.

There will be an opportunity for an optional one-day excursion to explore a little further afield. Previously, we have walked the nearby Imbros Gorge, but there are many options available.

Massage and other treatments can also be booked.



Food

During your weeklong stay, we will have seven breakfasts and five suppers together. Tassos, our in-house chef, prepares delicious Cretan inspired vegetarian meals and will cater for gluten free, vegan and other dietary needs as required. A little wine will be provided on your first night and you are welcome to bring some wine to the table if you wish.



Accommodation

The YogaOn Crete house has four rooms, one of which will be taken by Lauren. The other three rooms are available to book in the house and can take up to a maximum of eight people as follows:

Bougainvillaea Room: This is a large ensuite room with a double bed. The bedroom and bathroom are separated by a curtain. This is suitable for a couple or for single occupancy.

Oleander Room: A first floor large triple or twin ensuite.

Thyme Room: A ground floor large triple or twin ensuite.

More information and pictures about our home for the week can be found at the [Yoga On Crete](#) website.

Further standard rooms are available at the [Four Seasons Hotel](#) a three minute walk away, and premium rooms at [Eleana's Nature and Art](#) which is a ten minute walk away.







Our Deck

Our outdoor wooden deck is at the rear of the house under the olive trees. It is a beautiful space to practice, in harmony with nature. Part of this is covered in case of infrequent rain or wind.

Price List

These prices include accommodation, seven breakfasts, five suppers, all Pilates tuition, mindfulness sessions and transfers from Chania airport to the house, if travelling on the recommended flight. They do not include flights and transfers to and from London Gatwick airport or any meals taken away from the house. Excursions and treatments will also be an extra cost.

Triple Ensuite "Thyme" or "Oleander" Rooms - £910

Twin Ensuite "Thyme", "Oleander" or "Bougainvillaea" Rooms - £1030

Single Ensuite "Bougainvillaea" Room - £1200

Twin or Double Ensuite Four Seasons Hotel - £950

Single Ensuite Four Seasons Hotel - £1100

Twin or Double Ensuite Eleana Nature and Art - £1100

Single Ensuite Eleana Nature and Art - £1315

A non-refundable deposit of £250 will be required at the time of booking and the remainder will become payable 1st July 2026.
No flights should be booked until we are sure we have sufficient numbers to go ahead.





