
Cretan Dreams Retreat
2027
Wiltshire
Pilates
Sfakia | Crete | Greece

Cretan Dreams Retreat 2027

Once again, we are returning to the beautiful, small town of Sfakia on the island of Crete for our Pilates retreat. Our 2027 retreat will run for seven nights from Friday, 1st October to Friday, 8th October 2027, with places for 14 guests.

Our hosts will be Eugenia and Nikos from Yoga On Crete, and we will have exclusive use of their charming house above the town. Your teachers will be Jill and Lauren, with Richard on hand to support. There will be Pilates practice twice a day under the olive trees on the deck behind the premises, as well as three optional meditation and mindfulness sessions of about 30 minutes each.

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: Indication Only

The prices below are our 2026 prices, shown as an indication only. 2027 prices will be confirmed soon.

These prices include accommodation, seven breakfasts, five suppers, all Pilates tuition and mindfulness sessions. Group transfers for the recommended flights are included. Flight costs are not included. 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

Registering your interest now is free at wiltshirepilates.com/retreats. There is nothing to pay at this stage.

A non-refundable £250 deposit will be requested early in 2027 to secure your place, with the full balance due by 1st July 2027.

You will need some experience of Pilates practice and a reasonable level of fitness. The Yoga House lies up the hillside, a short distance from the village. The most direct route is a set of rough stone steps, and many walks around the village involve slopes and steps.

Places are limited to 14 guests. No flights should be booked until we are sure we have sufficient numbers to go ahead.


















MAIN ENTRANCE
IMBROS GORGE



