

Euphoria Retreat, Greece



There are two different aerial yoga sessions at Euphoria Retreat

Expect a top-to-toe overhaul at Euphoria Retreat, a hillside spa on Greece's Peloponnese peninsula close to the fortified medieval city of Mystras. There's a range of different programmes throughout the year but the yoga and mindfulness retreat includes a salt room session, chakra healing, three different massages and six personalised yoga classes, including two aerial yoga. Spare time can be spent hiking, trying t'ai chi or lounging in the Byzantine hammam, Finnish sauna, watsu pool and tepidarium.

Details Four nights' full board from £3,499pp, including transfers, yoga classes, meditation sessions and three massages (healingholidays.com). Fly to Kalamata

Siobhan Grogan