



# Unleash

## retreats

Santorini – Emporio  
May 20<sup>th</sup> – 24<sup>th</sup> 2026

Unleash your inner strength. Explore your freedom. Move with power.

[www.unleashwitholivia.com](http://www.unleashwitholivia.com)

[@unleash\\_olivia](#)

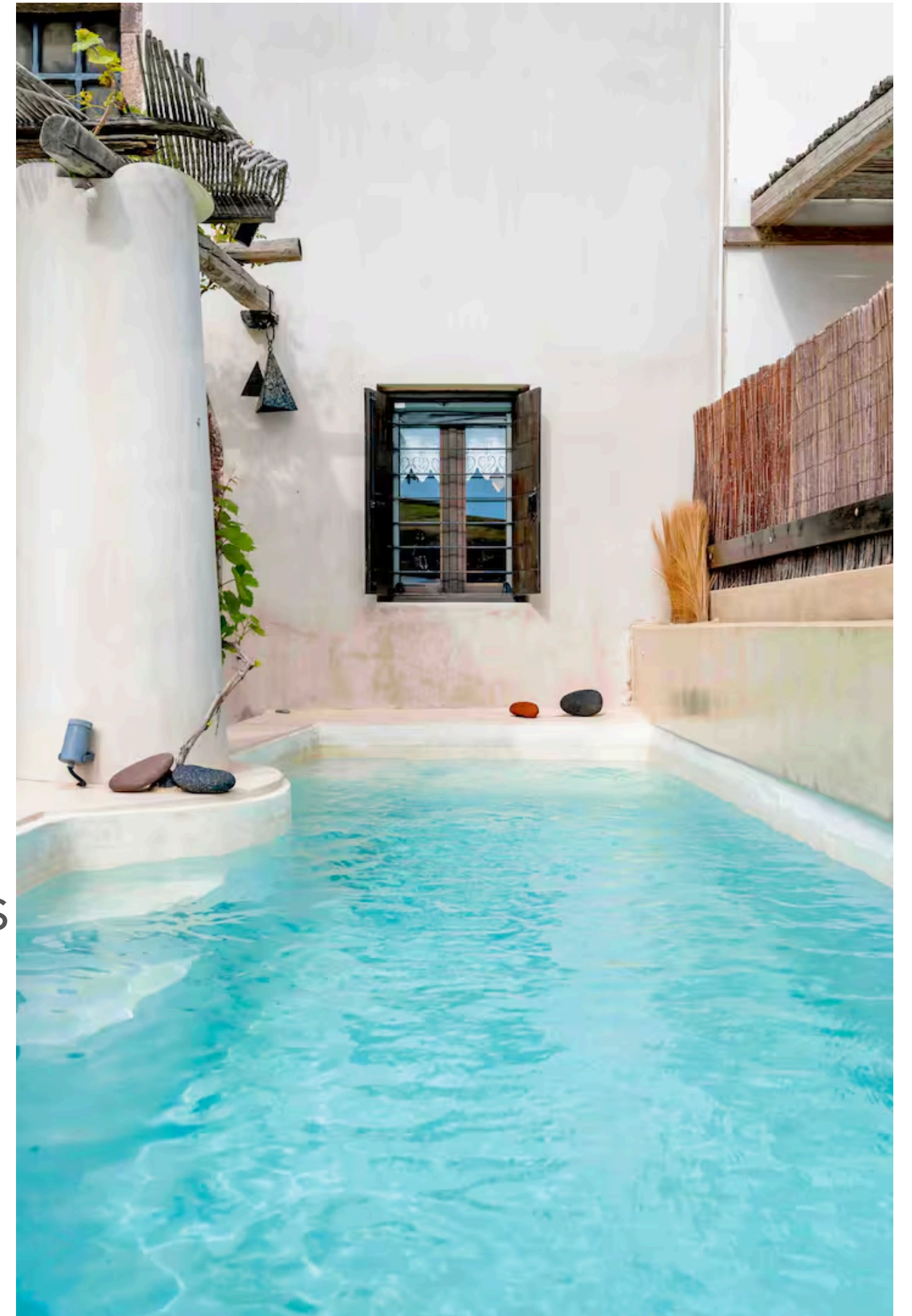


**Santorini.** A place of beauty, contrast, and power. Just like you. Join Olivia to Unleash your inner fire, soak in the sun, and move with intention as you **explore** this breathtaking island.

Picture this, you'll stay in a beautifully restored traditional winery carved into the cliffside with sea views, two pools, luxury amenities and within walking distance to the nearest town, Emporio.

Each morning you'll wake up to stunning views whilst enjoying freshly baked pastries and **connect** with others around you.

Olivia will be guiding you through a 90 minute yoga practice and 45 minute barre workout every day before you venture out to explore the island.





**Food.** Did you know that the Mediterranean diet offers numerous health benefits? The local and seasonal produce consumed may be one of the reasons that the life expectancy of this population is much higher than other areas. Think fresh fish, vibrant vegetables, juicy fruit and healthy fats. Mmmm.

During your stay you will enjoy fresh baked pastries each morning.

As you venture out for the day you'll be given a packed lunch to keep you going.

Enjoy two prepared meals by Olivia, famous for her vibrant salads and hearty food.

Discover local cuisine and dine at a traditional local restaurant for some authentic Greek cookery.





## A Typical Itinerary

AM:

Morning movement to awaken and unleash your energy.

Breakfast with a warming community of people.

Time to unwind and read your book on the sun lounger.

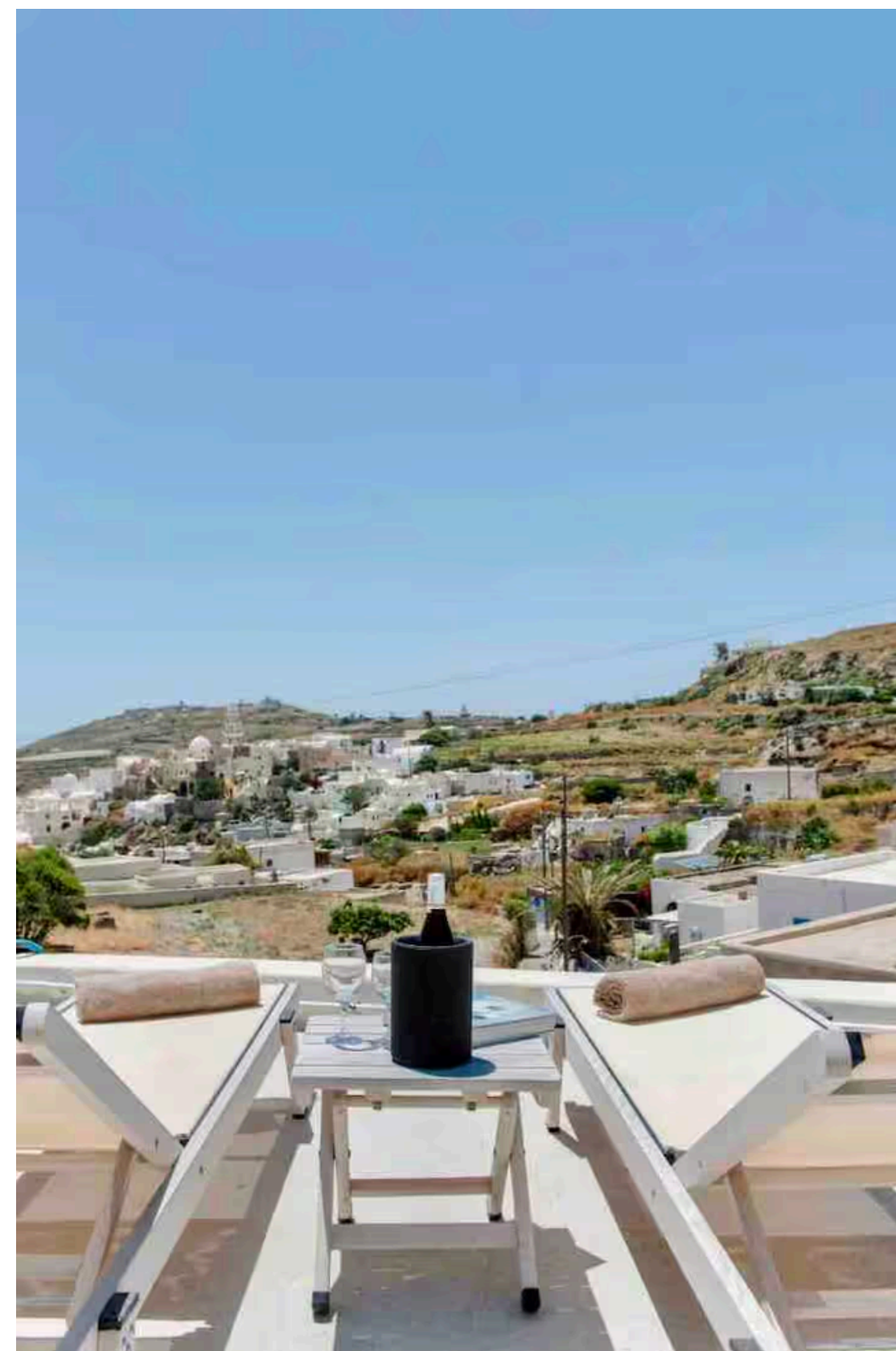
DAYTIME:

Unleash your adventurous spirit while exploring the island. Each day there will be planned activity - if you would rather explore on your own you are welcome to.

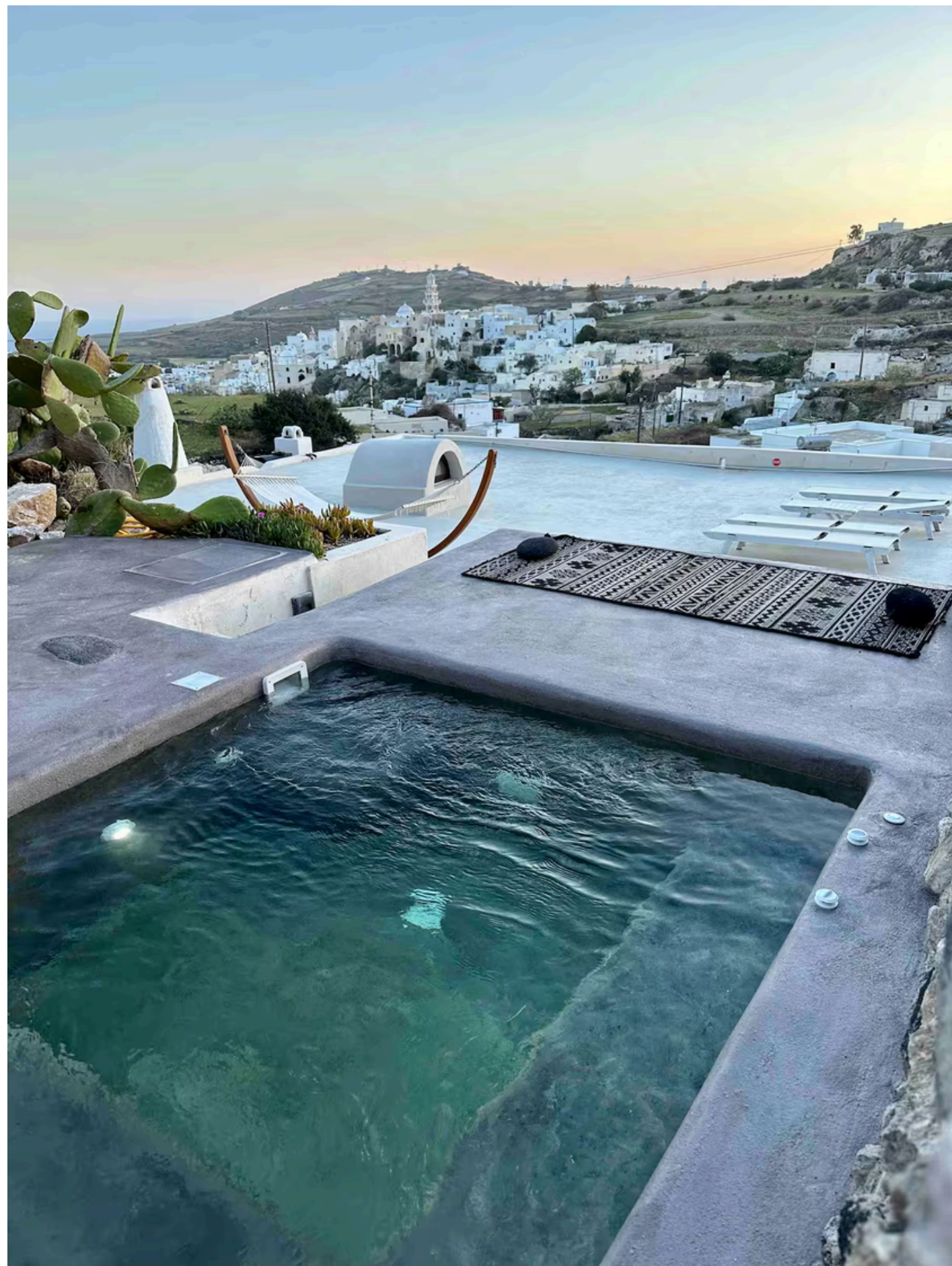
There will be a mix of beach days and hikes. There is a fantastic walk from Thira to Oia and lots of walks to beaches including Perissa, Vlichada, Perivolos.

PM:

Enjoy your evening meal and then head off to visit local villages such as Pyrgos for an evening stroll and drink. Enjoy the company of the group.







## **What to expect from Unleash Yoga**

Olivia qualified as a 200 hour Yoga Teacher with Empowered Yoga School, so expect an empowering yoga flow. Olivia will guide you through:

- Breathing techniques
- Vinyasa style flow, sun salutations & hands on assists
- Guided meditation

## **What to expect from Unleash Barre**

Olivia has three years' experience teaching barre at London's top boutique studio, Psycle, trained by world leading choreographers (including the back up dancer for Kylie Minogue!)

- A full body workout
- Low impact & high energy
- Beach club music vibes

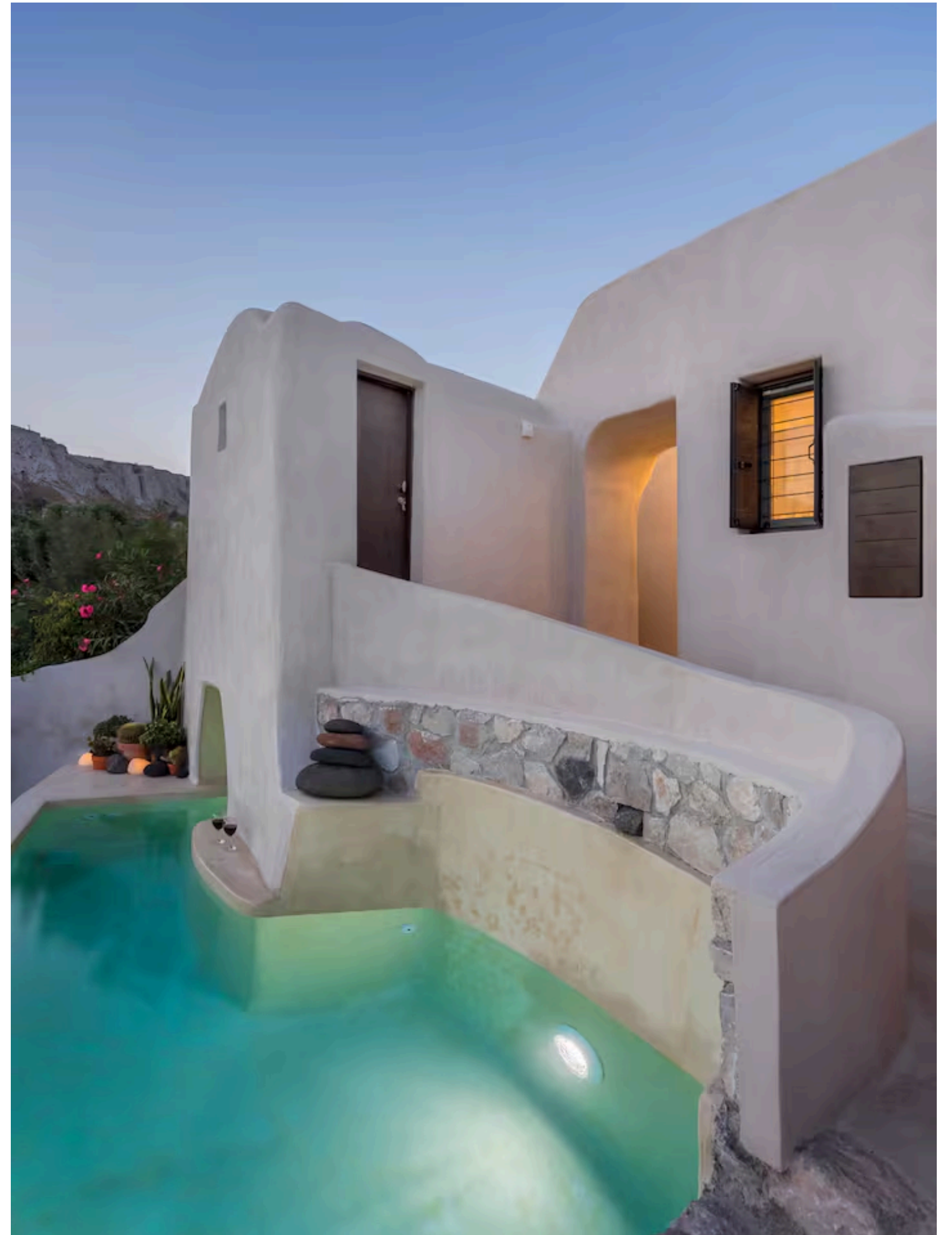


**Accommodation.** The accommodation is split into three villas each having a shared living space kitchenette and bathroom. There are screens and doors to separate the bedrooms. Please note that you may be sharing with someone else. If you have someone that you know coming on the trip you can request to be together.

If you prefer not to share a bed this is possible for an additional fee.

One of the king beds has its own ensuite.

If you would like a completely separate accommodation for more privacy please contact me for more information. See details in the pricing section.





# Double Bedroom

## Queen Bed A1 A2





# Quad Bedroom

## 2 Single Beds C D + 1 Double Sofa Bed E1 E2





# Double Bedroom

## King Bed F1 F2





# Double Bedroom

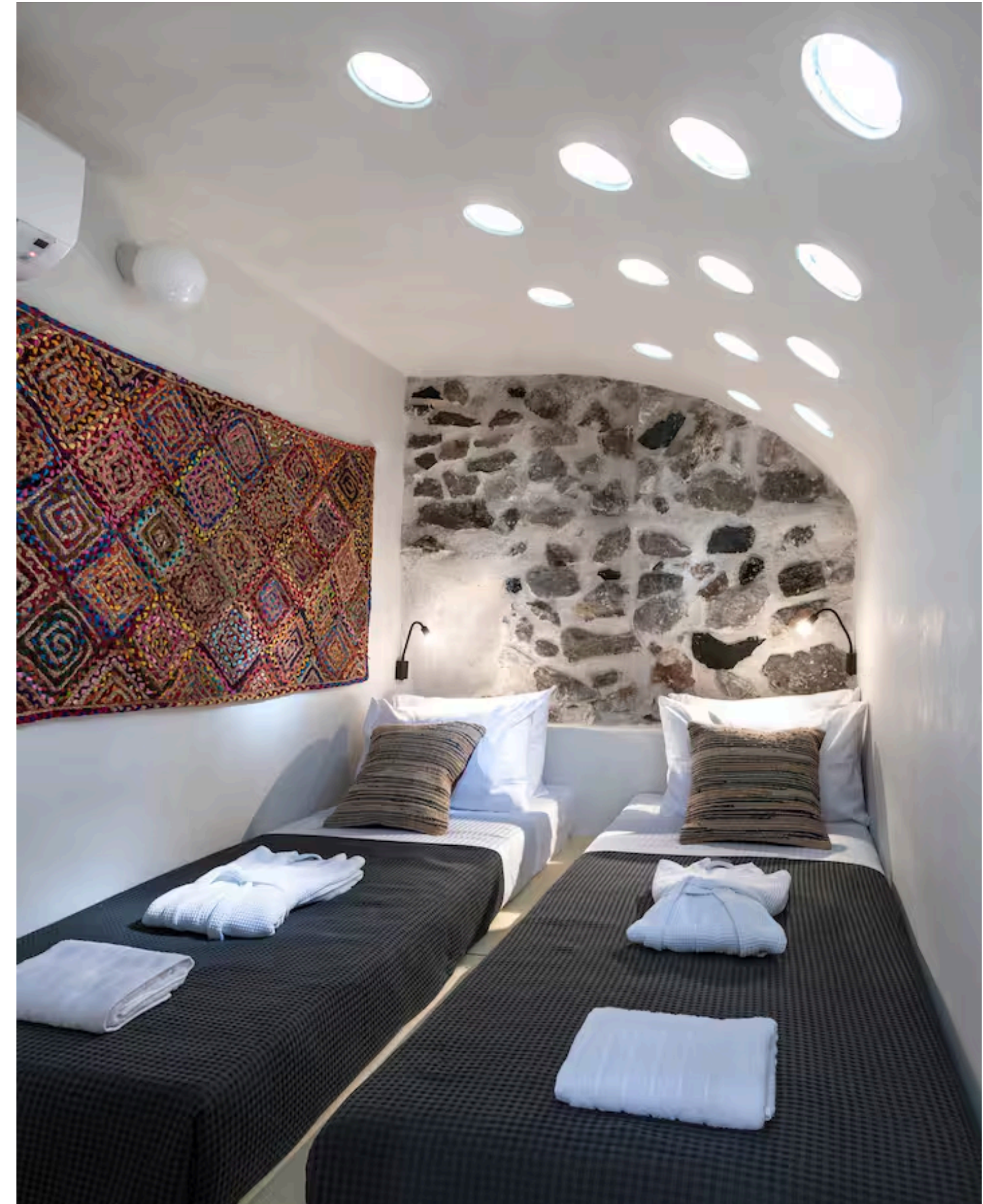
## King Bed G1 G2





# Double Joint Bedroom

## Queen Bed H1 H2 + 2 Private Singles I J





# 3 Seperate Bathrooms + 1 En Suite





**Pricing.** £1500 per person.

**What's included:**

4 nights accommodation  
daily yoga & barre sessions  
breakfast basket  
guided walks  
2x home prepared dinners  
1x restaurant meal  
2 pools and jacuzzi  
Packed lunches

**What's not included:**

Flights (ranging from £200 - £300)  
Transfers however these can be organised for you

**Optional extras:**

Sports massage - £50 per hour with our in-house qualified sports masseuse

Separate/private accommodation - additional  
£500

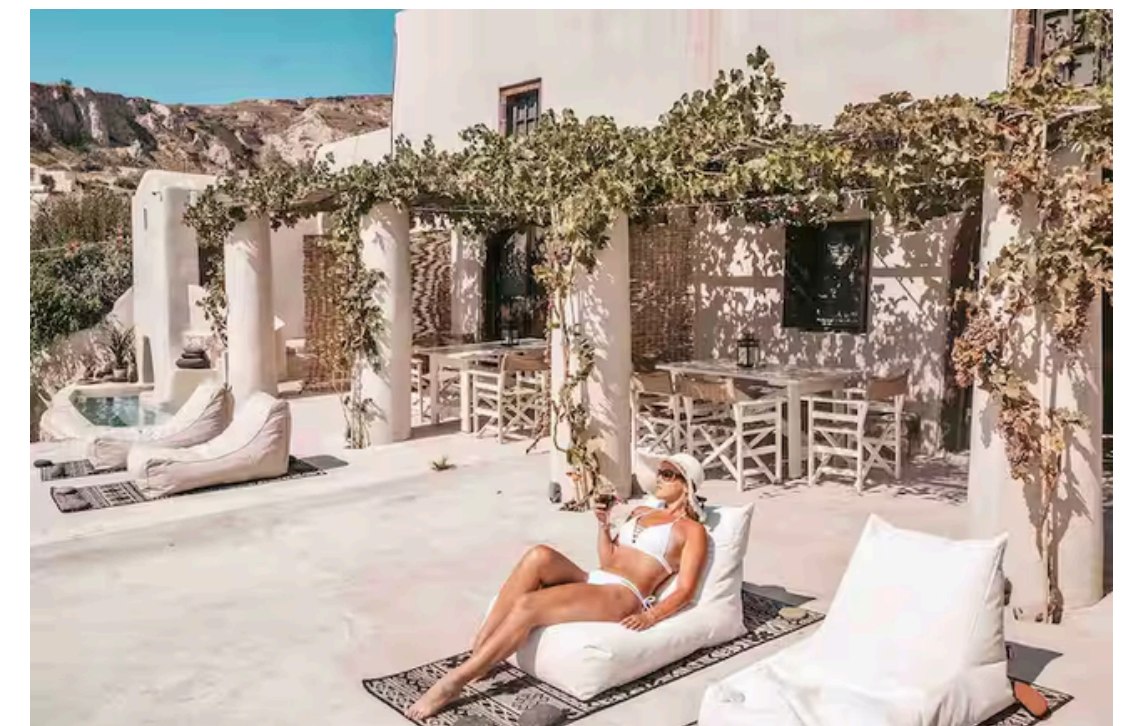
To reserve your spot please email Olivia at [unleasholivia@gmail.com](mailto:unleasholivia@gmail.com), subject line '**Unleash Retreat Reservation**' and quote e.g. Queen Bed H1.

Rooms will be allocated on a first come first serve basis with a £250 reservation fee (deducted from the overall price). Another fee of £250 will be required within two months of your reservation as a deposit (assuming you've booked in 2025). Remaining payments to be discussed individually. Please note your reservation fee and deposit are non-refundable. Please check your travel insurance.

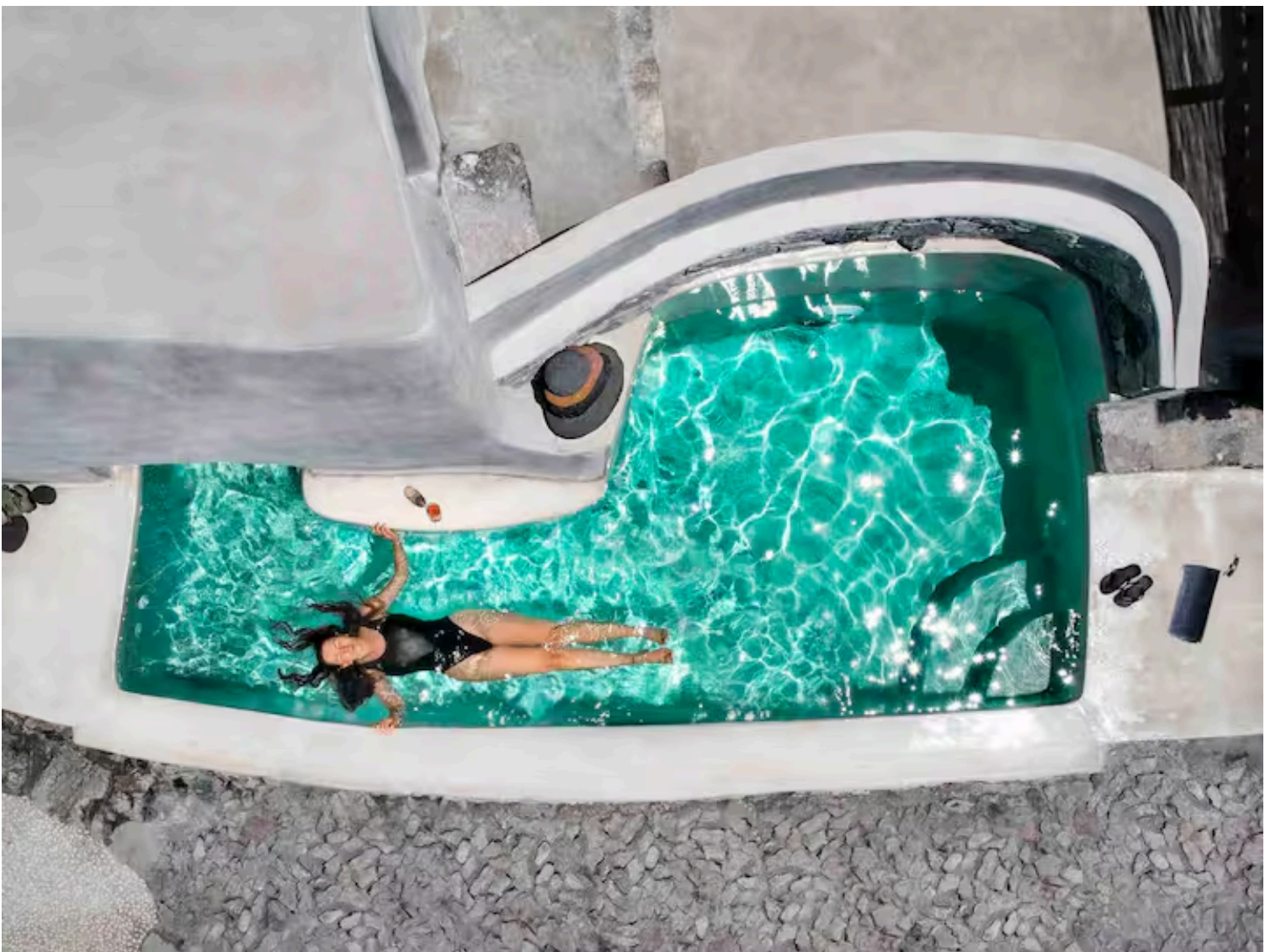


# Why Unleash?

Unleash is more than just a retreat. It's a movement. A chance to reconnect with your body, your power, and your purpose — all while immersed in one of the world's most inspiring islands.









## Client Testimonials. 5 star reviews on Google



Olivia is an amazing teacher and I always come away on a high from her classes. Her classes are challenging but fun and one thing that makes her stand out is her natural ability to make everyone feel comfortable – whether you're a yogi pro or barre beginner she adjusts, adapts and makes you SMILE. Also if you ever have the chance to try her brownies they're 10/10



Absolutely love the Unleash Yoga and Barre class! Olivia is always so energising and supportive. The workouts strike the perfect balance of strength, flexibility, and mindfulness. I always leave feeling empowered and refreshed. Five stars all the way!



I have been to one of Olivia's Barre & Yoga sessions in the beautiful location of Wilderness Wellness by the Lakes and it was great! 😊 I felt one with the place and I left feeling both relaxed and refreshed from the workout. That state stayed with me for the rest of the day. The brownies that we got as a treat were truly amazing and such a nice touch. I will definitely go again.





# Reserve Unleash Retreat

Please remember to include the subject line:

‘Unleash Retreat Reservation’

and quote your bed preference e.g. Queen Bed H1

Please have a second option in mind in case this has already been reserved.

