

SLOW LIVING YOGA RETREAT

INNER

HARVEST

22-27 September 2026
Evia Island, Greece

PURESELFAIDA.COM

WELCOME LETTER

It has been a long while that I have been witnessing in many around me a deep and silent longing to pause. This witnessing gradually turned into a call to create a space that could hold this longing — a space to move slowly and intentionally, both in body and mind. **INNER HARVEST** was born.

As summer slowly fades and nature begins to turn inward, this becomes a time to slow down. A time to step away from the constant state of doing, soften the pace, and reconnect with what truly matters. It is an invitation to reconnect with oneself through the rhythm of nature, movement, stillness, and presence.

Greece has been home to me for several years and will always hold a special place in my heart. I have witnessed the changing of the seasons and deeply admired the quiet magic this land carries. There is something about it that is difficult to put into words, and yet being there feels incredibly real and present.

INNER HARVEST is an invitation to gather together in a meaningful and heartfelt way — to deepen your practice, meet like-minded souls, and most importantly reconnect with your essence. I would love to welcome you into this space.

Love,

Aida

INSPIRED BY NATURE'S RHYTHM

In the season of bounty, the land offers us her harvest and gently calls us to unwind. The days grow shorter, while the evenings bring freshness for the mind and soul. Intensity softens, while spaciousness and depth begin to expand. Autumn feels like a golden time to simply allow yourself to be.

The rhythm of each retreat day aligns closely with the pace of nature. Rising slowly, inhaling the morning freshness in silence, we gather for our morning practices — grounding, centering, and easing into the day. Morning sets the foundation and vibration for all that follows.



Each day is inspired by a different element of Traditional Chinese Medicine, inviting you to experience its qualities through embodied practice. A subtle rhythm begins to emerge, supporting balance and a deeper attunement to both inner and outer nature.

Somewhere between stillness and movement, we meet ourselves again.

CREATED & HELD BY AIDA

Aida's work is rooted in the belief that healing and transformation happen not through force, but through presence, softness, and reconnection with our natural rhythms.

Her journey into holistic wellness and self-knowledge began after graduating in audiovisual production, when she intuitively turned toward the study and practice of yoga. Through her aunt, she became deeply aware of the rhythms of nature and what it means to truly live in relationship with them. Her nomadic journeys through Europe and Asia opened her not only to different cultures, but also to the sacred teachings of Buddhism and Hinduism.

She spent several years living closely attuned to the pace of nature, during which life offered profound experiences and realizations. Encountering different landscapes and people became, at the same time, a journey into her own inner landscape. It felt like a gradual metamorphosis — a return to her own essence and connection to life itself.

Aida's time for grounding and settling came through her shiatsu studies, which brought her closer to the wisdom of Traditional Chinese Medicine and Taoist philosophy. It felt like a missing piece had fallen into place. Things that once felt unsettled, despite discipline and willingness, slowly began finding their harmony. For the past several years, Aida has been working as yoga teacher, holistic wellness practitioner and retreat facilitator in various settings and collaborations across Greece, Italy, and Switzerland.



“Nature does not hurry, yet everything is accomplished.”

– Lao Tzu

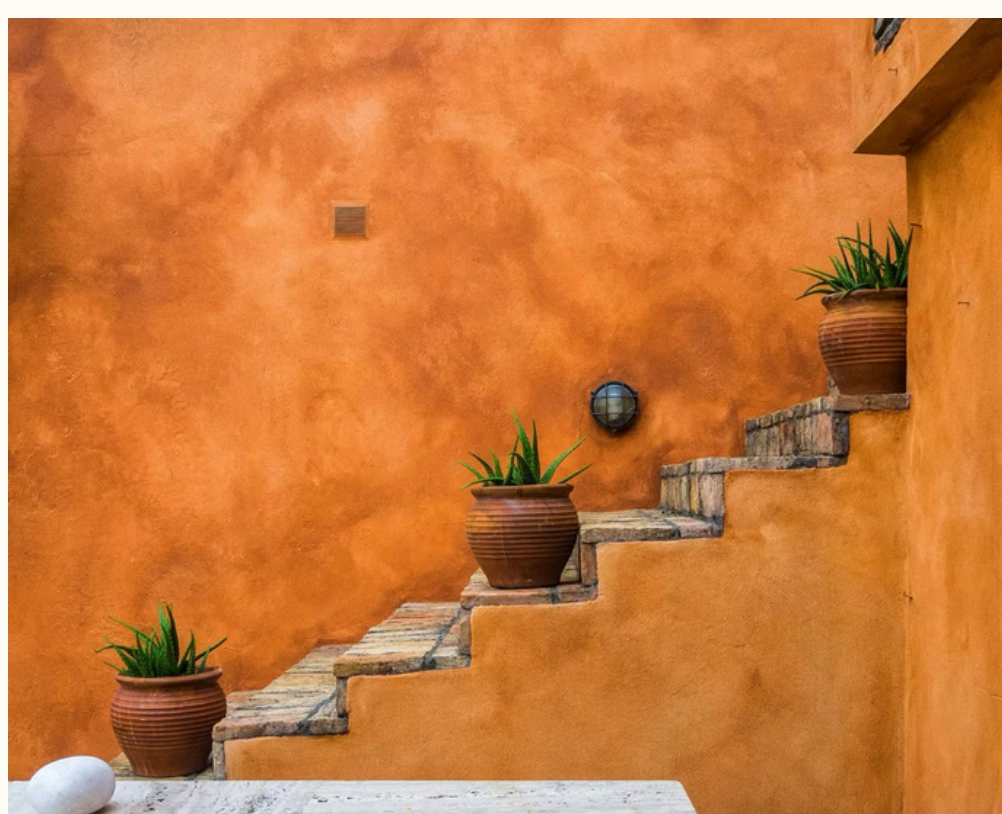
Through INNER HARVEST Aida creates a space to intentionally slow down, rest, reflect, and reconnect — both with oneself and with the world around — in a grounded and nourishing way.



ALIGNED WITH THE SEASON

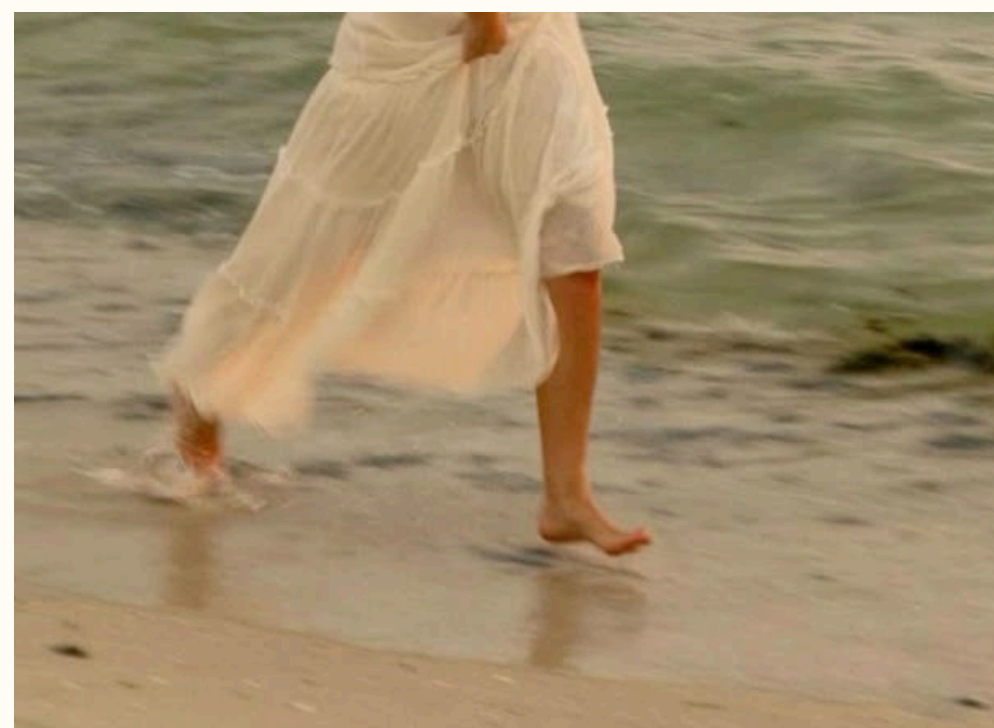
The Autumn Equinox is a magical threshold — a moment of balance between light and dark — inviting reflection, grounding, and inner recalibration. Together, we gather in celebration of this seasonal transition through ritual and shared presence.

September Full Moon — the Harvest Moon — guides us toward completion, reflection, and gratitude, as we acknowledge what has been growing within us throughout the past months. Under its light, we gather in a time traditionally associated with illumination, release, and emotional clarity.



In Traditional Chinese Medicine, autumn is connected to the breath, letting go, and relationship with the world around us. Reflection and contemplation are part of our daily practice. Through openness and inquiry, responses naturally arise.

In a tender and gracious way, we transition toward the darker season of the year — more receptive, more inward, more content. Finding stillness within the heart-mind brings an unmistakable sense of joy and readiness for heart wisdom.



A DAY AT INNER HARVEST

Through a balance of movement, stillness, and creative practices, we reconnect with our inner rhythm. The days follow a natural flow. Silence gently opens the day, grounding us through morning practices, building energy gradually as the sun is reaching its peak, and softening into stillness by evening. Without rushing, we savour each movement and moment, recognising their preciousness.



MORNING

TEA,
MEDITATION,
ASANA,
BREAKFAST
— ALL SHARED IN
SILENCE

YOUR TIME,
SEASIDE,
TREATMENTS

AFTERNOON

LUNCH,
YOUR TIME,
NATURE

SEASONAL ACTIVITIES,
WORKSHOPS,
REFLECTION,
TIME BY THE SEA

EVENING

SUNSET PRACTICES,
RESTORATIVE
SESSIONS,
SHARED DINNER

JOURNALING,
RITUALS FOR
SOUND SLEEP,
STARGAZING

OUR PRACTICES + SESSIONS

Asana flows

Yin yoga

Meditation

Journaling

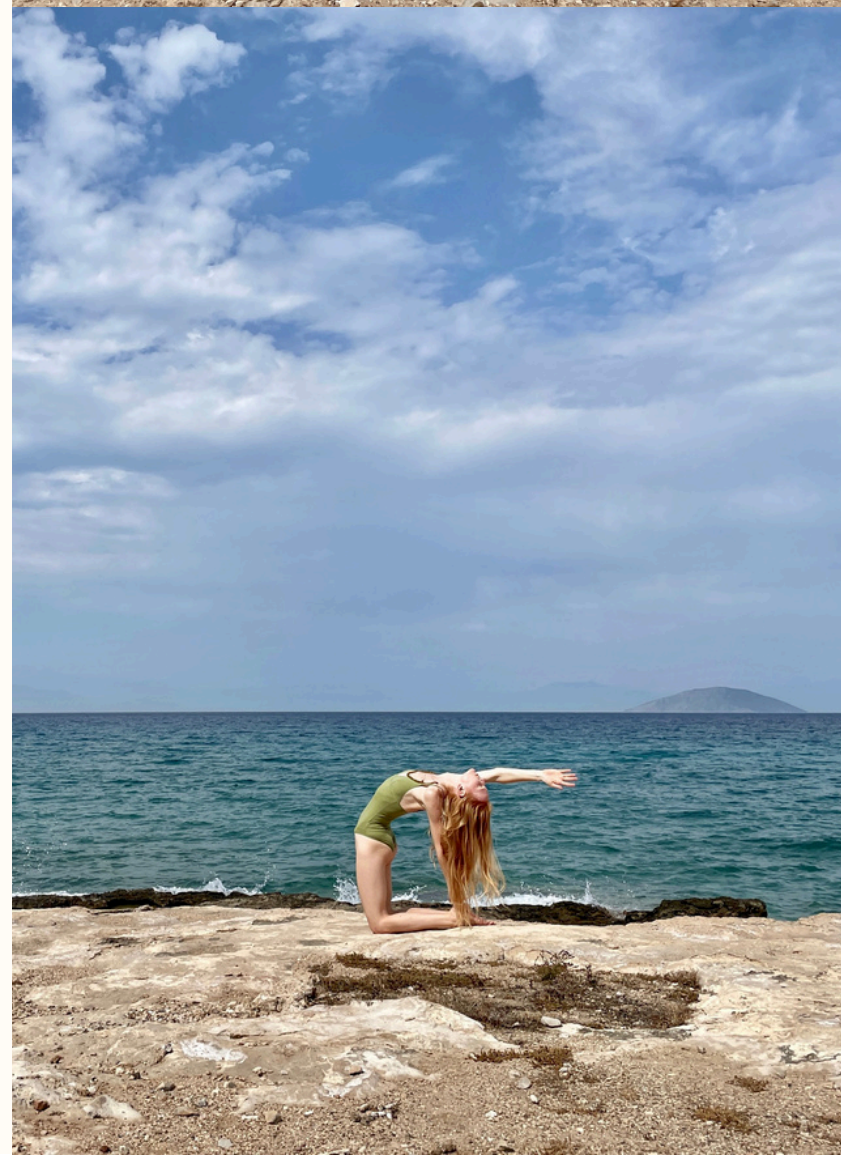
Nervous system
regulation

Meridian points

Self-care rituals

Seasonal living
practices

Goddess songs



THE VENUE

Anandamaya is a hidden haven nestled between pine forests, olive groves, and the endless blue of the Aegean Sea. Situated in a small fishing village on the northern side of Evia, Greece, its location naturally offers a space for slowness, beauty, and restoration.

The retreat center is Konstantinos' family home, thoughtfully transformed into a graceful sanctuary while remaining deeply connected to the surrounding natural landscape.





The space is defined by a cozy elegance that instantly makes you feel at home. The yoga shala, with its expansive views of the mountains and sea, creates a sense of being held by the land itself. Just a few steps away, the seaside invites for refreshing dips and quiet moments of rest in the shade.

And... the approach to barefoot luxury here is simple and honest: comfort without excess, beauty without pretense, and a deep connection to nature, self, and community. A invitation to walk barefoot, in every sense, and return to a natural, grounded way of life.



NOURISHMENT

All meals and snacks are lovingly prepared by the Anandamaya kitchen team using locally sourced organic ingredients aligned with the season.

At Anandamaya, balanced nourishment is a fundamental philosophy. They collaborate closely with local producers and farmers who provide the finest yogurt, honey, figs, chestnuts, pistachios, and many other delicious products the island offers in abundance. Some of the produce even comes directly from the Anandamaya garden.



A colourful breakfast of sweet and savoury dishes awaits you on the veranda after the morning practices, shared slowly and mindfully.

Lunch brings us together for a light and nourishing meal enjoyed during the brightest hours of the day. While dinner often becomes one of the most cherished moments — a time when everyone gathers after a full day to relax and enjoy Vasiliki's lovingly prepared creations. Accompanied by the views from the veranda and the sounds of nature surrounding Anandamaya, each meal becomes a unique and deeply sensory experience.



THIS RETREAT IS FOR YOU WHO...

Longs for rest and reconnection

Is moving through transition

Feels emotionally or mentally depleted

Longs for softness and slowness

Seeks deeper alignment
and intentional living

Wants to reconnect with your body,
intuition, and inner rhythm

PRACTICAL DETAILS

Dates: 22–27 September 2026

Location: Anandamaya Retreats, Asmini, Evia, Greece

Nearest airport: Athens International Airport (ATH)

Transfer: Transfers from/to Athens are included in the retreat price

Accommodation: Superior and deluxe rooms, as well as a deluxe suite, are available in both shared and private occupancy

Group size: Intentionally limited to 10 participants

Prices

Shared Superior Room	€1450 early booking / €1590 regular
Shared Deluxe Room	€1550 early booking / €1690 regular
Shared Deluxe Suite	€1650 early booking / €1790 regular
Private Superior Room	€2390 early booking / €2590 regular
Private Deluxe Room	€2550 early booking / €2750 regular
Private Deluxe Suite	€2690 early booking / €2890 regular

Deposit & Payment Terms

A 30% deposit secures your place and is non-refundable unless your spot can be filled from the waiting list.

*early booking until 21 June

Included

Morning and afternoon practices
Guided afternoon sessions
1 Day trip
5 nights accommodation
Three daily meals and beverages
Yoga equipment
Transfer from/to Athens

Not Included

Flights to/from Athens
Travel insurance
Private sessions
(massage, yoga, meditation)
Dining out
(if we decide to)

TESTIMONIALS

“Aida is magic and very caring. Her calm presence helps you go deeper into your own process. Her hands are healing and soft. It is a true gift to communicate with her.”

— Ekaterina

“Yoga classes with Aida have a serious and at the same time light approach. Serious in the sense that details are explained with depth and care. Her teaching feels special, and every practice is guided to help unfold and discover different parts of ourselves — both physical and subtle.”

— Sanja

“I was lucky enough to meet Aida and experience her Shiatsu. Being a bodyworker myself — and quite sensitive and selective about the bodywork I receive — I absolutely loved my sessions with Aida. She is a deep listener and attunes herself beautifully to each individual. I felt relaxed and able to trust her from the start and enjoyed every moment. If you have the opportunity for a session with her, go for it. She is deeply experienced and knowledgeable in her craft.”

— Laura



INNER HARVEST

is an invitation to slow down,
soften, and return to yourself.

To move with the rhythms of nature.

To rest.

To breathe.

To gather in beauty and presence.

We would love to welcome you.

pureselfaida.com/inner-harvest/

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instagram.com/pureselfaida

Spaces are limited to
10 participants to keep
the experience
intimate and personal.