

Return to Self Retreat

Frequently asked questions

When does the Return to Self retreat start and finish?

The retreat runs from Friday 24th April to Monday 27th April 2026, with arrivals from 4pm on Friday and departures from 2pm on Monday.

What should I bring?

Comfortable clothes for gentle movement, walking shoes, a notebook, and any personal items. We provide yoga mats, blankets, and all necessary props.

A full packing list will be provided once your final payment is made, so you can arrive fully prepared and stress-free.

Is the retreat suitable for solo travellers?

Absolutely! We offer single occupancy or shared options with another guest of the same gender.

How do I get to the retreat venue?

Travel is arranged by guests; full venue details are provided once your deposit is confirmed. UK guests can drive and park on-site; international guests should book flights independently. Transfers can sometimes be arranged at additional cost.

Do you cater for dietary requirements?

Yes. Our private chef can accommodate most dietary needs. Severe allergies or intolerances should be discussed before booking (emma@emmageorgiou.com).

Can I bring friends or family?

The retreat is designed for individual guests. Group bookings are possible if multiple rooms are reserved.

When does the early-bird offer finish?

The early-bird offer ends on 28th February 2026.

What if I need to cancel or change my booking?

Deposits are non-refundable. Contact me as soon as possible to discuss changes.

Will I need to participate in all activities?

Not at all. Each activity is optional.

Is the retreat suitable if I have limited mobility or health concerns?

Yes — please contact me in advance to advise on accessibility and adaptations.

