

Corfu 2027

The Unapologetically You Retreat

KONTOKALI | SEPTEMBER 2027

Exact dates coming soon



An invitation to pause, breathe, and reconnect with who you truly are.

Come As You Are



This retreat is an invitation to pause, breathe, and reconnect with who you truly are. In the beautiful surroundings of Corfu, we will spend several days exploring what it means to live authentically: to move through life in alignment with our values, our truth, and our natural rhythm.

Often the pace of everyday life can disconnect us from ourselves. We move quickly, respond to expectations, and forget to check in with how we actually feel. This retreat creates the space to slow down and gently return to that inner connection.

Through movement, reflection, conversation and shared experiences, we will explore ways to listen more deeply to ourselves and make choices that reflect who we really are.

You do not need to arrive with any particular goal or level of experience. Whether you are looking for clarity, rest, connection or simply a few days in the sunshine surrounded by lovely people, you are warmly invited.

Why This Retreat, Why Now

Somewhere along the way, many of us stopped trusting who we are.

Across the UK, confidence and self-worth are quietly taking a knock. The numbers tell a story that so many of us already feel:

62%

of UK adults say they lack confidence, and a third of them say it affects their mental health and wellbeing.

Arden University, UK Confidence Index

7 in 10

of us live with an inner critic, and for most people that voice arrived before they turned 17.

Arden University, UK Confidence Index

20%

of UK adults report low self-esteem, almost three times the 7% recorded in 2004.

CTPA survey by Opinionum

19%

We say "I'm fine" around 14 times a week, yet only 19% of us really mean it, and 3 in 4 find it hard to express our emotions.

Mental Health Foundation, "I'm Fine" survey

None of this means something is wrong with you. It means you're human, living in a world that rewards shrinking, pleasing and pushing on. **Unapologetically You** is an antidote: a few days to quieten the inner critic, find your voice again and remember that who you already are is more than enough.

The Journey

Four threads weave through our days together. Each one pairs a principle from yogic philosophy with practical coaching you can take home and actually use.

1

Authentic Arrival

Yogic principle: *Svadhyaya*, self-study

Landing, softening and noticing. We begin by gently meeting ourselves where we are, getting curious about the inner critic, and asking what we truly came here for.

2

Authentic Voice

Yogic principle: *Satya*, truthfulness

Moving past "I'm fine". Through breath, movement and coaching, we explore what it feels like to say what we really mean, starting with how we speak to ourselves.

3

Authentic Boundaries

Yogic principles: *Ahimsa*, non-harm, and *Brahmacharya*, wise use of energy

Kindness includes kindness to ourselves. We look at where our energy goes, why "yes" comes out when we mean "no", and how to protect what matters without guilt.

4

Authentic Joy

Yogic principle: *Santosha*, contentment

Joy doesn't have to be earned. We celebrate who we are right now, in bright colours, with a boat trip, a celebration dinner and plenty of laughter, and leave with a plan to keep that feeling alive back home.

Our coaching is supportive and reflective rather than therapy. If you're currently receiving mental health support, you're very welcome, and just let me know when you book so I can look after you properly.

A Day at the Villa



Every day has a gentle rhythm, with structure to hold you and plenty of space to simply be.

Morning	Yin yoga and meditation to ease into the day
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Breakfast	Slow, nourishing and shared
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Coaching	The day's theme, explored together
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Lunch	Fresh vegetarian and vegan food
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Afternoon	Free time: pool, sunshine, nap, journal, repeat
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Evening	Pilates or yoga to reset and re-energise
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Reflection	Journalling prompts to capture what's landing
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After dinner	An evening game, a lot of laughter, then bed
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Our Practices

Yoga

Mindful movement and body awareness. The intention is not to push or perform, but to gently reconnect with the body and notice how it feels to move with presence. Through slow flows, grounding postures and breath awareness, yoga becomes a way of listening inward.

Pilates

A playful, energising part of the retreat. These sessions build strength, improve posture and support the body through intelligent movement, leaving you feeling strong, capable and uplifted, and having fun along the way.

Meditation

Guided practices that invite us to slow down and create moments of stillness, where thoughts can settle and awareness can expand, allowing insight and clarity to arise naturally.

Coaching: Unapologetically You

Each day includes a group coaching session built around the day's theme. Using practical self-help coaching tools (values mapping, reframing the inner critic, boundary-setting and guided journalling) alongside thoughtful questions and shared discussion, we will explore how to align our actions with our values and listen more deeply to our inner voice. This is not about fixing ourselves or becoming someone new. It is about recognising what already feels true within us, and letting that truth guide how we live, connect and make decisions.

Yogic Philosophy

Woven through everything is the wisdom of yoga beyond the mat: ancient principles like *svadhyaya* (self-study), *satya* (truthfulness) and *santosha* (contentment) that have been guiding people back to themselves for thousands of years. No experience needed, just curiosity.

The Retreat Experience



Alongside our practices, there will be time to simply enjoy the beauty of Corfu. Relax by the pool, soak up the sunshine, have meaningful conversations or take a quiet moment for yourself. The retreat is designed to feel spacious and relaxed, so everyone can experience the days in their own way.

We will also enjoy some special shared experiences, including a beautiful **boat trip** exploring the coastline and swimming in the clear blue Mediterranean. One evening we will gather for a **celebration dinner** where everyone is invited to wear their brightest colours: a joyful way to celebrate connection, community and the vibrant energy of the retreat.

Your Home in Kontokali



The retreat offers a variety of beautiful rooms, with options for both solo travellers and those happy to share. Book a room all to yourself if you'd like your own space, or share with a friend, partner or fellow retreator. Many people arrive solo and leave with wonderful new friendships, so sharing can be a lovely way to connect with someone new.

Rooms are allocated on a first-come, first-served basis, so once you've chosen your favourite we recommend booking early to secure it. Each room has access to its own bathroom, so everyone has a comfortable, relaxing space to retreat to.

Before the retreat begins, everyone will be invited into a private group chat: a relaxed space to introduce yourself, see who else is coming, ask questions and start building a sense of community before we even land in Corfu.

How our rooms are priced. Each room is individually priced to reflect its size, layout and position within the villa. Some have ensuite bathrooms while others have private bathrooms just outside the room, and some open onto the garden while others have a private or shared veranda. **Every room can be booked solo or shared.**

Yellow Room



A cosy room with an ensuite shower room and access to its own section of the mid-floor veranda. Ideal for two friends sharing, or a solo guest who'd love an intimate little hideaway with easy access to the outdoor terrace.

Beds	Two single beds
Bathroom	Ensuite shower room
Outdoor space	Own section of the mid-floor veranda
Solo	£1,295
Sharing	£1,025 per person

White Room



A spacious and peaceful room with a comfortable double bed, perfect if you'd like your own private sanctuary during the retreat. Located on the lower floor, it has access to a separate shower room and toilet, plus direct access to the garden so you can step straight out into the green hillside surroundings. Lovely for a couple, too.

Bed	Double bed
Bathroom	Separate shower room and toilet
Outdoor space	Direct garden access
Solo	£1,295
Sharing	£1,025 per person

Peach Room



Perched on the highest floor of the villa, the Peach Room has its own private veranda overlooking the marina and the pool. The room itself is more compact, with a comfortable double bed and ensuite bathroom, creating a cosy, private nest with some of the best views in the house.

Bed	Double bed
Bathroom	Ensuite
Outdoor space	Private veranda with marina and pool views
Solo	£1,350
Sharing	£1,050 per person

Shared White Room



On the lower floor with direct access to the garden, the Shared White Room is spacious and comfortable, with two three-quarter beds and access to a separate shower room and toilet. Perfect for friends coming together, for guests open to sharing and making a new retreat connection, or for a solo guest who wants room to spread out.

Beds	Two three-quarter beds
Bathroom	Separate shower room and toilet
Outdoor space	Direct garden access
Solo	£1,295
Sharing	£1,050 per person

Red & Green Room



On the top floor, the Red & Green Room opens onto a shared veranda overlooking the marina and the green hillside. With its own ensuite bathroom, it's a bright, welcoming space to come back to between sessions. Ideal for friends, open sharers or a solo guest who loves a view.

Beds	Two single beds
Bathroom	Ensuite
Outdoor space	Shared veranda with marina views
Solo	£1,325
Sharing	£1,075 per person

Ground Floor Room



The villa's most flexible room. Wide glass doors open straight onto a veranda looking out across the bay, with two comfortable beds, a cosy sofa corner, a little desk for journalling and its own private bathroom. With space for up to three, it's perfect for a little gang of friends, a pair who like their space, or a solo guest who wants room to breathe.

Sleeps	Up to three
Bathroom	Private bathroom
Outdoor space	Veranda with views across the bay
Solo	£1,295
Two sharing	£1,050 per person
Three sharing	£975 per person

The Karma Seat



Some of the people who need a retreat the most are the ones for whom the full price just isn't possible right now.

That's why, on every retreat, The Thoughtful Yogi offers **one Karma Seat**: a pay-what-you-can place for one person who feels that little nudge to come but needs a gentler way in. Maybe money is tight this season, maybe life has been a lot lately. Whatever your story, if this retreat is calling you, she's worth listening to.

How it works

- ✦ There is just one Karma Seat on each retreat.
- ✦ Your contribution is agreed privately between you and me, based on what you can manage.
- ✦ You receive exactly the same retreat as everyone else: every session, every meal, the boat trip and the celebration dinner.
- ✦ It stays completely confidential. Nobody else on the retreat will know who holds the Karma Seat.

If cost is the only thing standing between you and this retreat, drop me a message at **thethoughtfuleyogi@gmail.com** and tell me a little about why you'd love to come. Everything you share stays between us, and as there's only one seat, reach out early if she's calling you.

What's Included

The retreat price includes accommodation, all meals, and all yoga, Pilates, meditation and coaching sessions throughout the retreat. Flights to and from Corfu are not included and will need to be arranged separately. All guests will need appropriate travel insurance in place before attending.

To make sure the retreat is supportive and comfortable for everyone, medical information and dietary requirements must be shared before booking. This lets us prepare properly and keep the experience as enjoyable and safe as possible for all.

This retreat is an opportunity to step away from everyday routines and reconnect with yourself. For this reason, it is alcohol-free and follows a vegetarian and vegan menu throughout the stay.

While there will certainly be moments of relaxation and enjoyment, this is not a traditional holiday. It is a space for personal exploration, connection and growth. Who knows? You may even leave with a new perspective on your daily habits and routines... and if nothing else, you might discover just how much you appreciate the comforts of home when you return!

Prices at a Glance

September 2027 · Kontokali, Corfu

	SOLO	SHARING
Yellow Room	£1,295	£1,025 per person
White Room	£1,295	£1,025 per person
Peach Room	£1,350	£1,050 per person
Shared White Room	£1,295	£1,050 per person
Red & Green Room	£1,325	£1,075 per person
Ground Floor Room	£1,295	£1,050 per person £975 per person (three sharing)

Flights not included · One confidential Karma Seat available, see page 15

Sometimes the best thing we can do for ourselves is step away from the noise of everyday life and give ourselves the space to reconnect with who we really are. If you feel even the smallest nudge that this experience might be for you, trust that instinct. It may be the start of something meaningful.

I would love to share this journey with you in Corfu.