NAFPAKTIA
THE QUIET LIFE
RETREAT

12.-15.03.2027

Rest.
Connect.
Expand.

4 Days And 3 Nights

To quiet the mind
in nature and
restore balance
within.

Leave the buzz
of life behind and
embrace serenity
in the mountains
of Nafpaktia.

&

YOUR RETREAT EXPERIENCE

4 Days and 3 Nights at Omalia Village

Daily Morning & Evening Yoga

Mantra & Sound Healing

Cacao Ceremony

Guided Nature Hikes

Creative Workshop

Nourishing Meals

Soft Stillness & Free Time

Possibility to book personal treatments

Goodie Bag & More

The Quiet Life Journey

Day 1

Arrival and Check-In

Opening Circle

Day 2

Yoga & Meditation

Brunch

Hike

Free Time

Sound Bath & Cacao

Restorative Yoga

Dinner

The Quiet Life Journey

Day 3

Yoga & Meditation

Brunch

Clay & Somatics

Workshop

Free time

Restorative Yoga

Dinner

Day 4

Final Yoga &

Meditation

Closing circle

A heartfelt farewell

brunch

Free Time

Omalia Village

The Quiet Life Sanctuary

Nestled in the mountains of Nafpaktia and surrounded by ancient forest, Omalia Village offers a rare sense of space, stillness, and perspective. Here, mornings begin with mist and mountain air, the pace of life naturally softens, and nature invites you to rest, reset, and reconnect.


Omalia
Village







Your Experience Includes

4 Days & 3 Nights
at Omalia Village
3 Brunch & 2 Dinners
6 Yoga Classes
Guided Hike & Picnic
Sound Bath & Cacao
Clay Workshop
Free time to enjoy
Yoga Mats & Props
A Goodie Bag & More

Early Bird until
January 15th, 2027

Community Chalet (4 people): €330 p.P.

Triple Room (3 people): €370 p.P.

Double Room (2 people): €420 p.P.

Single Room: €840

Standard Pricing

Community Chalet (4 people): €360 p.P.

Triple Room (3 people): €400 p.P.

Double Room (2 people): €450 p.P.

Single Room: €900

All prices excluding VAT.





Meet Your Hosts

Kim Muench and Angeliki Pantazi are yoga teachers and retreat hosts, blending intuitive healing practices, nature immersion, and yogic wisdom to create transformative, soul-nourishing experiences.

This retreat welcomes all, whether you come alone or with a friend, whether you seek stillness, shared moments with like-minded people, or simply a few nourishing days immersed in nature.



No prior experience with yoga or meditation is needed. All practices are guided, accessible, and invite you to move at your own pace.

SLOW DOWN, TUNE IN,
AND EMBRACE THE QUIET
WITHIN.

FOR BOOKING DETAILS
AND MORE INFORMATION
CONTACT US

@agg.pa

@iamkimmarlenmunch

@serenityhub_ath

+30 693 6626425