



Seascape Retreat

EXPLORE, BREATHE AND UNWIND IN THE IONIAN SEA


FREEDOM

NORTHERN IRELAND

Your Immersive Adventure Retreat

Step aboard for a week of warm, blue water, hidden caves, quiet anchorages, and unforgettable island adventure. This is a week of nervous system reset, gentle ocean adventures and island explorations. It is a chance to explore the Ionian in a way that feels immersive, playful, and deeply alive.

Each morning begins with 30–60 minutes of breathwork on deck, followed by around 1.5 hours in the water. Some days that means a gentle freedive session in crystal-clear bays. Other days it could be a cave snorkel, a wreck exploration, or simply drifting through luminous water beneath towering cliffs.

Afternoons open into the wider magic of Greece: hikes to hilltop villages, fresh seafood in harbour tavernas, archaeological sites, hidden beaches, and slow sails between islands. The rhythm is adventurous but unhurried, active but accessible.

Perfect for beginners, ocean lovers, and more experienced freedivers alike, this trip blends discovery, movement, culture, and connection. One day you might be snorkelling through sea caves. The next, hiking above Ithaca with the whole Ionian spread out below you. By evening, you are anchored in a quiet bay, sharing food, stories, and sunset light on deck. This is a week for people who want more than a holiday. More sea. More freedom. More wonder.



Trip at a Glance

THIS IS A SUGGESTED PLAN
THE ITINERARY IS FLEXIBLE AND USUALLY
ADPATED DEPENING ON WEATHER
CONDITIONS



Day 1

Flight to Preveza Airport (not included), short transfer to Lefkada and check-in to an airbnb for the first night.



Day 2

Relaxed breakfast and check in at Lefkas Marina. Short sail to Meganisi. Swim / dive or snorkel in azure blue, warm water. Dinner at one of the most stunning restaurants of the trip.



Day 3

Morning breathwork and water session. Long brunch and sail to explore nearby sea-caves. Mooring in Kioni for the night. Marvel at local artists and enjoy fresh fish by the sea. Option for hiking to historical windmills for stunning views

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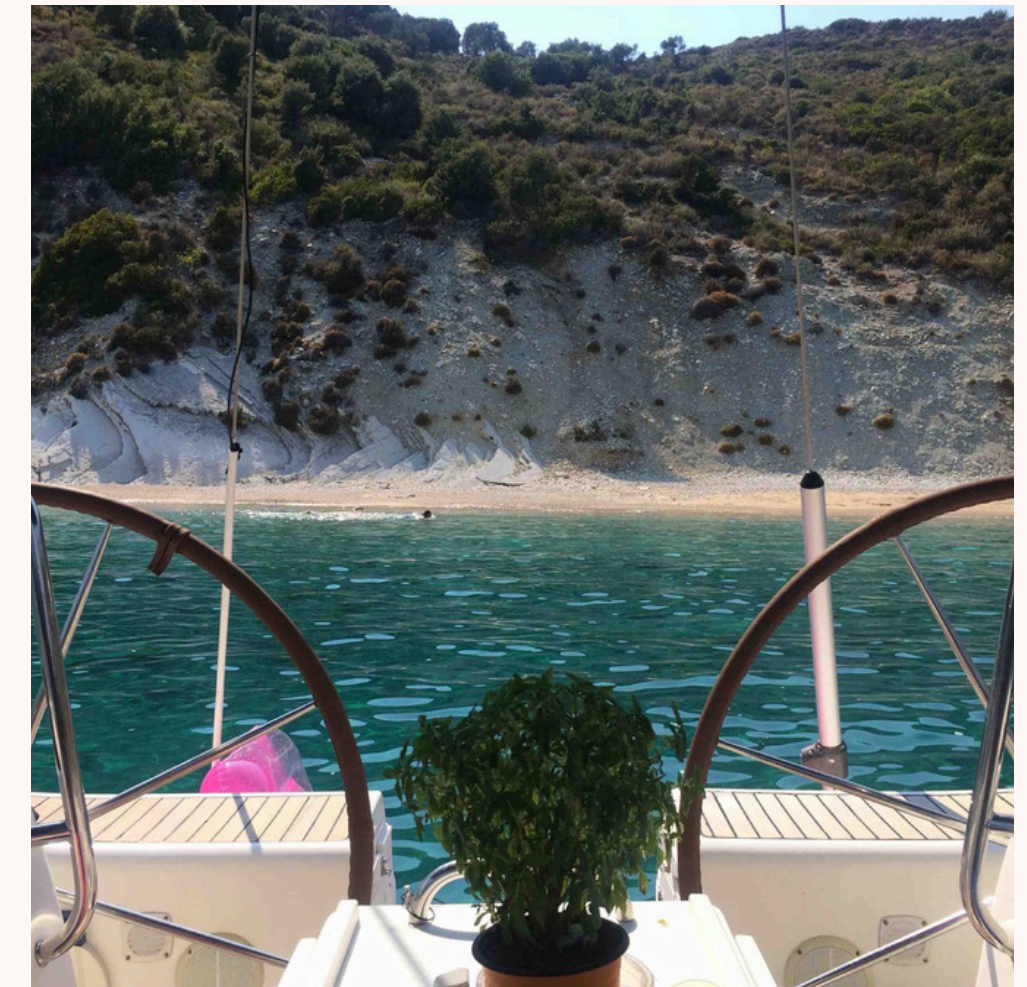
Day 4

Morning sail to Ithaca to freedive next to the Cyclops' cave from Homer's Odyssey and explore ancient underwater carafes.



Day 5

Relax Day with morning Breathwork and exploring Ithaca. Hike through a unique pine forest and visit ancient cultural sites of Roman and Greek origin.



Day 6

Exploring a WWII Beaufighter airplane wreck in the morning. In the afternoon hike to ruins and a lighthouse through a beautiful forest and spending the night in cosmopolitan Fiskardo of Kefalonia, famous for Lobster and Seafood

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Day 7

Exploration, freedive / snorkel and unforgettable photos! Sail to a remote bay to explore a shipwreck. Options for the evening either to visit the famous Cave of Melissani in Sami or the beautiful castle of Assos by the sea.



Day 8

Sail back to Lefkas marina and to Papanikolis cave after diving in south of the Island! Winding down and sharing our memories over dinner



Day 9

Wake up, breakfast and coffee and goodbyes. Departure from Preveza Airport

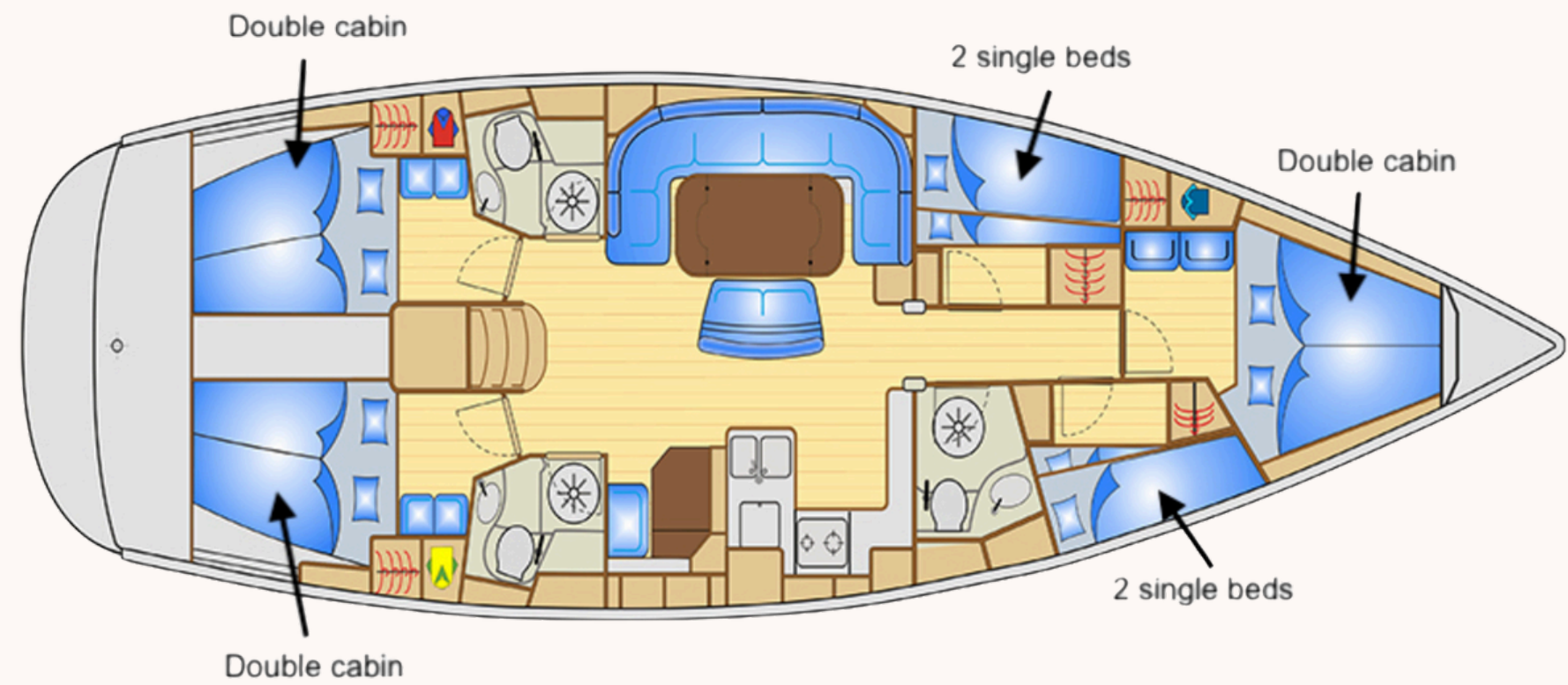
The Yacht



Your Retreat Stay

- Five double cabins and three bathrooms for up to 8 guests
- Equipped with oven, fridge, TV and dinghy with engine
- Spacious kitchen & dining area

The Yacht



Navigating Live On Board

How it feels to live on a yacht for a week:

‘I was pleasantly surprised to find that, although it was a yacht with only 10 beds, the set-up maximised space, and we never felt cramped. There are showers in the three bathrooms, but with a hot, fresh-water shower on the rear of the boat, these were hardly ever used.’

This description by one of our guests gives a good sense of life on board.

The skipper will take the initiative of preparing food and cooking, but life onboard is a team effort, and people are encouraged to participate as well!

A typical day onboard:

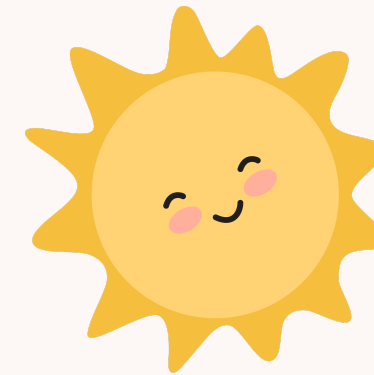
- Morning breathwork on deck
- 1.5-hour water session
- Long brunch or lunch
- Hike, sail, explore, or visit a cultural site
- Sunset, dinner, and a relaxed evening

Then for dinner, we either cook onboard or go out in the harbour at one of the local restaurants (at an extra cost) that we have tested multiple times and trust for their quality!

Usually, we combine cooking onboard and local restaurants for a complete gastronomic experience! There is enough fresh water onboard, which is sufficient for washing and showering, and we refill at all the stops. There are USB charging options, and it is possible to charge Laptops and phones.



Weather & Clothing Guide



WARM, SUNNY DAYTIME
TEMPERATURES AROUND 24
DEGREES



COLDER EVENINGS / NIGHTS
TEMPERATURES AROUND 17
DEGREES

Pack:

- Shorts and T-shirts
- Casual Trousers, Light jacket, layers for the night
- Comfortable walking shoes
- Water/wind-proof layer for the odd rainy and windy day
- 5mm Wetsuit



Making this Retreat Yours

This is a unique and varied slow adventure experience that brings together sea, breath, movement, food, culture, and adventure in one unforgettable week. The Itinerary is flexible and fully adaptable based on weather and group interests

This Retreat is ideal for

- Beginner freedivers (experienced freedivers have the option to dive up to 30m deep)
- Couples and adventurous travellers
- Ocean lovers who want variety
- Guests who enjoy movement, nature, culture, and connection

Retreat Prices

9 Days, 8 Nights

Shared Double Cabin

£1650

Private Double Cabin

£2500

Included

- 7 nights on board a premium Yacht and skipper
- 1 night Airbnb (first night)
- Airport transfer
- Breathwork Coach, Freedive Instructor and Water Safety Guide
- Daily breathwork sessions
- Water sessions throughout the trip
- Snorkelling equipment
- Freediving equipment (excluding suits)
- Basic sailing lessons
- Breakfast, bed linen, towels
- Fuel, marina fees, water, cleaning, VAT, and taxes

Not Included

- Flights
- Dinners at local restaurants
- Freediving suits, regular suits can be used
- Some onboard meals

If you want a trip that feels adventurous, welcoming, and genuinely different, this is it.

Get in touch to ask about dates, availability, and group options.

