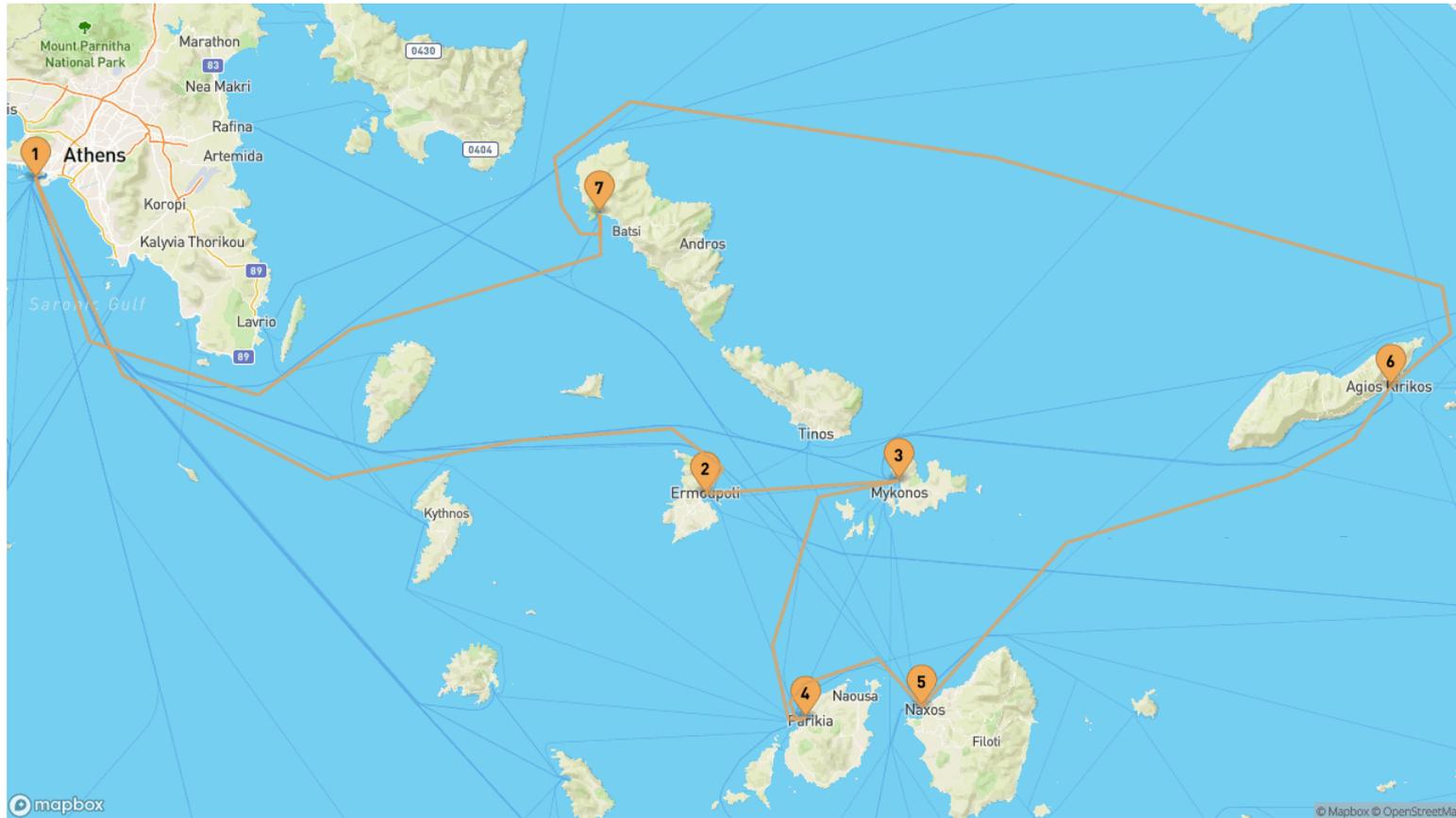




# Yoga Retreat. Cyclades Cruise 2025

On this voyage you will be taken a bit off the beaten track, and what breathtaking discoveries await you there! Homer's birthplace - the Mastic island; the most male island, too; the fountain town... And you will get to know the style of life in one of only five world's Blue Zones. Our new cruise program "Authentic Greece" will allow true connoisseurs of Greek culture to spend an unforgettable week among like-minded people, get acquainted with unusual facts of history, architecture, religious shrines, mythology and cuisine. Professional guide on board will accompany the group, an all-about specialist of Greece, who will provide an atmosphere of full immersion into the cultural program.

- Regions / Countries: **Greece**
- Duration: **8 Days / 7 Nights**
- Tags: **Mainland port, Island, Popular, Nightlife, Greenery**
- URL: <https://embarq.travel/it/boats/running-on-waves/yoga-retreat-cyclades-cruise-2025/>



## Day 1



### [Greece / Athens-Piraeus](#)

Mainland port

City where you can find a Roman tomb in the basement of the clothing store and a metro station where you can walk through the remnants of an ancient necropolis.

## Day 2



### [Greece / Syros](#)

Island, Popular

The head island of all the Cyclades and Dodecaneses. The island is famous for its vast array of options for gastronomy and hidden caves and fortresses. The promenades and alleys of main towns will leave you breathless.

## Day 3



### [Greece / Mykonos-Delos](#)

Island, Nightlife, Popular

Star level island. Best nights out in the Aegean sea, and, perhaps, in the whole Mediterranean.  
And star level cultural heritage and history, and well-preserved traditional ways of living and cooking.



### [Delos Archaeological Sites](#)

Historic, Architecture, Art

Numerous ancient monuments featuring many temples, maisons, statues, Agora of the Competaliasts and the ancient theatre

## Day 4



### [Greece / Paros-Antiparos](#)

Island

"Anti" translates in Greek not as negation but as the "opposite" of something. Islands of Paros and Antiparos lie opposite each other and are separated by a narrow strait. It is said they are the most Aegean islands among all of the Aegean. Come and see yourself why that is the case.

## Day 5



### [Greece / Naxos](#)

Island, Popular

Astoundingly green with vast forests and valleys, blessed with numerous famous local produce like wine, cheese and olives, yet filled with examples of Cycladic culture.

## Day 6



### [Greece / Ikaria](#)

Island

Ikaria is one of the five Blue Zones in the World - places where people reach extraordinary high ages. The island was named 2 years in a row "The Best Greek Island for Nature Lovers" by CNN.

## Day 7



### [Greece / Andros](#)

Island, Greenery

Andros is a rare Cyclades island abundant with water. It nurses dense forests, lemon groves, plane trees and rare flora. Andros accommodates mountain ranges, ravines, valleys and plateaus, and numerous cultural sites like one of the world's most impressive maritime villages, ancient cities, Hellenistic age towers, churches and others.

## Day 8



### [Greece / Athens-Piraeus](#)

Mainland port

City where you can find a Roman tomb in the basement of the clothing store and a metro station where you can walk through the remnants of an ancient necropolis.

