

Soma Retreat

Andros, Greece.



September 10th - 15th, 2026



A Creative Exploration of the Senses.

Held by the beauty of the Island, and our uniquely curated sessions, you're invited to respark your creativity and rediscover your voice through the vibrant flavours, culture, and rhythms of Andros. We explore new ways of expressing what lives within.



A woman with long dark hair, wearing a black backless top and a colorful floral-patterned skirt, stands on a large, flat rock in the foreground. She is looking towards a waterfall that cascades down a rocky cliff into a pool of clear, greenish water. The scene is set in a dense, sun-dappled forest with large trees and thick foliage. The lighting is bright, creating strong shadows on the rock.

Sessions Crafted for you

~ Colour your World ~

~ Magic in Nature ~

~ Scent and Botanical Alchemy ~

~ Table & Taste ~



☀️ Magic in Nature ☀️

Connecting with the island through Nature walks, Magical Waterfall Trek, coastal walks & unhurried beach time.



☼ Scent and Botanical Alchemy ☼

Crafting your own essential oil blends with Local Herbs



Table & Taste

Shared local meals, village living paired with nourishing
Brunches crafted by our private chef.



Colour your World

Intuitive painting, playing with colour, beach mandalas, art journaling



Program Highlights:

Sea Awakening

Morning yoga & guided meditation by the water.

Colour Your World

Intuitive painting and fun with water colours

Scent & Botanical Alchemy

Crafting your own essential oil blends with Local Herbs

New Moon ceremonies & Vision boards

Creating your canvas of dreams

Magic in Nature

Connecting with the island through Nature walks, Magical Waterfall Trek, coastal walks & unhurried beach time.

Table & Taste

Shared local meals village living paired with nourishing brunches crafted by our private chef.

Discover Chora

Exploring the Old town, architecture & local markets, sensory stroll through culture and texture.



Stay at Villa Hortensia



-00:14



Stay at Villa Hortensia



The Heartist- Gaurika Noor

An Expressive artist and Intuitive art therapy practitioner. Gaurika holds space with warmth and presence, guiding you inward. as part of the Anamcara Family, she will be co hosting and facilitating, to ensure all experience a graceful journey of connection, flow, and renewal.





Anam Cara Ritualist- Natasha Mahindra



Natasha Mahindra is a certified yoga therapist, chakra healer, and founder of Anam Cara Retreats. With over 15 years of experience and training in Ashtanga and Hatha Vinyasa, she blends yoga with dance, sound, ritual, and holistic healing practices.

She curates intimate, nature-led retreats across the world from India to Greece, Portugal, and beyond.

To her, yoga is a way of life—about shedding masks, embracing the shadow, and experiencing the unseen within.



anam cara

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