

3 - 7 June 2024



InRetreat
TRANSFORMATIVE JOURNEYS

Corsica Retreat



*Breathe life into your
creative dreams this
summer*



Discover the picturesque seaside village of Oletta for a creative summertime gathering.

Many of us crave a retreat from daily life to spark the first creative impulse of a project we've been dying to start. You are invited to Corsica this June to replenish your inner reserves so you can breathe life into your creative dreams. Be inspired by exclusive workshops in creative writing and free thinking with typographer, designer, artist and entrepreneur, Kathy Miller. Cultivate calm focus through daily yoga and meditation sessions with Nina. Indulge in time to journal, relax, and daydream in our palatial boutique hotel, or on a crystal blue, sandy beach in the bay of Saint-Florent.



Your InRetreat guides



Nina Butler

Nina grew up in the South African wilderness roaming barefoot beneath sunny skies, in awe of earth's wonders. She was a high-school drop-out who traded the classroom for a yacht skipper's qualification, and started working on private yachts in the Mediterranean at 16 years old. This was the ultimate 'university of life' that led her into various culinary, viticultural, spiritual and artistic pursuits around the world.

She did eventually navigate back to formal education, and defended a Doctorate in Philosophy in 2015. Soon thereafter, she launched a start-up offering bespoke, multilingual yoga trainings online. This flowered into an in-person yoga travel and adventure experience business, and various consulting opportunities in brand strategy and communication. Nina is currently based in Oslo, Norway.

Your InRetreat guides



Kathy Miller

Using ink, watercolour, collage and camera, Kathy Miller abstracts natural and imagined landscapes, exploring and communicating the substance of the immaterial, of experience, and of transformation.

Thirty years as a typographer and designer guide her hand while significant and profound life experiences provide a deep inner compass. A much-awarded creative director known for instinctive contextual thinking, imaginative discovery is at the heart of her practice. Miller explores what lies unseen in the liminal spaces of time between real and imagined, dreams and memories.

Collaboration and sharing creative experiences are essential to her, inviting others to play in the unseen or unremembered imagination that lives within. An invitation to cultivate free thinking and expression... to become all that you are.

Anticipate a journey ...



RESTORED HISTORIC VILLA

Our palatial, charming boutique hotel was originally built as a nobleman's palace in the 17th century. It has been restored with clean lines, and modern, stylish decor, giving it a tranquil atmosphere, and retaining the original splendour. Enjoy sweeping views of Mediterranean blue seas and steep cliffs.

CREATIVE INVITATION

Over two workshop days designer, artist and entrepreneur, Kathy Miller, will guide us through a creative discovery in water and light. Using paint, pen and brush, we will explore the landscapes of Corsica in confluence with our inner landscapes of memory, longing, stillness and silence.



MINDFUL MOVEMENT

Yoga originates (some 4000 years ago!) out of the desire to prepare the mind and body for meditation, which is a focused free-flow mind-state. On this retreat, we'll be exploring the ways our movement and breath can enhance creativity and soothe the nervous system; a relaxed mind is a creative mind!



SAILING YACHT DAY TRIP

Explore the bay of Saint Florent and anchor at some divine hidden coves and beaches on an exclusive wooden sailing boat day trip! This is a private charter for our retreat group and an opportunity to dive into the azure Mediterranean, to loll in the sun, to recharge and dream away ...

EXPLORE OLETTA ON FOOT

Explore the lush green mountainside and dramatic cliffs around Oletta. Nina will guide the group on a 2-3 hour hike, and will match the pace and route to the group's energy levels and conditions on the day. We'll stroll through quaint alleyways, through indigenous forests, and stop for a surprise visit!



CONSCIOUS LIVING

Aethos Corsica originates out of the intention to provide freedom from the stresses and anxieties of modern life. Our boutique hotel is a sanctuary of well-being and connection to nature. At every level, there is a commitment to sustainability and the benefits of the environment. Don't forget to book a massage with the onsite therapist.



Retreat location: **Oletta, Corsica**

Oletta is a picturesque town in Haute-Corse, 20km south-west of Bastia, Corsica's second largest city after Ajaccio. Oletta covers a verdant, mountainous territory, stretching from Saint-Florent in the west to the outskirts of Bastia in the east. The village of Oletta includes several hamlets which were historically prosperous and geopolitically important. There are churches and private villas with colourful stories embedded in the ancient walls.

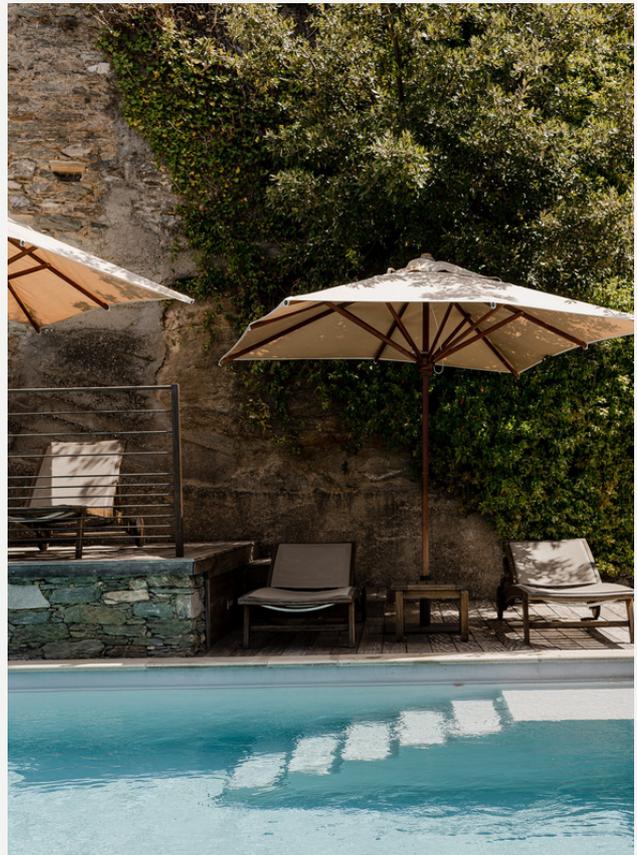
Today, Oletta has a small local population of 1,700 who choose the quiet life, yet remain conveniently close to Bastia. Below Oletta is a famous wine region and sheep farming. The views from Oletta over the vineyards and plains stretching to the bay of Saint-Florent are breathtaking. Temperatures in spring range from min. 15°C / 59°F to max. 27°C / 81°F.



Your accommodation: 17th century French villa

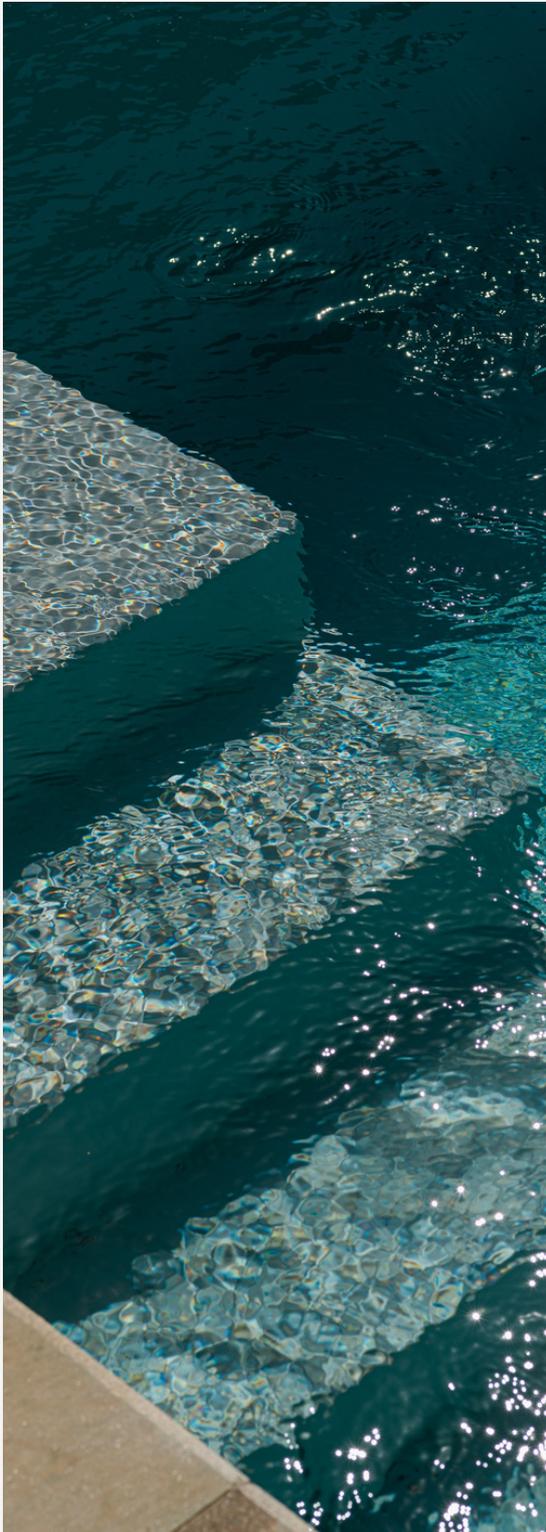
The palatial, charming boutique hotel that is Aethos Corsica was originally built as a nobleman's palace in the 17th century. It has been restored with clean lines and modern, stylish decor, giving it a tranquil atmosphere, and retaining the original splendour. Relax and enjoy the stunning views of the Mediterranean's finest blue seas and soaring cliffs from one of the nine unique suites. The re-imagined historic palace sits on a hillside in Oletta, one of the most beautiful villages on the island, and offers sweeping views of the bay of Saint-Florent, with its aquamarine water and sandy coast.

Each of the nine suites has its own character and story to be discovered. We'll have the villa exclusively for our intimate group. There is a restaurant on site, U Palazzu, that will serve us our three meals daily. There are also small restaurants dotted across the village, in walking distance from the villa.



All the retreat details ...

Getting there



ARRIVAL:

The closest airport is Aéroport de Bastia Poretta (BIA). Flights to Bastia are via many European centres, including Paris, Nice or Lyon in mainland France. From Bastia airport, it is a 30 minute taxi (€80 for 4 pax) to Aethos Corsica, our villa.

The other airport in Corsica is Aéroport Ajaccio Napoléon Bonaparte (AJA), which is the south west of the island. There are many flights to AJA from other European airports. Ajaccio airport is a 3hr train journey away from Bastia. From Bastia train station, it is a 30 minute taxi (€80 for 4 pax) to Aethos Corsica.

A third GREAT alternative is to use the ferry from Livorno, Italy. There are 3x daily ferries to/from Livorno - Bastia. They are comfortable and reliable. The ticket fares are ±40-80 Euro. The ferry is about 3hours. In this case, you could fly into Pisa airport, or Florence airport, and then catch a taxi or train to Livorno. The ferry operators are Corsica Ferries & Moby.

Check in is from 15:00 on 3 June 2024. We meet for a welcome dinner at 19:00.

DEPARTURE:

We say farewell to new and old friends after yoga and brunch on 7 June. Check out is from 11:00.

Retreat package

WHAT'S INCLUDED

- 4 nights en suite accommodation at Aethos Corsica
- Daily breakfast
- Daily lunch
- Daily 3 course dinner
- Yoga and meditation daily with Nina
- Exclusive 2-day creative workshop with Kathy Miller
- Exclusive guided hike in Oletta hills with surprise visit!
- Exclusive wooden sailing yacht charter and yacht day trip from Saint Florent
- All tourist taxes
- Gift bag

NOT INCLUDED

- Flights and travel to/from Oletta
- Visas
- Alcoholic and other beverages with dinner
- Spa treatments

BOOKING TERMS

- A non-refundable deposit is required to secure your spot.
- The balance payment is due by 3 April 2024.
- If there is an unforeseen circumstance that causes us to postpone the retreat, all payments will be paid forward to new dates, or refunded in a voucher.
- It is strongly advised that you take out travel insurance.



All the options ...

Retreat investment 3 - 7 June



TWIN/SHARING ROOM

Sharing room p/p
€ 1899

Deposit for sharing p/p
€ 570



SINGLE ROOM

Single room p/p
€ 2499

Deposit for sharing p/p
€ 750



What guests are saying ...

Reviews

“This past week was filled with laughter, heartwarming stories, insightful conversations, moments of vulnerability, self-renewal, and the forging of deep connections with fellow retreat participants who quickly became friends. Nina's calming and secure energy not only permeated the yoga classes but also extended to the entire group. She created a safe space where we could fully embrace our authentic selves, free from judgment or inhibition.

Thanks to this retreat, I have gained so much more than just physical strength and flexibility. I have gained a newfound sense of confidence, self-belief, and resilience. Nina's guidance and the supportive environment she cultivated have been instrumental in my personal growth.”

~ Sofia, 2023

“The picturesque landscape, transformative yoga, and creative workshops gave me the space to explore and unlock my artistic potential. It was an experience that left me feeling inspired, refreshed, and at peace with my journey.”

~ Maria, 2023

“It was absolutely amazing!! The boat trip was one to remember forever. I loved every second and Nina you are such an inspiring person and you made it so special for us.”

~ Annemiek, 2023

***Words speak. They are within us.
Imagine a white page whispering
'write on me,
tell me everything' ...***

[CLICK HERE TO BOOK](#)





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