



Qalbi Yoga-Halki Yoga Retreat 2026

The Art of self-Healing

September 12th-17th 2026

*Supporting you through your
transformational journey*



We are running a 6-day yoga experience on the beautiful island of Halki between 12th and 17th of September 2026

- Halki is a beautiful unspoilt island approximately an hour's ferry ride away from Rhodes. It offers authentic Greek charm and tranquillity and is a world away from the hustle and bustle of day to day life. The island has 3 secluded beaches and a couple of interesting walks. There is a small harbour with bars, restaurants and shops.
- The simplicity of the island allows you to relax and unwind with little distraction and helps you focus on the 3-4 hours per day we will dedicate to yoga, meditation and breathing. In addition, there will be daily tutorials/workshops/discussion groups. This year we will be focussing on 'The Art of healing' and exploring ways in which we can bring healing into our daily routine and develop a more wholesome way of living. After morning yoga and educational groups there will be plenty of time to explore the island with beautiful spots to sun bathe, swim, go for walks, stop by for a coffee or simply to chill out next to the crystal waters of the Mediterranean.
- If pampering is your thing, we have 2 dedicated therapists to provide massage and reflexology.



Program

Meditation

Morning Vinyasa Flow Yoga/Hatha (2 classes to choose from)

Pranayama

Breakfast

Educational discussions and workshops

Free time

Adjustment Classes

Evening Yin/Hatha Yoga

Yoga Nidra/Mantra/kirtan

Free time



What's included

- Price of the 6 day retreat is £460
- **Price includes: -**
 - Daily Meditation
 - Daily Pranayama
 - Yoga x 2 sessions daily
 - Educational discussions/workshops
 - Kirtan/mantra sessions
- **Price excludes:-**
 - Flights
 - Accommodation
 - Transfers to and from Rhodes airport to the island of Halki
- **Also available (at extra cost)**
 - Therapy Treatments
 - Diving taster session (or PADI course)
 - Day trips around Halki and other Islands



Retreat Details

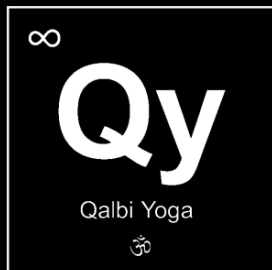
Week 1 – Sat 12th – Thurs 17st Sept

The theme of this years Retreat will be the 'Art of Self-Healing' as well as focusing on healing through asana, pranayama, meditation and sound we will also be exploring natural ways in which we can enhance our health and wellbeing and how we can incorporate these practices into our daily lives

There will be an opening circle at 6 pm on the evening of the 11th September. This is a lovely way of setting your intention for the week, meeting the group, program discussion and covering safety guidance.

The retreat is delivered on the Island of Halki.
We are always happy to help with travel and accommodation suggestions.
Qalbi Yoga cannot be held responsible for disruptions to travel or accommodation.





The new essential element

Maria Pettman

Maria is a Yoga Alliance Qualified Vinyasa Yoga teacher and Yin yoga teacher.

She has worked in healthcare for over thirty years, with an Msc in Advanced Nurse Practice, clinical prescribing qualification she is currently a nurse consultant within the JAG registration Bowel Cancer Screening Programme.

Her initial interest in natural health stemmed from the indigenous Australian communities she worked with in the 90's. She went on to qualify in reflexology, therapeutic massage and aromatherapy. She now runs several yoga classes per week in the Matlock area as well as yoga workshops.





Rooted Wisdom

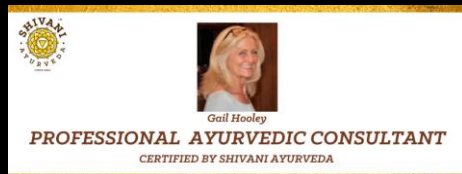
Gail Hooley

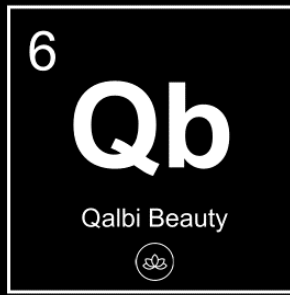
Gail is a Holistic Health and Wellbeing Practitioner

Her training and expertise are rooted in the sister sciences of Ayurveda and Meditation.

She is a Certified Ayurvedic Consultant with a strong background in nutrition, health, weight management and sleep issues.

She is also a Chopra Certified Ayurvedic Perfect Health Teacher and a qualified Laughter Yoga Instructor, which she teaches both therapeutically and just for fun!





The luxury element



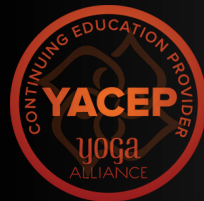
The new essential element

Yasmin Castle

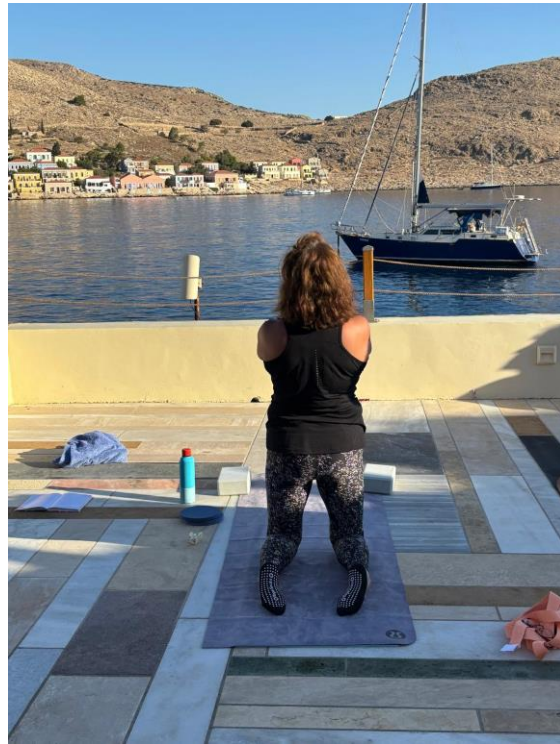
Yasmin is a qualified Vinyasa, Hatha and Yin yoga teacher, running classes in the Nottingham and Matlock Area

Yasmin is a certified beauty therapist with an honours degree in fine art from Manchester Metropolitan.

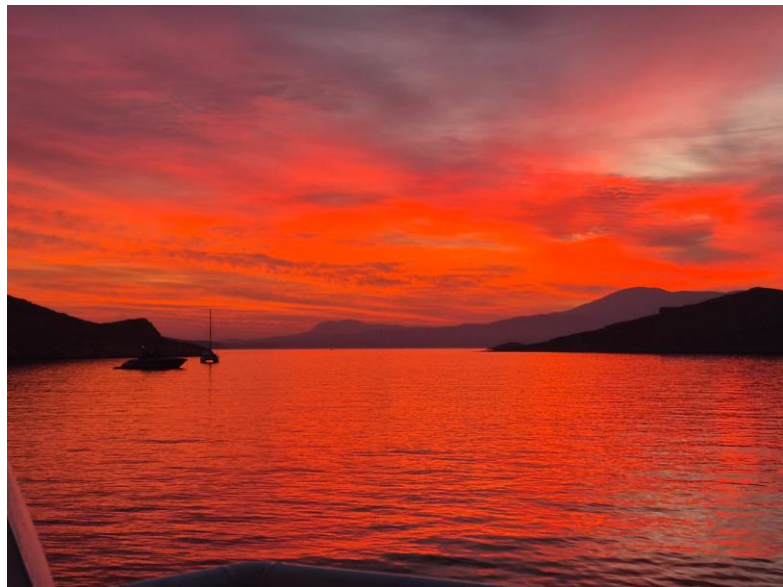
She has a strong physical daily asana practice and focuses on how physical Yoga practice can be used to overcome common musculoskeletal issues.



2025



2024





2023



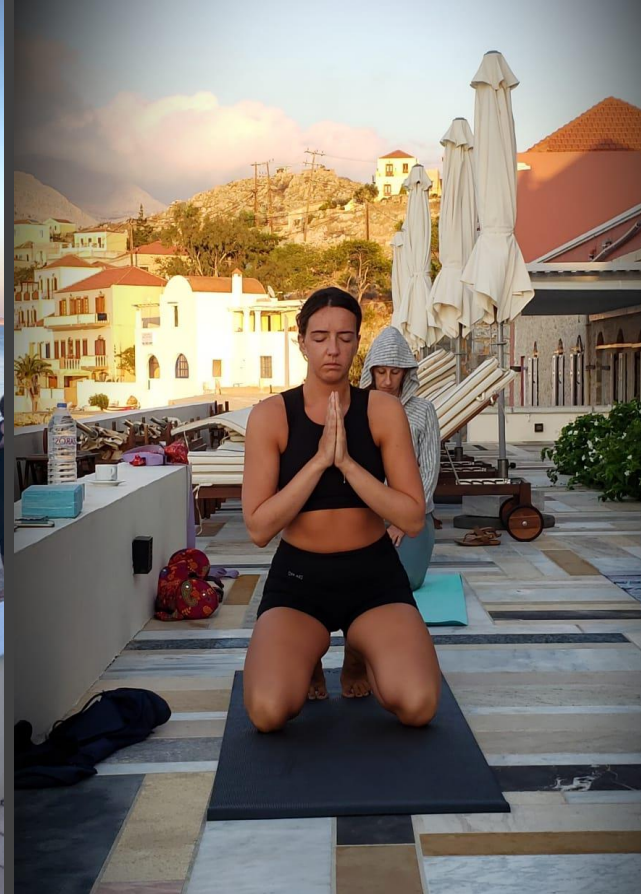
2022

2021





2020



2019

