



Yoga + Pilates

## 'RE-SET' RETREAT

OKU KOS, GREECE | 14- 19<sup>th</sup> OCTOBER 2026

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'Re-Set' is the chance for a complete wellness experience. Slow living, beautiful locations, nourishing practices, true relaxation, and reconnecting to a place of personal balance.

The days will begin with strong and dynamic Pilates practices in the beach Shala, leading into rich group experiences in nature; private boat trips, stargazing and hikes in the stunning Kos landscape. Expect slow-living beach days intercepted with spa treatments and the day will wrap with nourishing, calming yoga, breath-work, and meditation.

We look after everything, so you can tune back into you, enjoy the award-winning wellness facilities, take time for your personal wellbeing and truly relax, restore and reset.

THE YOGA CLASS

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BY LAURA DODD





# OKU HOTEL | KOS GREECE

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The location is OKU Kos, a relaxing beach hideaway and 5-star hotel, offering secluded luxury inspired by the Greek way of life. A soulful environment to unwind and re-energise.

Taking inspiration from traditional Greek island architecture, OKU Kos has a village-like feel grouped around gardens and large terraces, which extend into private and extensive private outdoor beach space.

Clean-lined furniture combines with rough, natural textures, and exotic accessories to create the perfect down-time sanctuary, with slow-living, mindfulness and minimalism at its core.

Walk across wooden walkways to OKU Kos' private beach, with duos of sun beds lining the shore and further up the banks open air cabanas dotted randomly about.

Wellness is a large part of life at OKU Kos; yoga and pilates sessions are taken at the beautiful private beach shala or yoga deck, there is gym equipped with NOHRD and other equipment, plus the alluring world class spa offers an outdoor and indoor pool, sauna and hammam.

Truly relax and restore with a spa menu of treatments by internationally-trained spa therapists working with local ingredients and time-honoured techniques.



## THE PRACTICES

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Your teachers are Laura Dodd and Bethany Watts. Laura is an experienced Yoga and Meditation teacher and 'The Yoga Class' Founder, with hundreds of hours training, learning and teaching experience, Laura has been practicing yoga and meditation daily for 10 years, and runs global retreats. Bethany is a seriously talented and super experienced Pilates, Barre, Yoga teacher, PT, 'The Yoga Class' favourite, and head trainer at some of the top London studios.

Laura and Bethany's teaching is a blend of mindfulness, strength, and flexibility, emphasising the importance of connecting breath with movement, and prioritising movement that works with you and your body rather than working against it, to create strength, tone and mobility. Their classes are not just workouts; they are holistic experiences designed to nurture body and mind.

Your dynamic morning Pilates session will strengthen, stabilise, sweat, energise and connect body and mind. Your evening candlelit Yoga session will slow down and take you back to centre and into deep relaxation with restorative yoga and Yin Yoga, including Meditative and Breath-work elements. A perfect equilibrium of movement and stillness to find harmony for the body and mind. All levels welcome.





## THE ROOMS

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Garden Suites open onto a private terrace and are outfitted with rain showers, comfortable COCO-MAT mattresses and wireless Marshall speakers. A private sanctuary with mid-century elements contrasting with naturally tactile textures.

Rooms feature: Air conditioning, Wi-Fi, SAT-TV, Safe, Iron and ironing board, Hairdryer, Robes, Slippers, Direct dial telephone, Shower & WC, Minibar + Coffee/tea making facilities (at extra charge).





## OR UPGRADE TO A JUNIOR SUITE W/POOL

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These beautifully spacious rooms have a dressing area, indoor living room, comfortable king-size bed and en-suite bathroom with rain shower. Floor-to-ceiling doors open out to a quiet terrace onto the semi-private pool, shared with just one or two neighbouring suites.

Rooms feature: Air conditioning, Wi-Fi, SAT-TV, Safe, Iron and ironing board, Hairdryer, Robes, Slippers, Direct dial telephone, Shower & WC, Minibar + Coffee/tea making facilities (at extra charge).







## THE FOOD

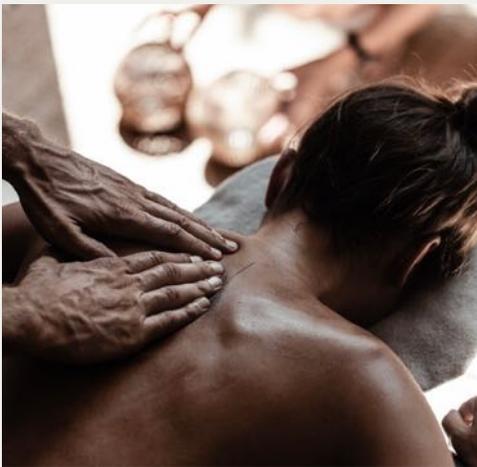
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Overseen by executive Chef Mark Vaessen, everything is colourful, fresh and full of flavour. The menu at the 'To Kima' restaurant focuses on farm-to-fork eating, inspired by local Greek and Mediterranean cuisine, offering mouth watering dishes using the freshest produce.

The indoor-outdoor restaurant features an open kitchen, with terraces either poolside or beachside, overlooking the sunset.

Meals are healthy, nutritious and can be adapted to any dietary requirements.





## THE ITINERARY

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### 14th October

Recommended Flights: 14/10 EasyJet 805 LGW- 1405 Kos

3PM Check in- Goodie Bags on arrival

5PM 60 min Evening Restorative 'Post Flight' Yoga Flow w/ Laura

7PM Dinner at 'To Kima' beach restaurant

### 15th October

8AM 60 min Dynamic Morning Pilates @ beach shala w/ Beth

9AM Brunch

1030AM Private Boat Trip and wild swimming

330PM Relax at spa, beach, pool, gym or enjoy treatments

530PM 60 min Yin Yoga w/ Laura

730PM Dinner at 'To Kima' beach restaurant



### 16th October

8AM 60 min Dynamic Morning Pilates @ beach shala w/ Beth

9AM Brunch

1030AM Hike with a view

330PM Relax at spa, beach, pool, gym or enjoy treatments

530PM 60 min Slow Flow Yoga w/ Laura

730PM Dinner at 'To Kima' beach restaurant

### 17th October

830AM 60 min Dynamic Morning Pilates @ beach shala w/ Beth

930AM Brunch

1030AM Spa Hour

Relax at spa, beach, pool, gym or enjoy treatments

OR optional beach horse riding/ water sports

530PM 60 min Yin Yoga w/ Laura

730PM Dinner at 'To Kima' beach restaurant

850PM Cinema under the Stars

### 18th October

830AM 60 min Dynamic Morning Pilates @ beach shala w/ Beth

930AM Brunch

1030PM Relax at spa, beach, pool, gym or enjoy treatments

530PM 60 min Restorative Yoga + Meditation w/ Laura

730PM Dinner including one complimentary glass of sparkling wine

830PM Stargazing

### 19th October

930AM Brunch

11AM Check Out

Recommended Flights: 19/10 EasyJet 1415 Kos- LGW 1630





## WHATS INCLUDED

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- + Twice daily 60 min Yoga, Pilates, + Meditation
- + 5-nights Luxury Ensuite Accommodation
- + Healthy Brunch and 3-course Dinner Menu each day
- + Full use of Hotel, Gym, Private Beach and facilities
- + Transfers from and to the airport (if get recommended flights)
- + Hike with a view in stunning Kos landscape
- + Private Boat trip + wild swimming
- + Sauna and Hamman session
- + Paddleboarding
- + Cinema under the Stars
- + Expert-led Stargazing
- + Complimentary signature massage treatment
- + Complimentary glass of sparkling wine
- + Goodie bag packed with sustainable wellness brands

## WHATS NOT INCLUDED

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- + Flights to Kos (currently - £300 ish return from the UK)
- + Travel Insurance
- + Optional Water Sports or beach Horse Riding
- + Extra Spa Treatments / Sessions
- + Local Climate Resilience Tax
- + Extra Alcoholic drinks, Food and Drinks outside the above





## THE PRICES

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*Garden Suite - double bed*

Solo : £2300 | Early Bird Solo : £2200

*Junior Suite w/pool - twin or double bed*

Sharing: £1975 | Early Bird Sharing : £1875

Solo : £2475 | Early Bird Solo : £2375

To secure your booking a 50% deposit is needed and the balance will be paid 40 days before arrival. Early Bird available until 10.01.26



Love your hosts,  
Laura + Bethany xx

