

KERKYRA

CULINARY AND WELLBEING



THE WEEKEND RETREATS

Welcome to the Kerkyra Culinary & Wellbeing project and the Kerkyra villa. We are delighted to invite you to our exclusive weekend retreats, where you can combine relaxation and learning in the serene setting of Cyprus.

Our retreats are designed to leave you with unforgettable experiences and a sense of fulfillment and harmony of body and soul.

CULINARY ARTS AND THE ART OF TABLE SETTING

The main goal of this weekend is to immerse yourself in the world of culinary arts, discovering new and exciting recipes from Mediterranean and local Cypriot cuisine. Cooking classes will be led by Maria and guest chefs, who will generously share their knowledge and expertise.

Using the freshest seasonal ingredients, the finest cookware and equipment, and the exceptional kitchen island specially created by Officine Gullo for our workshops in Florence, you will enjoy every detail of the process.

Our weekend will include masterclasses and creative discussions with guest experts. Aline, an expert in social etiquette and the founder of the Business Etiquette and Communication Academy in Kyiv, with 10 years of experience at Louis Vuitton Moët Hennessy, will guide us on how to invite, host, and farewell guests properly, along with the rules and traditions of dining in various cultures.

Natalia, a specialist in table setting and dinnerware, will show us how to combine different tableware sets, diversify the table's appearance with details, and assemble a versatile collection for various table settings.

With sommelier Irina, we will learn to pair wines with the dishes we prepare, serve them correctly, and understand the differences between grape varieties, wine regions, and production methods.

The weekend will be conducted in both English and Russian, with Maria happy to assist as a translator. Participation in fully English or Ukrainian groups is available upon request.



BREAD AND WINE

The luxury of everyday life is not rushing. This weekend, we will slow down and return to basics, baking sourdough bread and exploring the winemaking process.

Under the guidance of Valeria, an expert in sourdough bread who recently opened her own bakery in the UK, we will learn the magic of baking high-quality bread at home, from flour, water, and salt to a crusty loaf.

You will discover different types of bread and flour, the benefits of natural sourdough, which we will cultivate together, and learn how to store, dry, revive, and use the surplus for other products.

For our “bread talks,” we will gather around the beautiful culinary island, specially created by Officine Gullo in Florence, symbolically located with views of wheat fields and the Mediterranean Sea. While the bread bakes, we will taste wines from various countries with our expert Irina, and prepare dishes traditionally paired with fresh bread.

The highlight will be a demonstration of Cypriot pita baking in a traditional wood-fired oven, specially built on the Kerkyra Villa grounds.

The weekend team speaks Russian, Ukrainian, and English. Maria is always happy to assist with translation. Participation in fully Ukrainian or English groups is available upon request.



HARMONY OF BODY AND SOUL

This weekend is dedicated to the harmony and connection of body and soul with the beauty of the surrounding world, its colors, tastes, and aromas, designed to energize our guests, help them forget the hustle and bustle, and rejuvenate.

We will start the day with a yoga session on the seafront with Daria, an experienced certified yoga and meditation teacher from London. Breathe in the salty air of Cyprus, enjoy the gentle rays of the sun, listen to the birdsong, and tune into your own body.

Julia, our fitness trainer with 15 years of experience in rehabilitation, will provide each participant with a personal consultation/session aimed at developing an individual fitness plan and addressing any body issues: selecting exercises for a tired lower back, correcting posture, adding muscle definition to the arms, and more.

Enjoy a cup of tea with hand-picked mountain herbs on the Kerkyra villa terrace, along with healthy and delicious dishes you can help prepare. You will visit ancient chapels and hike wild trails to scenic viewpoints in the Akamas nature reserve, from where we source eco-friendly sea salt for our dishes. Among ancient olive and pine trees on lava slopes, we will pause for meditation and breathing practices.

The weekend will include six sessions (yoga, meditation, breathing, rehabilitation, consultation), and thanks to the high qualifications of our specialists, we are ready to accommodate participants of all fitness levels.

The event will be conducted in English and Russian, with Maria always happy to assist you as a Ukrainian translator.

GENERAL INFORMATION

The weekend package includes:

3 nights at the 5-star Anassa Resort, one of the best hotels in Cyprus (luxury sea view room and breakfast)

2-day themed program at the Kerkyra villa of your choice

Comfortable transfer between the hotel and the villa
(10 minutes)

Saturday lunch

Sunday brunch

3 unforgettable dinners in different settings:

Elegant dinner under the stars on the open terrace of the Anassa Hotel on Friday, where participants can get acquainted

Dinner in a traditional Cypriot tavern with an authentic atmosphere

Festive gala dinner by candlelight, with champagne, barbecue, and dishes cooked in the wood-fired oven at the Kerkyra villa

Specially selected and curated gifts for our guests

Room upgrades and airport transfers are available upon request at an additional cost.

PRICING

Early Bookings

€2900 for a single participant with an individual hotel suite

€1600 for an additional participant sharing the hotel suite

Late Bookings

(After 4 Weeks Before the Weekend)

€3300 for a single participant with an individual hotel suite

€1700 for an additional participant sharing the hotel suite

- Full prepayment is required at the time of reservation to guarantee your place.
- Cancellations made more than 3 weeks before the event will receive a 50% refund.
- Cancellations made less than 3 weeks before the event are non-refundable.
- Date transfers may only occur due to unavoidable and force majeure circumstances and are subject to individual discussion.

Contact for Booking

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