

# Mistral Hotel: Yoga retreats for solo travellers

## Making friends at Mistral Hotel: sociable yoga holidays in Crete for the independent solo traveller

**M**ost yoga retreats will welcome everyone, whether you're travelling solo, in a couple, or as part of a group. But if you're somewhat nervous about travelling alone, perhaps for the first time, then you're in luck. This is exactly what they specialise in at the family-run, boutique Mistral Hotel on the dreamy island of Crete. Here, all rooms are reserved for solo travellers — a novel idea and a concept that has created a vibrant, sociable community with many guests returning year after year, from as far away as the United States.

It's a privilege to visit Greece's largest island anytime, for its sunshine, healthy cuisine, endless olive groves, its beaches, and even its partying spots if that's what you're into. But there's lots of yoga to be found on the island too. That now includes Mistral Hotel, which has launched a series of

popular themed weeks, including occasional yoga and wellness retreats (the next one takes place in October, so get in quick if you're looking to book).

A friendly, super-comfortable hotel located in Maleme — about half an hour's drive from Chania (pronounced 'Shania') airport, in western Crete, which is well connected by air to the UK — you'll get the warmest of welcomes from the family owners who will go out of their way to make sure you enjoy your stay. There is nothing the family won't do to make you feel at home — and in an era where so much is now corporate-owned and impersonal, that is truly a breath of fresh air for any visiting yogi.

The themed yoga weeks are more like yoga holidays, where you'll get to enjoy time in the sun, by the pool, and feasting on good, healthy Cretan cuisine, with complimentary wine served at dinner. This is for all those



looking for a relaxed yoga retreat vibe, rather than a strict detox (or deprivation!) experience.

There are plenty of highlights along the way. You'll get to experience yoga at sunrise at some of the spectacular nearby coastal locations, either on the beach, getting sand in-between your toes, or perched high up, where you can take in the panoramic views of the Sea of Crete below. There's also sunset





## Yoga & Wellbeing Weeks

3-10 October, 2023

14-21 May, 2024

1-8 October, 2024



yoga on offer at Falassarna, one of the most beautiful beaches of Western Crete.

The yoga can vary, but is suitable for all, with adjustments available whatever your experience level or ability — the most important thing is taking part! There is also an option to visit a local yoga studio in Chania with your instructor, Aspasia, who is certified by the International Yoga Teachers Association and the Hellenic Yoga Association. She has created a programme that combines elements of Hatha, Vinyasa and Iyengar, with mudras and marmas, offering a mix of variety, challenge and fun in equal measure.

At the hotel, you can also look forward to a blissful gong bath around one of the pool areas — just pick your sun lounger, close your eyes and drift off to the soothing sounds. And, tucked away at the rear of the hotel, you'll find a tranquil spa area, where you'll get to enjoy a full regenerative body massage to ease away any stresses and strains.


The yoga, massage and sound bath provide the backdrop to your holiday as you take in all that this magnificent island has to offer. The themed weeks include a series of excursions to various towns and

attractions around the island, and are included in the price, but are optional if you'd rather just read your book by the hotel pool, no pressure. As well as Falassarna, other excursions include a visit to the beautiful Botanical Park & Gardens of Crete. Towards the end of the week, there's a visit to explore the charming alleys around the Venetian Harbour at Chania, followed by a group dinner at one of the local restaurants.

As you might expect, the food is pretty awesome. The Greek diet is said to be among the healthiest cuisines in the world, and that's cranked up a notch on Crete, essentially one giant garden for natural and organic produce. Apart from the group meal out in Chania, you'll get to experience home-cooked dinners around the large and sociable dining table at the hotel. Everything is well prepared by the kitchen team and made from locally-sourced ingredients, so even if you are indulging for the week, you'll still be eating lots of healthy whole foods. The hotel can cater for all dietary requirements, just make sure they know in advance.

on your own there are plenty of tavernas, supermarkets and shops within walking distance of the hotel, and the beach is easily accessible just a few minutes' walk away. If you want to venture further afield, either on your own or with a group, then Chania is 30 minutes away by bus, while Platanias, a smaller town with a big holiday vibe, is a 10-minute bus ride away.

The themed yoga and wellbeing weeks are a great way to enjoy everything that this area has to offer. Enjoy your yoga fix then indulge in all the delights of Crete. Other themed weeks include a focus on food, walking and even travel writing, among others, so there's something to appeal to all tastes.

While any visit to Crete is likely to be memorable, the true Mistral magic is in the friendly atmosphere it so effortlessly creates, in large part down to the charming, but hard-working family who make it all happen. It's a fairly small hotel — there are 35 rooms, and all for single occupancy, designed in contemporary Cretan styling — but that's one of the main reasons it's able to generate such a thriving, sociable community among its guests. Ultimately, you're one of the family. And that counts for so much in the modern era. 

Book now: Standard room, 7 nights: €1358;

Deluxe room, 7 nights: €1526

For further information visit: [singlesincrete.com](http://singlesincrete.com)



Outside, there's a fun (and sometimes very sociable!) round bar by the front pool, which is perfect for an aperitif ahead of dinner or for a nightcap afterwards. The great thing about Mistral Hotel is that there's always someone to chat to. As the saying goes: there's no such thing as a stranger — just friends you've yet to meet!

If you want to explore