

The Small Cruise Ship Collection

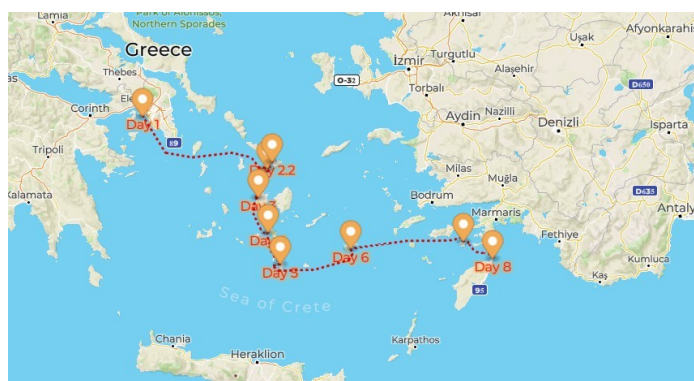
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YOGA RETREAT. CYCLADES - DODECANESE SMALL SHIP CRUISE

Travel from Athens to Rhodes aboard Running on Waves on an eight-day yoga journey through the Cyclades and the Dodecanese. The route connects Delos, Mykonos, Paros, Ios, Santorini, Astypalea and Symi, moving from the whitewashed villages and volcanic landscapes of the Cyclades towards the colourful harbours and medieval heritage of the Dodecanese. Along the way, guests discover ancient sanctuaries, quiet beaches, traditional island towns, dramatic caldera views and sheltered Aegean bays. Daily yoga sessions with a professional instructor become part of the natural rhythm of the voyage. Practices take place on board, surrounded by open water and changing island scenery, with additional sessions in peaceful locations ashore whenever the route and conditions allow. Morning practices prepare the body for walking, swimming and exploration, while slower evening sessions create space to recover and reset. Between destinations, guests can swim directly from the ship, snorkel, kayak, windsurf or relax in jacuzzi. Sailing practices and onboard entertainment may also be arranged according to the weather, itinerary and preferences of the group. Full-board dining, spacious outdoor decks and a limited number of guests create a comfortable setting throughout the retreat. This cruise is designed for travellers who want to combine yoga, island-hopping, cultural discovery and time at sea, experiencing a new landscape and atmosphere each day.



ITINERARY

Day 1 Athens/Piraeus

****Afternoon****

Arrive in Athens and make your way to Piraeus to board Running on Waves. After settling into your cabin, meet the crew, the yoga instructor and the other guests joining the retreat.

Take time to explore the ship's outdoor decks and onboard facilities. Depending on your arrival time, you can also walk around the marina or spend part of the day discovering Athens before embarkation.

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****Evening****

The voyage begins with a welcome and safety briefing, followed by the first dinner on board.

The instructor introduces the yoga programme and explains how sessions will be adapted to the sailing schedule, weather conditions and locations visited during the week.

Running on Waves departs Piraeus at approximately ****20:00**** and begins the overnight passage towards the Cyclades.

Day 2 Delos & Mykonos

****Morning****

Begin the first full day of the retreat with yoga on deck, followed by breakfast as Running on Waves approaches Delos.

Delos is one of Greece's most important archaeological sanctuaries and was regarded in ancient mythology as the birthplace of Apollo and Artemis.

****Day****

Go ashore to walk through the remains of the ancient city. Temples, houses, marketplaces and surviving mosaics turn the island into an open-air archaeological landscape.

****Day****

After leaving Delos, continue to nearby Mykonos. Explore the

whitewashed streets of Chora, walk past the island's windmills and continue towards Little Venice and the Church of Panagia Paraportiani.

****Evening****

Spend the evening discovering Mykonos at your own pace or return to the ship for a quieter practice on deck.

Dinner is served on board according to the cruise programme before Running on Waves continues towards Paros.

Day 3 Paros

****Morning****

Begin the day with yoga on deck, followed by breakfast overlooking the island's coastline.

Paros combines whitewashed towns, sandy beaches and traditional villages surrounded by hills, olive trees and aromatic herbs.

****Day****

Go ashore to explore the island independently or join an optional excursion.

Spend time in Parikia, the island's capital and main harbour, or visit Naoussa, where narrow streets lead towards a small Venetian port lined with fishing boats and waterfront restaurants.



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Another option is to explore inland villages such as Lefkes, known for traditional Cycladic houses, shaded lanes and views across the surrounding landscape.

There may also be time for swimming, snorkelling or relaxing on board before the evening practice.

****Evening****

As Running on Waves remains near Paros overnight, guests have time to experience the island after sunset.

Join a calming yoga session, enjoy dinner on board or spend part of the evening walking through the illuminated harbour streets. The ship is scheduled to depart in the early hours of the following morning.

Day 4 Ios

****Morning****

Wake as Running on Waves approaches Ios. A morning yoga practice on deck is followed by breakfast with views of the island's dry hills, whitewashed villages and rocky coastline.

Although Ios is widely associated with nightlife, the island also offers quiet beaches, traditional paths and a slower side that suits the retreat's rhythm.

****Day****

Go ashore to explore Chora, a hillside settlement of narrow

lanes, small squares, churches and white houses rising above the harbour.

Walk towards one of the viewpoints above the town, spend time beside the water or find a quieter coastal setting for swimming and relaxation.

When the schedule and conditions allow, part of the day may also be used for a yoga practice ashore, away from the busier harbour areas.

****Evening****

Return to Running on Waves for dinner and a restorative evening session.

The ship leaves Ios and continues south towards Santorini.

Day 5 Santorini

****Morning****

Begin the day with yoga as Running on Waves approaches the volcanic cliffs of Santorini.

Breakfast is served on board with views of the caldera, where white settlements rise above dark rock walls created by the island's volcanic history.

****Day****

Go ashore to explore Santorini independently or join an optional guided excursion.



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Walk through Fira, continue towards the cliffside villages or visit Oia for views across the caldera. Other possibilities include the archaeological site of Akrotiri, volcanic beaches or a local vineyard.

The contrast between open sea, volcanic rock and whitewashed architecture creates a distinctive setting for mindful walking, photography and time away from the ship.

****Evening****

Return to Running on Waves for dinner and an evening yoga practice focused on recovery after the day ashore.

The ship begins its passage east towards Astypalea, leaving the Cyclades and entering the Dodecanese.

Day 6 Astypalea

****Morning****

Wake near Astypalea, an island whose two sections are connected by a narrow strip of land, giving it a distinctive butterfly-like shape.

Begin the day with yoga on deck before breakfast and the journey ashore.

****Day****

Explore Chora, where white houses climb towards the Venetian

Querini Castle above the town. A line of traditional windmills marks the route between the harbour and the upper settlement.

Away from Chora, Astypalea offers quiet coves, rocky landscapes and less-developed beaches suited to swimming and unhurried exploration.

The island marks a transition between the architectural character of the Cyclades and the landscapes of the Dodecanese.

****Evening****

Return to the ship for dinner and a slower yoga practice as the light changes across the harbour.

Running on Waves continues towards Symi.

Day 7 Symi

****Morning****

Spend the early part of the morning at sea, with yoga on deck followed by breakfast.

The approach reveals one of the most recognisable harbours in the Dodecanese, surrounded by tiers of colourful neoclassical houses.

****Day****

Go ashore in Gialos and walk along the waterfront, through the narrow streets behind the harbour and towards viewpoints



overlooking the town.

Depending on the excursion programme, guests may also visit the Monastery of the Archangel Michael at Panormitis or spend time swimming in one of the island's sheltered bays.

The long stay provides space for independent exploration as well as a final yoga session ashore or on deck.

****Evening****

Gather for the farewell dinner and the final evening practice of the retreat.

Running on Waves remains in Symi overnight, allowing guests to walk around the harbour after the day visitors have departed.

Day 8 Rhodes

****Morning****

Enjoy a final breakfast on board before saying goodbye to the crew, the instructor and the guests who have shared the journey from Athens.

Disembarkation marks the end of the cruise. Guests remaining in Rhodes can continue towards the island's Medieval Old Town, where fortified walls, cobbled streets and the Palace of the Grand Master preserve the city's layered history.

Please note:

Itineraries are subject to change.



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YOUR SHIP: RUNNING ON WAVES

YOUR SHIP:	Running On Waves
VESSEL TYPE:	Three-Mast Sailing Vessel, Barquentine
LENGTH:	64 metres
PASSENGER CAPACITY:	42
BUILT/REFURBISHED:	

Running On Waves is one of the biggest sailing yachts in the world. According to SOLAS convention, the highest safety standards are maintained on board a vessel of this class, the same as would apply to a cruise liner carrying thousands of passengers. "Running on Waves" operates under the flag of Malta. The ship was conceived to combine maneuverability of a sport yacht, the highest standards of comfort and decor, and a shallow draft that allows calling at small marinas inaccessible even to many a big yacht, let alone cruise liners. The unmatched draft of 3.2 metres was made possible owing to a brilliant idea to use lead ballast. The uniqueness of a number of technological solutions confirmed by the US Patent Department. Every guest of ours enjoys 15,5 square metres of available open teakwood deck space, that is three times more than aboard most expensive cruise ships and would befit a most prestigious private mega-yacht. The policy of the Company is to always keep the boat in a mint condition. That is why, despite her tender age, we do profound refitting every winter, so that in Spring she welcomes you in full glamour of perfection. Sails are our main driving power, thus we boast unbeatably low level of

fuel consumption, on average 75 l per hour only, which is about 10 times lower than on a motor boat of a comparable size. Premium comfort notwithstanding, RUNNING ON WAVES is nothing close to a floating hotel or a museum on water, she is a supercharged windship, and with favourable wind can run at 16 - 17 knots under sail. The ship's superbly efficient ratio of sailing surface to displacement 2 sw.m/t makes her one of the fastest sailboats of old and new times. To make sailing comfortable at any sea conditions, cutting-edge technologies were used, such as pitch-killing stabilizers, while sophisticatedly calculated mass distribution prevents the hull oscillation frequency from resonating with the frequency, which affects human vestibular system. There are desalinators on board which account for the unlimited supply of fresh water. Air-conditioning throughout the vessel makes you feel a sheikh even in hottest days of Mediterranean summer. Our state-of-the-art hydraulic ramp at the stern of the vessel allows for a direct access to water for swimming and water sports. Sun Deck Primary feature -- a spacious deck for sunbathing with 16 chaise lounge chairs, which are accessible at any time absolutely free of charge. Additionally, the ship has a large area of covered surfaces, creating vast shaded zones on open decks, which allow for an enjoyable cruise while being protected from the sun. A fresh water Jacuzzi-swimming pool, accommodating six people, is located in the fore of the ship. In the aft of the ship, navigation equipment is behind the command bridge, followed by the massage center and the lounge area. A tour of the command bridge can be arranged at passenger's request. One may enjoy professional massage services in the massage parlor, followed

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by some downtime on a small sofa in the lounge area. Main Deck The restaurant located on the Main deck is ready to please the ship's guests with delicacies of Mediterranean cuisine. A fantastic Ocean Bar, located in front of the restaurant in the central part of the deck, offers refreshing drinks and exotic cocktails. You can enjoy your breakfast seated on comfortable sofas located in the cockpit, aft of the ship. Smoking is not prohibited in this zone. An observation deck in the fore of the ship is above the bowsprit, creating the feeling of flying over the water! Mini-suites and Premium cabins are located on the main deck. Size of the cabins vary from 16m² to 20m² (172ft² - 215ft²). Tween Deck Passenger cabins occupy most of the tween deck. Crew cabins, companion cabins for the crew and the galley are also located on the tween deck. Fully equipped Water sports center with access to a hydraulic ramp is located in the stern. The stern can be opened up and lowered onto the water, transforming into a diving deck for water sports and recreation. Standard cabins and economy class cabins are located on the tween deck. Cabin sizes vary from 11m² to 12m² (118ft²



- 129ft²).

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INSIDE YOUR SHIP

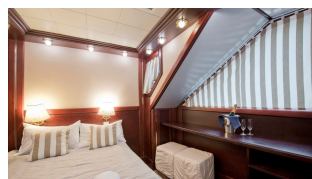
Main Deck



Tween Deck



Main Deck Suite. From



Tween Deck Cabin. From



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PRICING

29-May-2027 to 05-Jun-2027

Tween Deck Cabin. From	£2599 GBP pp
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Main Deck Suite. From	£5125 GBP pp
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05-Jun-2027 to 12-Jun-2027

Tween Deck Cabin. From	£2599 GBP pp
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ADDITIONAL CHARGES:

Port Taxes 395 EUR pp



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