

A woman with long blonde hair is sitting in a meditative lotus position on a stone ledge in a forest. She is wearing a dark tank top and shorts. The background is a dense forest with large trees and rocks. The lighting is soft and natural, suggesting a peaceful outdoor setting.

Welcome to ONAR
your ultimate yoga retreat

A PLACE WHERE UNTOUCHED NATURE, SILENCE,
AND COMFORT, ALWAYS SURROUND YOU.

Who we are

ONAR, the Ancient Greek word for dream, is the embodiment of a vision brought to life: a private nature sanctuary where luxury, stillness, and transformation exist in perfect harmony.

Nestled within the pristine wetlands of Ahla in Andros, one of the most remarkable ecosystems in the Aegean and a protected Natura 2000 habitat, ONAR offers a rare opportunity to reconnect with what matters most. Surrounded by untouched landscapes, crystal waters, and extraordinary biodiversity, this secluded sanctuary invites guests into an immersive experience of renewal, presence, and personal growth.

Conceived as a meeting point between human potential and the wisdom of nature, ONAR provides an intimate setting for carefully curated retreats, meaningful gatherings, and transformative wellbeing experiences. Every element has been thoughtfully designed to honor the landscape, preserving its authenticity while creating an atmosphere of understated luxury, privacy, and deep connection.

Our philosophy is rooted in conscious stewardship. We cultivate our organic farm with respect for the rhythms of the land, drawing inspiration and nourishment directly from nature. We continuously invest in sustainable practices, renewable energy solutions, and environmentally responsible innovation, ensuring that our presence enriches rather than disturbs this extraordinary ecosystem.

At ONAR, nature is not simply the backdrop, it is an integral part of every experience. Here, silence creates space, simplicity becomes luxury, and each moment offers an opportunity to reconnect, restore, and transform.



Why Onar Andros is a Truly Unique Destination for Yoga Retreats

Onar offers a landscape that is incredibly rare for the Cyclades: wild greenery, crystal-clear waters, dramatic cliffs, ancient paths, waterfalls, and a secluded beach all existing together in perfect harmony.

What makes yoga at Onar so special is the feeling of complete immersion in nature. The sound of the sea, the movement of the wind through the trees, the fresh river water, the silence of the valley, and the raw energy of the landscape create a setting that naturally slows the body and quiets the mind. It is the kind of place where wellness feels effortless and deeply authentic.

Unlike more commercial retreat destinations, Onar remains private, secluded, and intentionally understated. The experience is intimate and exclusive a hidden sanctuary rather than a crowded resort. The stone houses are built entirely with natural materials and blend softly into the landscape, allowing guests to feel part of the environment rather than separated from it.

The connection with the sea is at the heart of the experience. Ahla Beach, considered one of the most beautiful and untouched beaches in Greece, becomes part of the daily retreat rhythm sunrise swims, barefoot walks, meditation by the water, and yoga sessions surrounded by the colors and sounds of the Aegean.

Onar offers something increasingly rare: space, silence, authenticity, and a true connection to nature. It is a place designed for people looking to disconnect from noise and reconnect with themselves through simplicity, beauty, and the power of the natural world.



An aerial photograph of a beach. On the left, a wide, sandy shore is visible, with some darker patches and tracks. The beach curves towards the right, meeting a body of water. The water is a vibrant turquoise color, with some darker green patches visible beneath the surface, suggesting a rocky or coral reef bottom. The overall scene is serene and natural.

Ahla Beach

Just moments from ONAR lies Ahla Beach, one of the Aegean's most secluded and breathtaking coastal sanctuaries. Here, the crystal-clear waters of the Aegean Sea meet the freshwater stream of the Ahla valley, creating a rare landscape of exceptional natural beauty.

Framed by unspoiled wilderness and embraced by a protected bay, the beach offers an atmosphere of serenity and seclusion that feels far removed from the pace of everyday life. Its soft sands, turquoise waters, and untouched surroundings invite moments of stillness, reflection, and deep connection with nature.

Ahla Beach is an integral part of the ONAR experience—a place where guests can immerse themselves in the elemental beauty of the natural world, whether through quiet contemplation, mindful movement, swimming in pristine waters, or simply enjoying the privilege of uninterrupted time in one of Greece's most extraordinary settings.



Achla River

Flowing year-round through the heart of the Ahla valley, Achla River is one of Andros' rare perennial rivers, shaping a landscape of remarkable beauty and tranquility. As its waters wind through the protected wetlands, they carve a lush gorge adorned with cascading streams, crystal-clear pools, and centuries-old plane trees that provide shade beneath their majestic canopies.

The river creates a secluded sanctuary where nature reveals itself in its purest form. Hidden among the greenery, a series of natural freshwater pools invite guests to experience a rare sense of calm and connection, surrounded only by the sounds of flowing water and the rhythm of the landscape.

Whether exploring the riverbanks, pausing beneath the ancient trees, or swimming in its pristine natural pools, Achla River offers an immersive encounter with the wild beauty of Andros. It is a place of quiet discovery, restoration, and presence—an experience that reflects the essence of ONAR and its deep connection to the natural world.

Culinary Experience

At ONAR, dining is an essential part of the retreat experience, a celebration of nourishment, connection, and the natural rhythms of the land.

Inspired by the timeless wisdom of Mediterranean cuisine, our culinary philosophy embraces simplicity, seasonality, and exceptional ingredients. Every dish is thoughtfully crafted using fresh local produce sourced from Andros, alongside carefully selected organic ingredients harvested from our own certified organic farm. Guided by the principles of conscious living and authentic hospitality, our chefs create menus that are refined, vibrant, and deeply nourishing.

Each dining experience is designed to support wellbeing and complement the journey of our guests. Rooted in the Mediterranean way of life, our cuisine balances flavor, vitality, and sustainability, offering a sense of abundance that feels both elegant and effortless.

For retreat groups, we curate personalized culinary programs tailored to the unique needs of each gathering, accommodating a wide range of dietary preferences and wellness-focused requirements. From plant-based menus to specialized nutritional protocols, every offering is carefully designed to enhance the retreat experience and foster a deeper connection between body, mind, and nature.

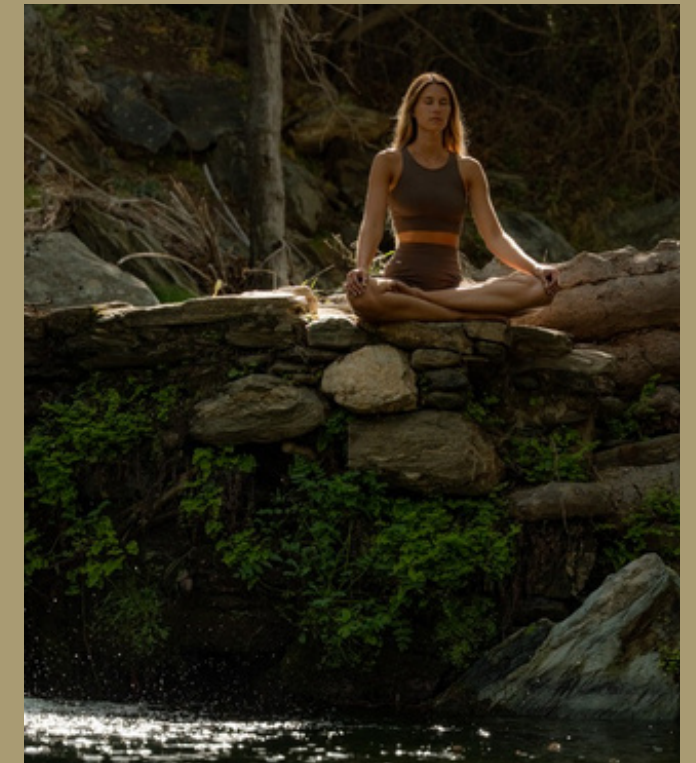
At ONAR, food becomes a meaningful ritual, an invitation to slow down, savor the present moment, and experience the richness of nature in its purest form.



Space For Practice

There are several beautiful spaces available for your practice, allowing you to choose the setting that best suits your group's needs:

- **100 m² Hexadome Tent**, located beneath the shade of plane trees and next to the river.
- **90 m² Covered Practice Space** with a pergola.
- **Outdoor Practice Area** under the plane trees.
- **Poolside Practice Area** with stunning views over the valley and Achla Beach.
- **Achla Beach**, an exceptional natural setting for meditation and mindful practices.



Activities

NATURE

Hiking on Ancient Paths – Discover Andros' renowned network of hiking trails. In 2015, Andros became the first island in Europe to be recognized by the European Ramblers Association, with the celebrated Andros Route certified as a Leading Quality Trail – Best of Europe. Stretching over 300 km from north to south, the trail network traverses the island's mountain ranges and showcases its most spectacular natural landscapes. Route No. 6 concludes at the beautiful Ahla Beach.

Birdwatching – Observe rare and protected bird species in their natural habitat. The area surrounding Ahla Beach forms part of the Natura 2000 network, Europe's largest network of protected areas, and hosts one of the Mediterranean's largest colonies of the remarkable Eleanor's Falcon.

Farm Visits & Local Products – Visit local farms and taste authentic organic products, freshly produced on the island.

Exploring Traditional Villages – Wander through charming villages and experience the authentic lifestyle, architecture, and timeless character of Andros.

MOVEMENT

Swimming – Enjoy refreshing swims in the crystal-clear sea or explore the island's natural swimming ponds.

Jogging to the Lighthouse – Take an invigorating jog to the island's historic lighthouse and enjoy breathtaking views of the coastline and the Aegean Sea.

Walking to St. Nicholas Byzantine Monastery – Experience a peaceful walk to this remarkable monastery, renowned for its rich history, spiritual significance, and stunning surroundings.

Fishing – Unwind by the sea and enjoy a traditional fishing experience in the tranquil waters of Andros.

Activities

SEA

Boat Cruises – Set out on a boat excursion and discover secluded, pristine beaches accessible only by sea.

Water Sports – Enjoy scuba diving and windsurfing on the island's west coast, where the winds and waves create ideal conditions for adventure.

WELLNESS

Massage – Relax and rejuvenate with a professional massage. This service is provided by an external therapist and is available upon request only. Prior booking is required to ensure availability.

CULTURE

Cultural Visits – Explore the old town of Andros, Chora, visit the Archaeological Museum, and admire the collections at the Goulandris Museum of Modern Art.

Exploring Traditional Villages – Wander through charming villages and experience the authentic lifestyle, architecture, and timeless character of Andros.



The Houses

STONE HOUSES (8 UNITS)

Close to the beach | Countryside view | Up to 3 adults Open-plan or 1-bedroom with king bed & sofa bed, bathroom with shower, kitchenette, Nespresso machine, A/C, satellite TV, private terrace, sun loungers, garden

FAMILY VILLAS (2 UNITS, 120 SQM)

Close to the beach | Countryside view | Up to 5 adults Two-story, 2 bedrooms (king or twin), living room with sofa bed, 2 bathrooms + WC, kitchen or kitchenette, A/C, satellite TV, private terrace, garden.

SUPERIOR VILLA (1 UNIT, 130 SQM)

Close to the beach | Countryside view | Up to 5 adults Two-story, 2 bedrooms (king or twin), living room, 2 bathrooms, full kitchen, A/C, satellite TV, terrace & balcony with furniture, garden.

DREAM HOUSES (2 UNITS, 45 SQM)

Hillside | Sea view | Up to 3 adults Open plan with king bed & sofa bed, bathroom with shower, kitchenette, A/C, satellite TV, terrace with loungers, garden.

TYPE 1

TYPE 2

TYPE 3

TYPE 4

HILLSIDE SUITE (1 UNIT, 25 SQM)

Hillside | Sea view | Up to 3 adults Open plan with king bed & sofa bed, bathroom with shower, kitchenette, A/C, LCD TV, private terrace with loungers, garden.

HILLSIDE SUITE WITH PRIVATE POOL (1 UNIT, 25 SQM)

Hillside | Sea view | Up to 3 adults Same as Type 5 plus private pool.

SUNRISE VILLAS WITH PRIVATE POOL (2 UNITS, 75 SQM)

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Duis ultricies sit amet neque ac sagittis. Ut iaculis ultricies dictum.

PRIVILEGE VILLA WITH PRIVATE POOL (1 UNIT, 95 SQM)

Hillside | Sea view | Up to 4 adults One bedroom, living room with sofa beds, 2 bathrooms, kitchenette, A/C, satellite TV, private terrace, garden.

TYPE 5

TYPE 6

TYPE 7

TYPE 8





Amenities

- 220V Power Outlets
- Air Conditioning
- 5G Internet Connection (upon request)
- Hair Dryer
- Bed Linens, Towels & Bath Amenities
- Nespresso Machine
- Mosquito Nets
- Transfer Service
- Sound System for Instructor Use
- Projector
- Yoga Equipment: Mats, Blocks, Straps, Blankets & Cushions

Transportation

Onar is nestled in a remote and tranquil corner of Andros Island, approximately 40 km from Gavrio Port. The final 8 km consist of a scenic dirt road with several bends, enhancing the area's charm, natural beauty, and sense of seclusion.

Depending on the number of guests, we offer two transportation options:

Private Transfers

Our drivers will meet guests at the port with comfortable SUV vehicles or a minibus, ensuring a safe and pleasant journey to Ahla Valley and Onar.

Taxi Boat from Andros Town

(Weather permitting)

We can arrange transportation from Gavrio Port to Andros Town, followed by a taxi boat transfer to Achla Beach, offering a unique and memorable arrival experience.



*We would be delighted to curate
your retreat at ONAR.*



ONAR