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PRESS RELEASE

New Quiet Winter Retreat in Gozo:

Rest and Re-calibrate in the Mediterranean, January 8 – 11

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High resolution photos available on request. Photos of the venue included below.

FOR IMMEDIATE RELEASE

An unhurried winter retreat will take place from January 8 – 11 on the island of Gozo, offering a rare chance to stay in a private coastal retreat, A House by the Sea. It's the ideal time to step away from routine, connect to nature and re-calibrate for the new year.

Guests at the four-day [Zen Garden Retreat](#) stay in a beautifully designed house surrounded by terraced gardens, limestone paths and uninterrupted sea and sky views. The atmosphere is peaceful, understated and nestled in nature. The place itself invites guests to let go and rest.

Gozo and Malta offer Irish travellers a comfortable destination as many people speak English and the culture is, like that of Ireland, friendly and welcoming, and the countries share a colonial, Catholic, agricultural history.

Over four days (three nights), up to twelve guests are invited into gentle movement sessions, reflective circles, winter walks, evening meditations, and two guided excursions. Meals are prepared in-house with nourishing seasonal ingredients, created to enhance wellbeing. There is plenty of free time — to rest, read, wander the gardens, or simply sit enjoying uninterrupted 360 degree views.

The retreat is hosted by *astraea* which has been developing programmes that deliver reflective, nature-based, big-picture experiences for 25 years.

Retreat highlights include:

- Three-night stay in a private coastal estate
- Gentle morning movement practice and evening meditation
- Guided cultural visit to a megalithic site
- Cliffside coastal walk with a local guide
- Reflective circles and conversations to change your perspective
- Seasonal, nourishing meals
- Ample time for rest and solitude

Further information is available at aHouseByTheSea.eu or email info@astraea.net.

Bookings: [ZenGardenRetreat](#). Tiered pricing options available.

Follow us on [Instagram](#) for additional photos and events.



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