



[frederica mathewes-green](#)

# JOIN US! NOURISHING GREECE: & PRAYER SPA PILGRIMAGE OCTOBER 7-17, 2022

- INTIMATE WOMEN'S GROUP OF 15 PILGRIMS
- MORNING & EVENING READINGS, TALKS, ORTHODOX PRAYER
- TRAVEL AND LEARN WITH FEDERICA MATHEWES-GREEN
- WATERCOLOR TRAVEL SKETCHING WITH HELEN STINMAN
- DAILY GENTLE CLASSICAL STRETCHING PRACTICE

TAKE THE HEALING WATERS WITH SPA TREATMENTS  
AND THALASSO THERAPY ALONG THE WAY



[world class apollo divani spa, athens](#)



[five-star thermae sylla spa hotel, evia island](#)



[vagia traditional greek hotel, aegina island](#)

DWELL IN ANCIENT MONASTERIES AND CHURCHES  
SOAK IN THE BEAUTY OF GOD'S HOLY HOUSE



[metropolitan cathedral  
athens](#)



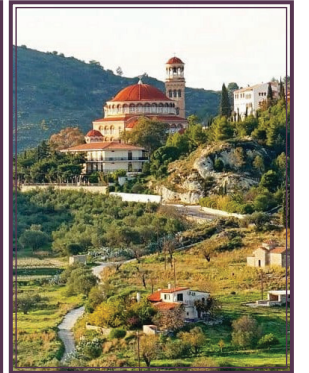
[saint iakovos / saint david  
monastery, evia island](#)



[saint john the russian  
church, evia island](#)



[gerondissa makrina's  
monastery, portaria](#)



[saint nektarios  
monastery, aegina island](#)

EXPERIENCE GREEK HISTORY, CULTURE AND CUISINE  
ON THIS S-L-O-W TOUR OF OUR CORNER OF GREECE



[tour acropolis, athens](#)



[greek dancing dinner show](#)



[meander in plaka pedestrian zone](#)



**10 days: OCTOBER 7-17, 2022**

**ATHENS - EVIA - PORTARIA - AEGINA**

\$3,350 includes comfortable lodging, breakfast/dinner/wine, spa treatments, events noted on itinerary, books and gifts, sketchbook supplies and instruction, travel with beloved author, frederica mathewes-green. tour leader is jennifer anna rich, author of *prayer spa: ancient treatments for the modern soul*.

**RESERVE YOUR SPOT AT [JENNIFERANNARICH.COM](http://JENNIFERANNARICH.COM)**

## DAILY PRACTICE

delight in this time set apart ... as we establish new habits to nourish our mind, body and soul on this pilgrimage to a world away. come together with a small group of pilgrims for our morning gathering: selected readings from *prayer spa: ancient treatments for the modern soul*, followed by morning prayers and a gentle guided stretching practice before breakfast. spend the late morning/early afternoon as you wish, then gather again in the evening for a beginning watercolor sketching session with instructor, helen stinman. she will show you step-by-step how to jot down images and words to capture your experience. author, frederica mathewes-green will then give a talk each evening, followed by q&a. she will also be available throughout the trip as we travel together. then off to dinner, on the edge of the aegean sea, where we may have immersed ourselves for a swim that afternoon, before sharing a healthy mediterranean dinner from the local menu (with wine of course - opa!) thalassotherapy spa treatments will be offered along the way, at historic greek luxury spas. we will practice memorizing a prayer in greek, and stretch our minds to learn a few greek phrases along the way. we may take an evening stroll along the sea, then retire, having nourished our minds, bodies and souls on this life-changing pilgrimage to greece.

## ITINERARY

day 1, friday, 7th: arrive, settle in, walk, swim, breathe the sea air ...

day 2, saturday, 8th: your choice of natural spa treatments, swim in the ocean pool, dinner overlooking the athenian riviera

day 3, sunday, 9th: liturgy at the metropolitan cathedral/acropolis tour/plaka shopping/greek dinner show in athens

day 4, monday, 10th: drive to venerate st. ephraim in nea makri, ferry to evia island thermal spa

day 5, tuesday, 11th: your choice of spa treatments, swim in the ocean's healing waters, explore the town by foot, dinner in town

day 6, wednesday, 12th: visit monastery of st. iakovos/st. david and the church of st. john the russian, dinner by the sea

day 7, thursday, 13th: morning aqua fitness, then afternoon ferry/drive for an overnight stay at gerondissa makrina's monastery, portaria

day 8, friday, 14th: drive/ferry to aegina island for vespers, catered dinner at our hotel vagia

day 9, saturday, 15th: relax, explore fishing village/beaches, dinner overlooking the sea

day 10, sunday, 16th: liturgy at cathedral of st. nektarios, relax, explore the town and beaches, ferry to athens hotel

day 11, monday, 17th: depart athens

**NOURISH YOUR MIND, BODY AND SOUL ON THIS INTIMATE WOMEN'S TOUR TO GREECE  
WE WILL TREAT OUR MINDS TO NEW DISCOVERIES, OUR BODIES TO ANCIENT THERAPIES,  
AND OUR SOULS TO HOLY ENCOUNTERS.**

## ACCOMODATIONS

3 nights - four-star amarilia hotel, just steps from the beach and world class apollo divina spa, athens

3 nights - five-star thermae sylla spa hotel, on the sea, island of evia

1 night - mother makrina's ogiditria monastery, portaria

2 nights - traditional vagia hotel, in picturesque fishing village, aegina

1 night - hotel, athens

## THALASSOTHERAPY SPA TREATMENTS

100-euro voucher for your choice of luxury spa treatments at apollo divina spa (choose [here](#)) and thermae sylla spa (choose [here](#)), along with free access to indoor and outdoor thermal water pools, hydrotherapy pours, and mineral-rich ocean swimming .

additional treatments and poolside pedicures may be purchased individually.

## TRAVEL

our own minibus driver will shuttle between airport and destinations. breakfasts and dinners in greece provided, lunches on your own.

hotel rooms are double-occupancy. single-occupancy may be available for \$1,000 surcharge. airfare not included.

## READING LIST

prayer spa: ancient treatments for the modern soul, by jennifer anna rich

the jesus prayer: the ancient desert prayer that tunes the heart to God, by frederica mathewes-green

the garden of the Holy Spirit: saint iakovos of evia, 1920-1991, by stylianos g. papadopoulos

words of the heart: gerondissa makrina vassopoulou, 1921-1995, by gerondissa makrina vassopoulou

saint nektarios: the saint of our century, by sōtos chondropoulos

once in greece, you will receive one small gift each day, to help build a traveling kit of tools for prayer.

## RESERVE

space is limited to 12 pilgrims - first come, first served. feel free to invite your women friends!

payment: \$1,500 non-refundable deposit (required by insurance) due with application.

final payment due: july 1, 2022. 100% refund of final payment available if you cancel 65 days before departure. 100% refund of deposit and final payment available if the trip does not fill by december 1, or may be transferred to another prayer spa pilgrimage.

## BENEFITS OF THE PRAYER SPA PILGRIMAGE

**MIND:** discover new places and ideas, learn to count to 10 in greek and understand icons with the greek alphabet. engage in books about holy places you will visit first hand, memorize new prayers together through repetition, learn journal sketching/watercolor techniques, mingle with frederica and learn from her daily talks.

**BODY:** immerse yourself in therapeutic warm mineral pools, swim in the agean sea, receive seaweed treatments, essential oil massage or other spa treatments, incorporate simple standing stretches into your daily prayer routine, exercise together in pools with thalasso/hydro therapy, stretch your muscles with guided video stretching classes, walk along the beach at sunset.

**SOUL:** pray together as we travel, with the time honored prayers of our shared orthodox faith. as we explore holy sites and develop habits of honoring God with our minds, bodies and souls, we will approach God through stillness, prayers of the holy fathers and personal prayers, while we form a collective habit of praying the hours and remembering God throughout the day.

RETURN HOME REFRESHED AND INSPIRED  
WITH A KEEPSAKE JOURNAL FILLED WITH SKETCHES, NOTES FROM FREDERICA'S TALKS,  
MEMORIES OF HOLY ENCOUNTERS AND PERSONAL MUSINGS ALONG THE WAY