



[frederica.mathewes-green](#)

JOIN US! NOURISHING GREECE: & PRAYER SPA PILGRIMAGE SEPTEMBER 2-12, 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 NATURAL 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](#)



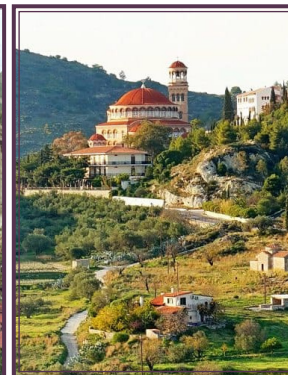
[saint iakovos / saint david
monastery, evia island](#)



[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: ATHENS - EVIA - PORTARIA - AEGINA

\$3,950 includes comfortable lodging, breakfast/dinner/wine, spa treatments, monasteries, churches and events noted on itinerary, sketchbook supplies and instruction, travel with beloved author, frederica mathewes-green, artist, helen stinman, and tour leader, jennifer anna rich, author of *prayer spa: ancient treatments for the modern soul*.

AIRFARE NOT INCLUDED - TRANSPORTATION TO & FROM AIRPORT AND HOTEL WILL BE ARRANGED

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 a talk and discussion on contemplative prayer, communal morning prayers and a gentle guided stretching practice before breakfast. with time to spend as you wish, we will gather again in the evening for a beginning watercolor sketching session with instructor, helen stinman, for step-by-step instructions on how to jot down images and words to capture your experience. author, frederica mathewes-green will 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 natural 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. once in greece, you will receive one small gift for each day, to help build a traveling kit of tools for prayer. 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, september 2nd: arrive, settle in, walk, swim, breathe the sea air - dinner overlooking the athenian riviera
day 2, saturday, 3rd: your choice of natural spa treatments, swim in the ocean/pool, dinner overlooking the athenian riviera
day 3, sunday, 4th: liturgy at the metropolitan cathedral/acropolis tour/plaka shopping/greek dinner show in athens
day 4, monday, 5th: drive to venerate st. ephraim in nea makri, ferry to evia island thermal spa
day 5, tuesday, 6th: your choice of spa treatments, swim in the ocean's healing waters, explore the town by foot, dinner in town
day 6, wednesday, 7th: visit monastery of st. iakovos/st. david and the church of st. john the russian, dinner by the sea
day 7, thursday, 8th: morning aqua fitness, then afternoon ferry/drive for an overnight stay at gerondissa makrina's monastery, portaria
day 8, friday, 9th: drive/ferry to aegina island for vespers, catered dinner at our hotel vagia
day 9, saturday, 10th: relax, explore fishing village/beaches, dinner overlooking the sea
day 10, sunday, 11th: liturgy at cathedral of st. nektarios, relax, explore the town and beaches, ferry to athens hotel
day 11, monday, 12th: 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 panagia ogiditria monastery, portaria

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

1 night - hotel, athens (minor itinerary changes may occur)

THALASSOTHERAPY SPA TREATMENTS

voucher for your choice of natural 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 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 with twin beds. single-occupancy may be available for \$1,000 surcharge, but not guaranteed. covid precautions may be in place throughout the trip, and all travelers must agree to follow protocol to protect fellow travelers, including full vaccination, potential face masks and covid testing when deemed necessary by tour leaders and/or local mandates.

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

supplicatory canon and akathist to saint ephraim of nea makri, by nun christina, anna skoubourdis

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

RESERVE

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

payment: \$1,000 deposit due with application. fully-refundable until june 30. final payment due: july 1, 2022.

if trip does not fill by august 1 or cancels at the last minute due to covid, 100% of the amount you have paid will be refunded.

applications after july 1 must include full payment, and are non-refundable after 7 days unless trip cancels.

application and paypal link at jenniferannarich.com (or send check to jennifer rich, 14700 nw rock creek road, portland, or 97231)

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 our 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 essentrics/aging backwards sessions, walk along the beach at sunset.

SOUL: pray together as we travel, with the time honored prayers of the orthodox christian 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, discussion 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 COLLECTION OF SKETCHES, NOTES FROM FREDERICA'S TALKS,
MEMORIES OF HOLY ENCOUNTERS AND PERSONAL MUSINGS ALONG THE WAY**