



4-Day Women's Retreat in Athens: Relaxation & the Athens Riviera

July 4-7, 2025

July 4, 2025

Day 1: Arrival and Sunset Welcome Dinner

- Morning/Afternoon: Arrive at a luxury hotel along the stunning Athens Riviera.
- Early Evening: Enjoy a leisurely coastal walk, taking in the tranquil ambiance.
- Sunset Dinner: Savor a welcome dinner at a seaside restaurant, featuring fresh seafood and traditional Greek cuisine while watching the sun set over the Aegean.

July 5, 2025

Day 2: Lake Vouliagmeni & Spa Indulgence

- Morning: Breakfast at the hotel before heading to Lake Vouliagmeni, a natural thermal lake nestled among limestone cliffs. Enjoy a therapeutic swim in its mineral-rich waters.
- Midday: Indulge in a floating sound bath and a relaxing massage at a nearby wellness center, followed by a light box lunch.
- Afternoon: Return to the hotel for leisure time.
- Evening: Participate in a Greek cooking class led by a local chef. Learn the secrets of Mediterranean cuisine, crafting traditional dishes with fresh, local ingredients. End the night with Greek dancing—Opa!

July 6, 2025

Day 3: Sailing and Cape Sounio Excursion

- Morning: Breakfast at the hotel before embarking on a sailing adventure along the Athens Riviera. Enjoy breathtaking views and a delicious onboard meal.
- Afternoon: Free time for boutique shopping or relaxation at the beach.
- Evening: Journey to Cape Sounio to visit the majestic Temple of Poseidon. Watch the sun dip into the Aegean before gathering for a farewell seaside dinner, reminiscing on the retreat experience with newfound friends.

July 7, 2025

Day 4: Leisure & Departure

- Morning: Enjoy breakfast and savor your last moments in Athens with a coastal walk, last-minute shopping, or a peaceful beachside coffee.
 - Transfer: Depart for the airport, feeling refreshed and rejuvenated.
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