

TRAVEL WITHIN
RETREATS

Awakening the Soul Within

A 7-Day Women's Wellness Retreat
Hydra Island, Greece

AUGUST 27TH- SEPTEMBER 3RD

“Tell me, what is it you plan to do with
your one wild and precious life?”

Mary Oliver



What you'll discover

- Identify and rewire unconscious programmed behaviours that keep you from living your most fulfilling life.
- Strengthen your intuition by learning how to listen to and trust the innate guidance that is found in your body
- Learn to transmute programmed behaviours and perceived blocks into an experiential state of flow, creativity, and abundance.
- Open the energetic channels and access the quantum magnetic field in and around your body so you can experience optimal health and wellbeing.
- Unleash your inherent power through awakening the feminine archetypes within you as we explore the mythical stories of the ancient Greek goddesses.
- Discover the innate bliss that resides in your body and is the true essence of your being.
- Express and share your truth authentically in a way that inspires others.
- Design your daily ritual of writing, meditation, and movement as a joyful life path so you can feel confident as a conscious co-creator.





What you'll experience

- Movement
- Meditation
- Writing
- Greek History and Mythology
- Museums
- Music and Art
- Hiking
- Swimming
- Boating
- Authentic Greek Food
- Friendship and Community
- Inspiration and Creativity
- Healing and Transformation
- Play and Fun



Location

ABOUT HYDRA

Hydra- A place of unspoiled, timeless charm.

Located in the heart of the Argo Saronic Gulf in Aegean Sea, Hydra is only an hour and 20 minutes ferry boat away from Athens.

Since the 1930s, Hydra has attracted artists, writers and musicians who have been creatively inspired and their legacy to Hydra is its thriving cultural scene today. Many novels, paintings and songs have been inspired by the island, which has welcomed creatives for decades such as Henry Miller and Leonard Cohen.

One of its unique and magical characteristics is that you won't see any cars or motor vehicles! Everyone uses their foot, boats or donkeys to get around the island. The cars ban, along with the elegant stone mansions of the island, create a charming atmosphere and make the island one of the most serene destinations.

Hydra is perhaps the most beautiful port village in all of Greece. The small, boat filled harbour ringed with cafes, restaurants and boutique shops is surrounded by a village of stone houses and mansions that rise up the hills like an amphitheatre.

All the beaches on the island are stone beaches with some of the clearest water you will find of all the islands. There are also many hiking trails and paths through the hills that lead to monasteries, raw nature, and panoramic views.



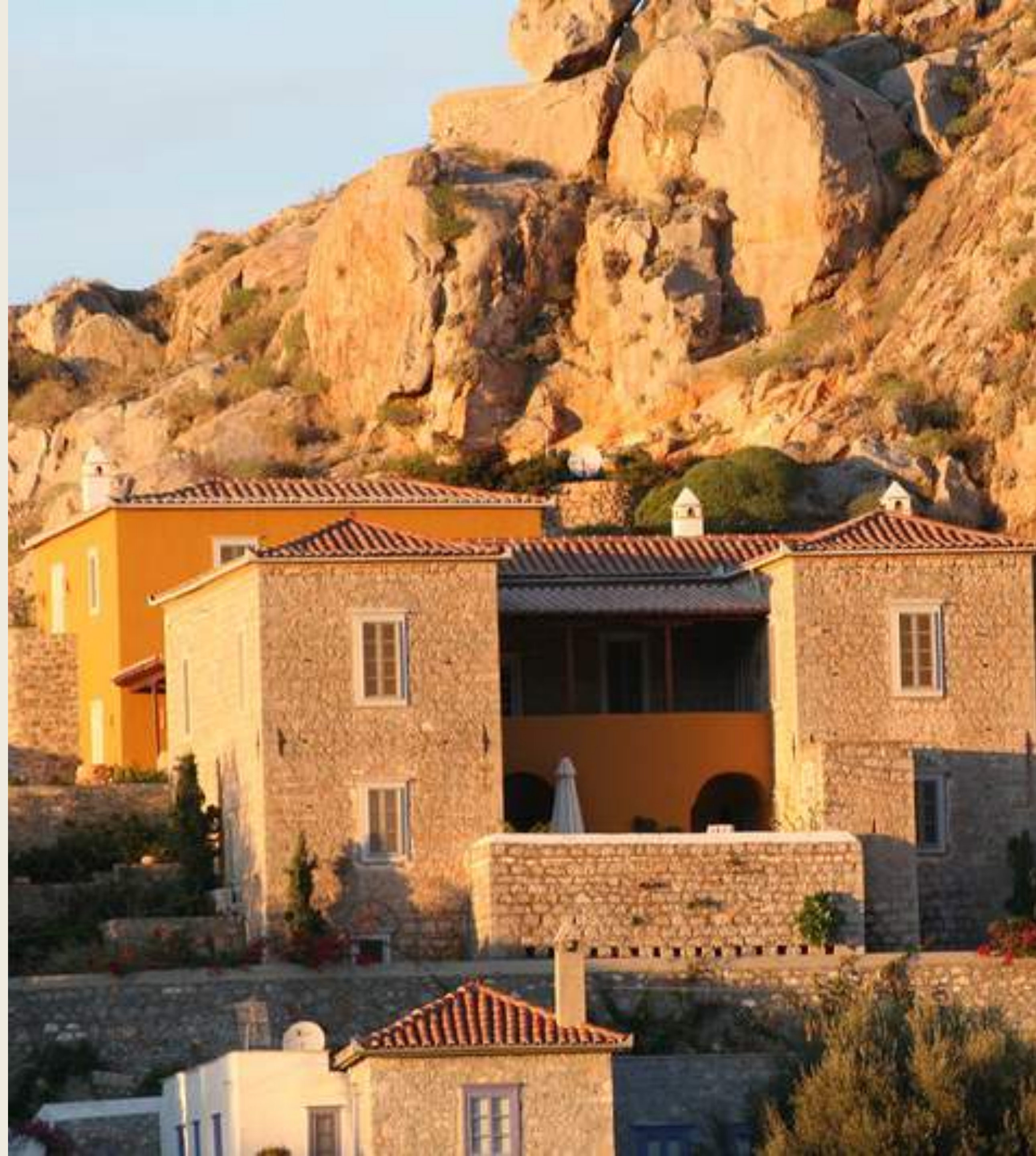
Accommodation

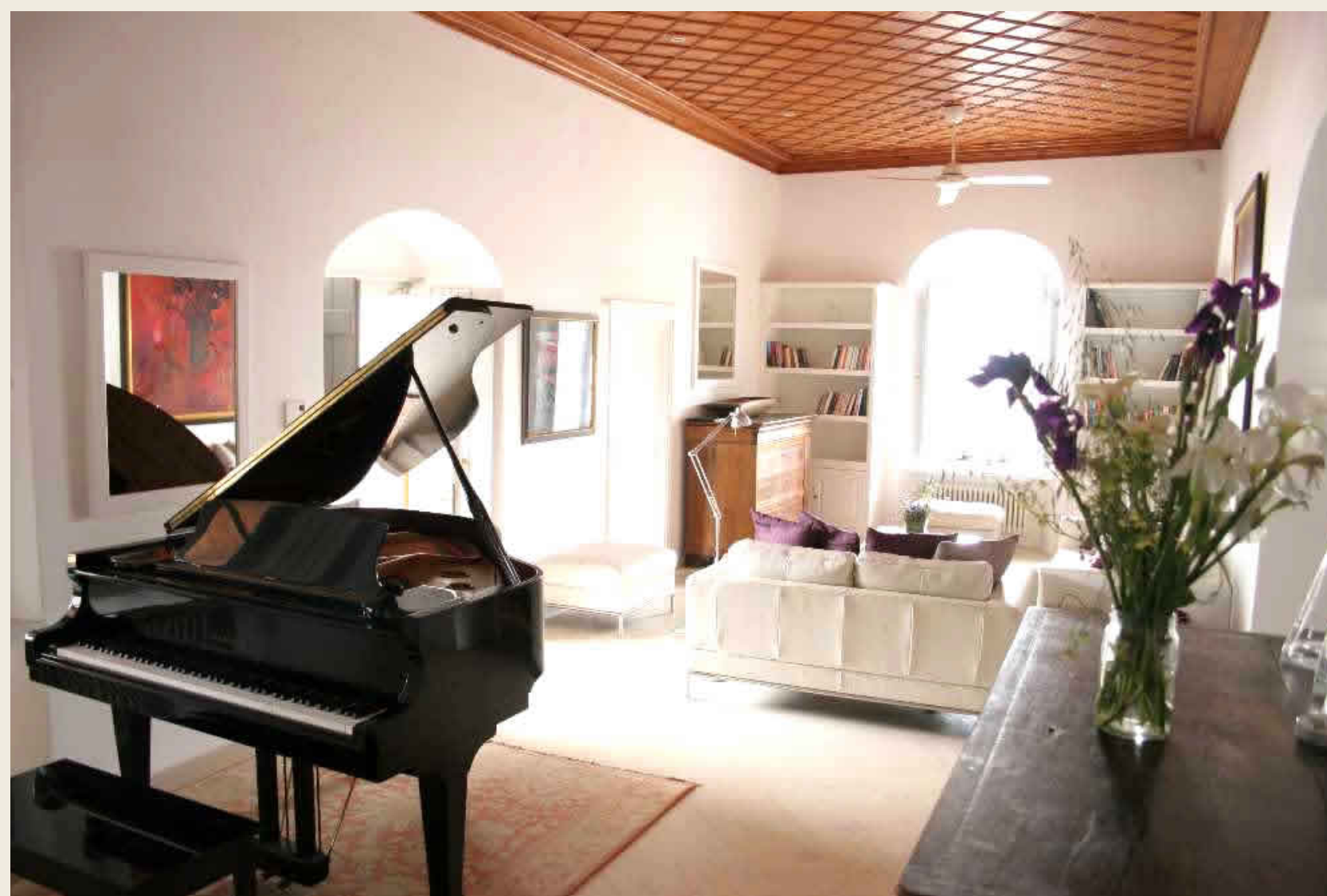
KRIEZIS MANSION

On the hillside of Hydra, and with magnificent extended views of rural Kamini as well as sea views to the Peninsula, sits the imposing Kriezis mansion.

Built in the late 1700s with hand worked stone from its site, and in a position known for its sun and classic panoramas, the historic house originally housed a nobleman and his staff.

After very extensive and dedicated restoration work and the addition of a west wing providing a new modern kitchen area with sea view terraces and a special suite, the Mansion has become one of the most comfortable large homes on the Island of Hydra and a perfect setting for our retreat.







Logistics

INVESTMENT: €4,325

Your investment includes:

- 7 nights accommodation, private room
- All home cooked meals by our private chef
- Water, teas, and drinks
- A round trip boat ride from Piraeus Port in Athens to Hydra and back
- Donkey to help carry luggage
- Writing Journal

**SECURE YOUR SPACE WITH A
50% NON-REFUNDABLE DEPOSIT**

REMAINING AMOUNT DUE BY JULY 2ND



What to bring

- Adaptors for electrical chargers
- Euros Currency for airport snacks and any shopping
- Comfy clothes for movement exercises and meditation
- Casual wear for walking/relaxing around the villa
- Swim suit, sandals, and beach wear for pool and beach
- Footwear for walking on pebble beaches
- Footwear for hiking
- Sun cream and hat for sun protection
- Swimming goggles



Getting Here

You will need to book a flight to the Athens International Airport, ideally to arrive at least 1-2 days prior to the start of the retreat.

On the 26th of August you are welcome to join me in a tour of the Acropolis, the museum, and dinner in Athens. (not included in the cost)

On the 27th of August you will need to take a taxi to Piraeus Port in Athens to arrive by 2pm.

Boat Departure: Saturday 27th of August at 2:45pm.

Arriving in Hydra: 4:05pm.

Retreat Opening Ceremony: 6:30pm.

Dinner: 7:30pm





Departure Day

SATURDAY SEPTEMBER 3RD

Breakfast: 9am

Check out: 12pm

Boat Departure from Hydra Port: 1pm

Arriving in Athens Piraeus Port: 2:20pm

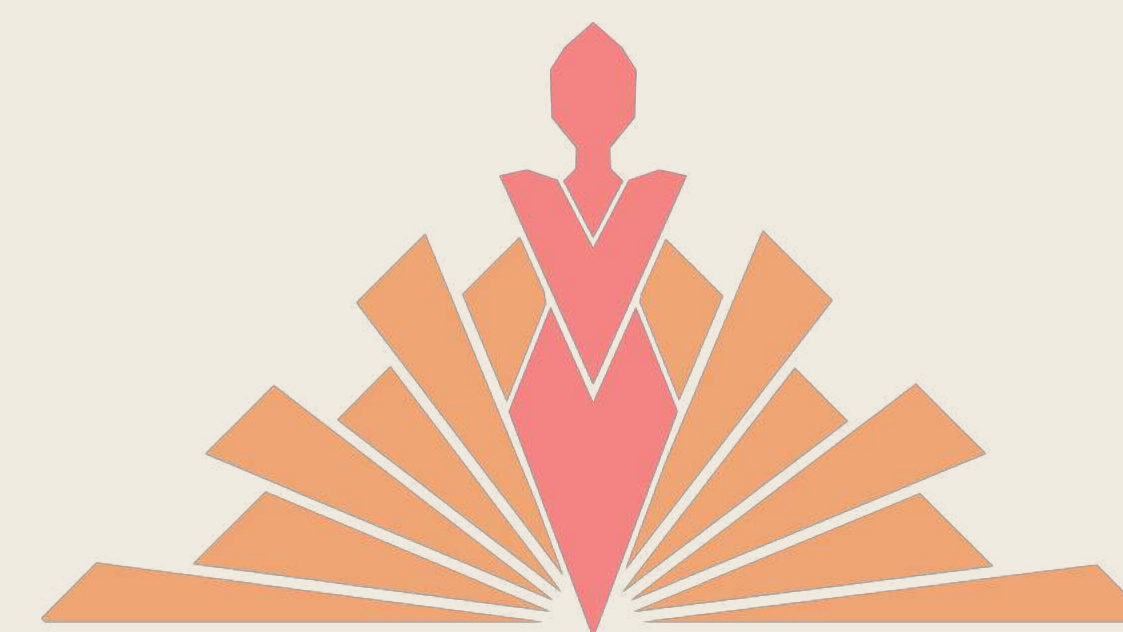
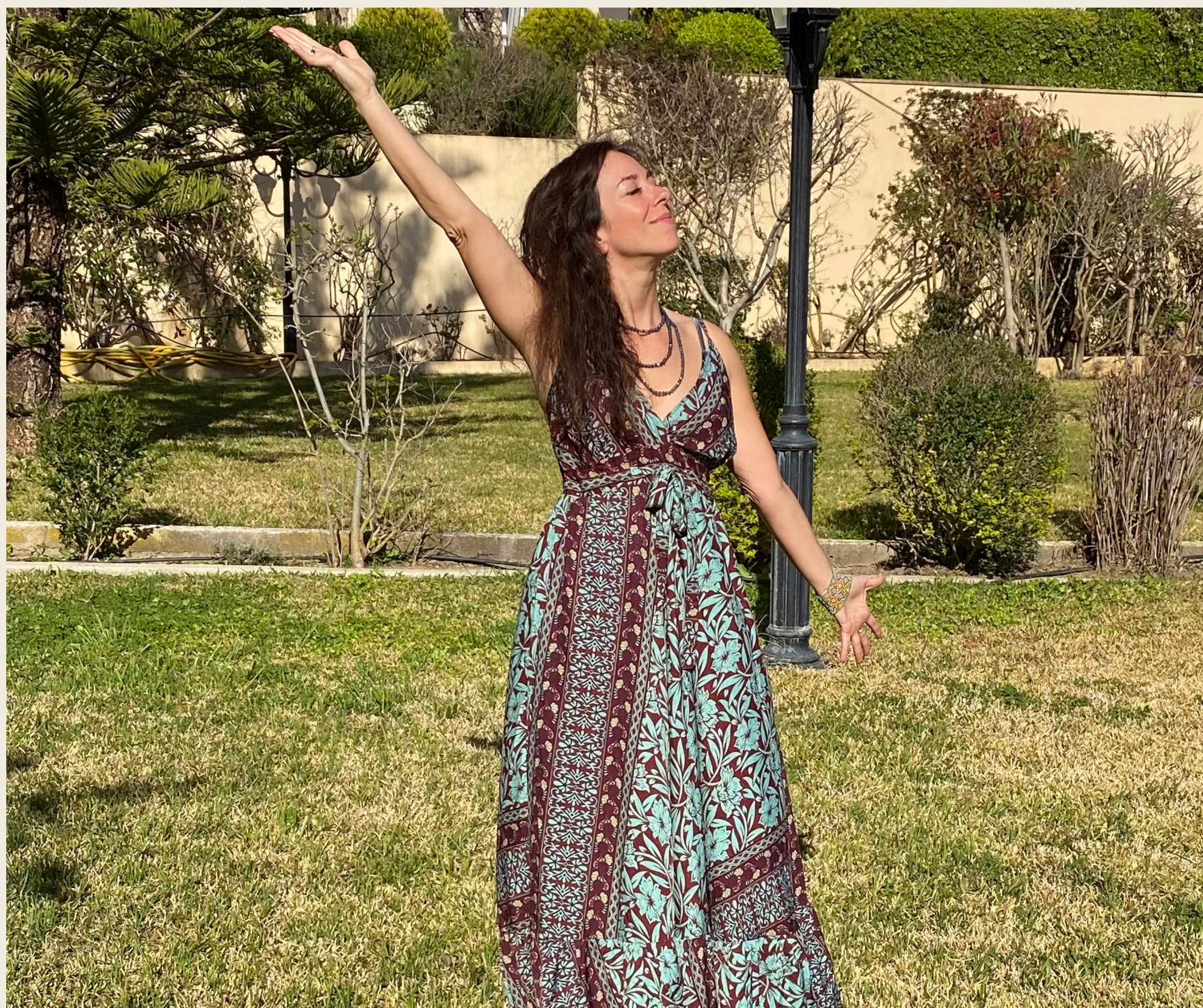
ACCOMMODATION RECOMMENDATIONS FOR PRE AND POST RETREAT

- Hotel Grande Bretagne
- Athens Was
- A For Athens
- Academia of Athens
- Herodion Hotel

The light of Greece opened my eyes,
penetrated my pores, expanded my
whole being.

Henry Miller





See you soon!
-Marianna