



A COURSE IN MIRACLES RETREAT IN IKARIA, GREECE!



A Course in Miracles

Join Rev. Pamela Whitman on the beautiful Greek island of Ikaria in the Aegean Sea. We will delve into A Course in Miracles, uncovering the secrets of the renowned “Blue Zone.”

Throughout our stay, we’ll unwind, immerse ourselves in the local culture, and explore the surroundings. Recognized as one of the world’s five “Blue Zones,” Ikaria has notably lower chronic disease rates than most regions, with its over 8,000 full-time residents enjoying some of the longest life expectancies globally.

We'll relax in ancient thermal therapeutic springs, hike to a monastery, learn a traditional dance, partake in a local village’s saints’ day festival, and more.





VENUES OVERVIEW

Thea's Inn

Thea's Inn in Nas, Ikaria, is a cozy family-run spot with traditional Ikarian meals, sea-view rooms, and a warm, timeless atmosphere.

Fresh produce from their farm, recipes passed down through generations, and sunset dinners on the terrace make it feel like home. It's a quiet gateway into the Blue Zone lifestyle.

Agriolykos Rooms

Agriolykos Rooms is a peaceful retreat in the spa village of Therma, Ikaria, offering stunning views of the Aegean. For over 30 years, it's been a welcoming home for travelers seeking rest and simplicity—just 20 minutes from the airport and 5 minutes from the port of Agios Kirikos.



THE RETREAT WEEK SUMMARY:

May 17-18: Pre-Retreat in Athens: Free optional Athens tours, not included in retreat fee. Costs include your own hotel, food, and entry tickets to the Acropolis and the museum. (Details at the end of this PDF).

May 19: Take the ferry from Athens to Ikaria (cost not included). Transfers to our inn are provided. Check in at Nas Beach, unwind, and explore Nas Beach. Your inn provides breakfast and dinner daily.

May 20: Hike to a monastery and participate in a traditional dance lesson in preparation for the festival.

May 21: Spend time exploring the beach and forest, then join a ceremony at the ruins of the Goddess Artemis, protector of wild animals. In the evening, experience **Panagiria**! We will participate in a village Saints' Day Festival/feast and dance! Ikaria is renowned in Greece for its Panagiria, traditional feast days that commemorate the saints and other significant religious occasions. These festivities usually begin in the early afternoon and last until the following morning.

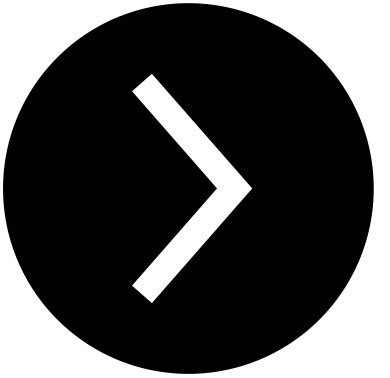
May 22: Visit local beekeepers. Ikaria is renowned for its pure and delicious honey.

May 23: Transfer (included) to the spa town of Therma and check in.

May 24-27: After a bustling start to our journey, we will settle into the relaxed pace of Ikarian life in Therma. Here, we'll visit the beach to swim in the volcanic-heated springs, lounge, float in the therapeutic waters, enjoy a movement workshop in an amphitheater with a sea view, and take time to read and unwind. Just reading this is a form of relaxation.

May 28: Transfer to the ferry (included) back to Athens (book your round-trip ferry).

Inclusions



Transport to/from hotel

A bus or hotel van will be waiting to transport you to and from the hotels upon arrival and departure.

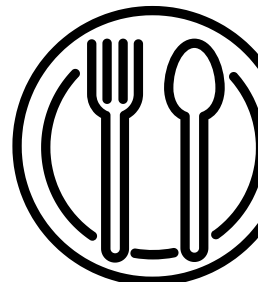


Accommodations

All accommodations except for the pre-retreat



Dance lesson Admissions Festival



Breakfast and dinner in Nas Breakfasts at Therma



Nas Beach

Nas Beach

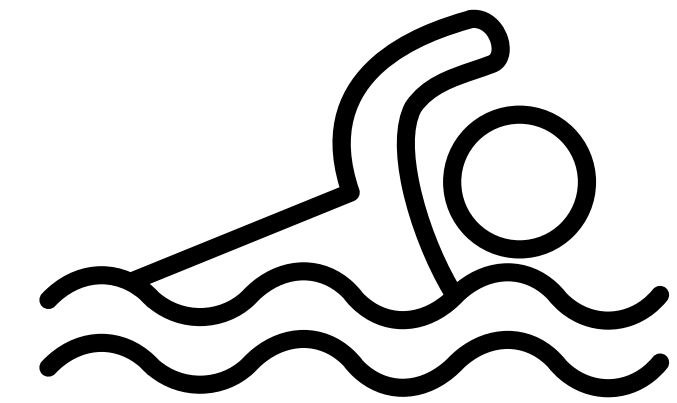
Located 6 km west of Armenistis, Nas is a timeless haven where nature and history meet. Set at the meeting point of the Chalares River and the Aegean Sea, it was once home to one of Ikaria's earliest settlements. In the 6th century BC, locals built a temple here dedicated to Artemis, goddess of the wild and protector of sailors.

Today, you can still see the temple's stone foundations and the ancient harbor walls. A walk along the riverbed leads to a small waterfall and pool hidden in the forested gorge.

Above the beach, a few peaceful tavernas serve local dishes, and rooms for rent offer sweeping views of the canyon, sea, and what many call the most beautiful sunset in the Aegean.

The name "Nas" comes from the ancient Greek word naos, meaning temple.

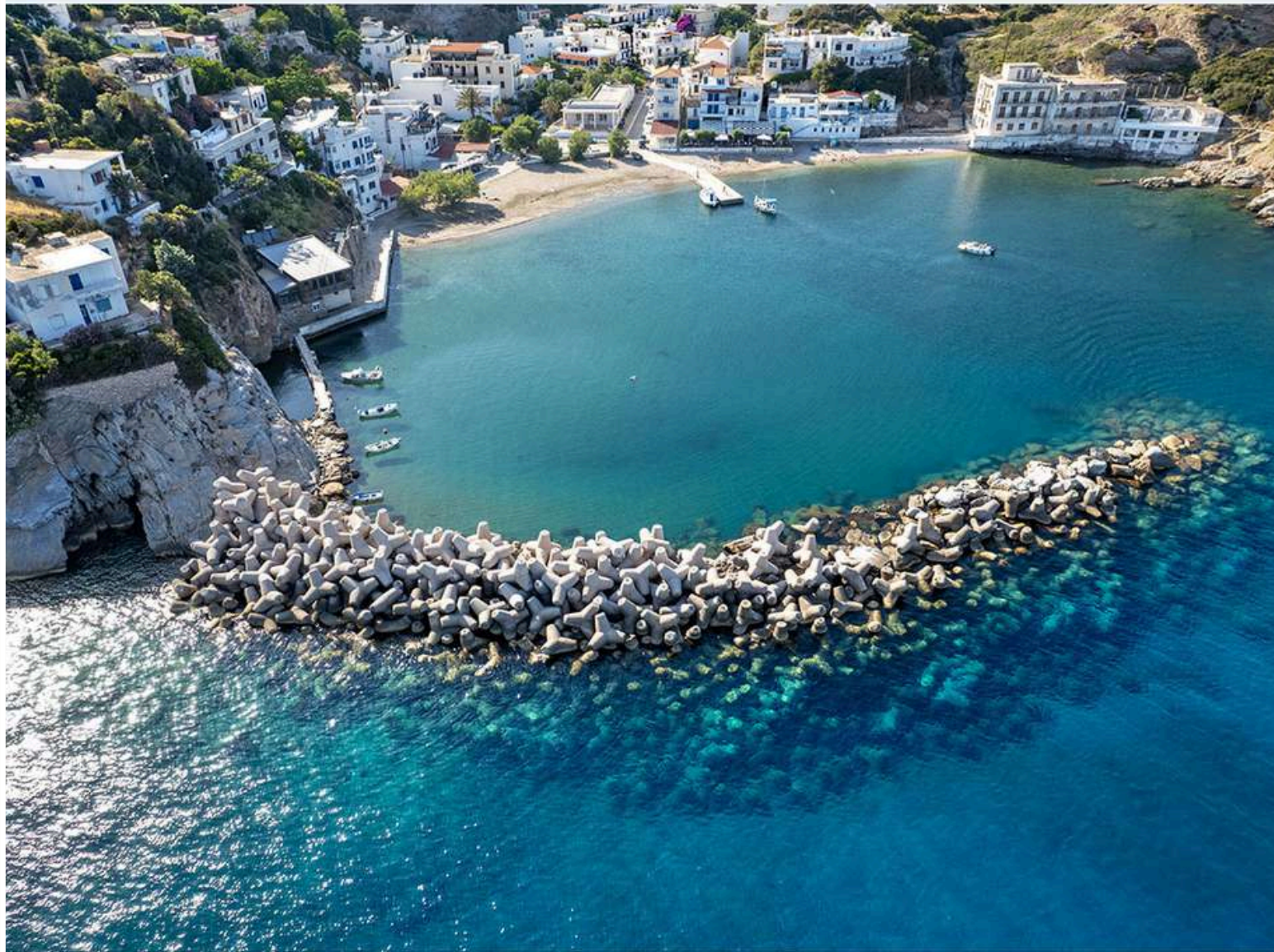
Therma



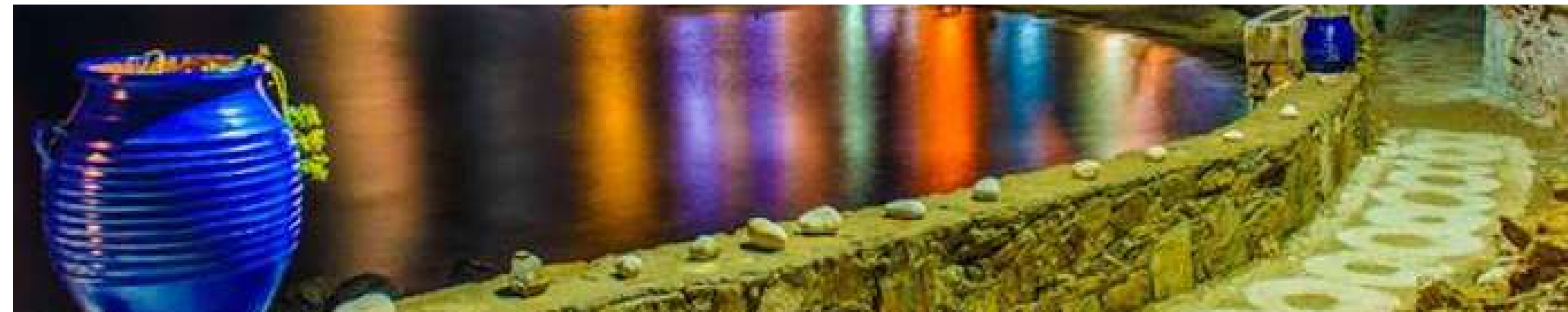
Therma, just east of Agios Kirykos on Ikaria's south coast, is famed for its natural hot springs—known since antiquity for their healing properties.

Once called Thermes, this tranquil village is home to three modern thermal spas, as well as a serviced cave spa with pools and a hammam carved into the rock.

A small pier welcomes summer boats and local fishers, while the sandy beach, lined with seaside tavernas and cafés, invites long, lazy afternoons. With excellent accommodations and easy access by road or boat, Therma is a relaxing and restorative stop that draws visitors all year round.



Maina V.





Leader Rev. Pamela Whitman

Rev. Pamela Whitman has led the daily A Course in Miracles Workbook Conference Call since 2013. She facilitates weekly classes on the Text of The Course via Zoom.

Waterside Productions published her book “Yield to Joy - the Miraculous Power of Forgiveness” in 2020.

Pamela is a frequent guest speaker at spiritual centers. Her spiritual radio programs were broadcast on WLFR FM (91.7), Unity.FM and The Himalayan Broadcasting Company in Kathmandu, Nepal, for ten years.

Pamela hosts biennial retreats for learning and adventure. She has practiced A Course in Miracles since 1989. Rev. Pamela is an ordained minister of A Course in Miracles.

Visit her online at <https://pamelawhitman.com/>



See you in Greece!!!



**PRE-RETREAT
TOURS
EXPLORING
ATHENS**



Make Athens Part of Your Greek Adventure!

Athens isn't just a stopover—it's a destination worth savoring. Walk in the footsteps of legends at the Acropolis, get lost in the charm of Plaka's winding streets, and indulge in the city's incredible food scene, from rooftop dinners with Parthenon views to hidden tavernas serving the best moussaka you've ever had.

Whether you're a history lover, a foodie, or simply craving an authentic Greek experience, Athens is the perfect place to immerse yourself in culture, adventure, and unforgettable moments. Why rush through when you can stay and explore? ❤️🇬🇷



Pre-Retreat Athens Adventure

1st Day

The duration is approximately 4–5 hours, perfect for immersing yourself in the heart of Athens before our retreat begins.

Morning

- Start the day with a **group breakfast in Monastiraki**, savoring traditional Greek dishes while taking in the lively atmosphere of this historic neighborhood.
- Stroll along **Ermou Street**, Athens' vibrant shopping hub, and enjoy some leisurely browsing before making our way to the iconic **Parliament Building**.





Mid-Morning

Witness the Changing of the Guard at the Parliament Building
—an unforgettable display of precision and tradition.

Take a relaxing walk through the lush National Gardens, where
you can enjoy a refreshing beverage, admire the greenery, and
spend a peaceful moment in nature.





Afternoon

- Visit the **Kallimarmaro Stadium**, the world's only stadium made entirely of white marble, and feel the history of the first modern Olympic Games.
- Explore the grandeur of the **Temple of Zeus**, one of the most significant monuments of ancient Athens.
- Stroll through the picturesque **Zappeion Gardens** and admire the elegant architecture of the **Zappeion Hall**.
- We will end our tour in front of the Parliament Building, completing our circular route. From here, you can **walk back along Ermou Street** for more shopping or simply relax.

Evening

Wrap up the day with a group dinner at a fantastic Monastiraki restaurant, where we'll indulge in delicious Greek cuisine and share stories from the day.





2nd Day

Morning

- Begin with a group breakfast in Monastiraki, soaking in the morning charm of the city.

10:00 a.m.

- Embark on a guided tour of the Acropolis Museum, where history comes alive with its incredible artifacts and stories from ancient Athens.





Afternoon

- Noon: Experience the grandeur of the Acropolis and Parthenon on a guided tour. Dive deep into the rich history and architecture of this iconic site.
- 3:00 p.m.: Enjoy free time to relax, explore, or shop in nearby Plaka or Monastiraki at your own pace.

Evening

- 8:00 p.m.: Gather for a delightful dinner at Hermion, a beloved restaurant known for its authentic Greek cuisine and warm atmosphere.

