



YOUR GUIDE



Retreat Promise Statement

This is not just another retreat, it's a reset for your mind, body, and soul. Across six transformational days, you'll journey through the six essential pillars of health and life: Mental, Emotional, Spiritual, Physical, Financial, and Social.

Guided by world-class mentors, you'll uncover the tools, rituals, and breakthroughs to reclaim your energy, expand your mindset, and live with clarity and purpose.

Every day combines inspiring keynotes, guided meditations, and interactive sessions with long afternoons of freedom to swim, reflect, and explore the stunning surroundings.

Evenings bring the community together for shared meals, powerful films, and group reflections that anchor the day's learning.

By the end, you'll not only feel lighter, clearer, and reconnected to yourself, but you'll leave with a global family, practical tools to integrate at home, and the memory of an epic experience in one of the world's most beautiful destinations.

This is your moment to stop surviving and start fully living.

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Day 1 – Monday

Mental Pillar: The Power of the Mind

Day 2 – Tuesday

Emotional Pillar: The Power of Feelings

Day 3 – Wednesday

Spiritual Pillar: Forgiveness & Connection

Day 4 – Thursday

Physical Pillar: Vitality & Renewal

Day 5 – Friday

Financial Pillar: Wealth & Clarity

Day 6 – Saturday

Social Pillar: Connection & Love

Day 7 – Sunday

Recap & Celebration: Reflection & Wholeness

Guest Itinerary – Full Retreat Schedule
Morning Walk – Meet at Reception
Meditations – Yoga Room
Main Keynotes – Conference Room
Movie Screening (Optional) – Amphitheatre

Monday – Mental Pillar

Upon Rising: Take Personal Supplements

07:00 Morning Walk

08:00 Personal Care Time: Hot/Cold Shower Routine

09:30 Group Meditation

10:00 Breakfast

11:00 Health-A-Pedia Story (Dr. Jo Dee Baer)

11:15 How to Get Your Life Back - The Process (Dr. Jim)

11:40 Where is the Ego? Daily Toxin?

12:00 The Power of You (Jamie Kerr)

12:30 Group Walk About & Reflection

12:50 Guided Meditation (Dr. Jim)

13:30 Buffet Lunch

14:00 Food & Mental Clarity (Dr. Jim)

14:40 Energizer Song: You're Simply the Best

15:00–18:00 Free Time – Explore, Swim, Network & Reflect

18:15 Group Photo (Wear your Crete Shirts)

18:25 Buffet Dinner

19:30 Movie: The Secret

21:00 Group Discussion

21:30 Wrap-Up



Guest Itinerary – Full Retreat Schedule

Morning Walk – Meet at Reception

Meditations – Yoga Room

Main Keynotes – Conference Room

Movie Screening (Optional) – Amphitheatre

Tuesday – Emotional Pillar

Upon Rising: Take Personal Supplements

07:00 Morning Walk

09:30 Group Meditation

10:00 Breakfast Buffet

11:00 Emotional Pillar Opening (Dr. Jo Dee)

11:15 How to Get Your Life Back: The Five Pathological Emotions (Dr. Jim)

12:00 You Versus Your Armour (Jennifer Kerr)

12:30 Healing Outside the Box (Shannon Roper FNP)

12:50 Walkabout (10 mins)

13:00 Group Meditation

13:30 Buffet Lunch

14:00 Emotions Panel & Breathwork

14:30 Q&A Wrap-Up (Dr. Jo Dee & Dr. Jim)

14:45 Energizing SONG: “I’m So Excited”

14:50 Set Up for the EVENING (Dr. Jo Dee)

15:00–18:00 Free Time – Explore, Swim, Network & Reflect

18:15 Group Photo

18:25 Buffet Dinner

19:35 Movie: Life is Beautiful

21:30 Group Discussion

22:00 Closing Song: It’s About Time



Guest Itinerary – Full Retreat Schedule
Morning Walk – Meet at Reception
Meditations – Yoga Room
Main Keynotes – Conference Room
Movie Screening (Optional) – Amphitheatre

Wednesday – Spiritual Pillar

Upon Rising: Take Personal Supplements

07:00 Morning Walk

10:00 Group Meditation

11:00 Spiritual Pillar Opening (Dr. Jo Dee)

11:45 “How to Get Your Life Back: Yum Kippur / Atonement (Dr. Jim)

12:25 Q&A

12:35 Walk About and Reflection

12:45 Lite Lunch

13:30 Group Meditation (Dr. Jim)

13:55 Body Scrubbing Exercise

14:00 Walkabout & Reflection

14:10 How to Engage in a Longer Meditation (Dr. Jim)

14:40 Dr. Jo Dee sets up for the Evening

15:00–18:15 Free Time – Explore, Swim, Network & Reflect

18:15 Group Photo

18:25 Buffet Dinner

19:25 Movie: The NeverEnding Story

21:30 Group Discussion

22:00 Preview of Thursday



Guest Itinerary – Full Retreat Schedule
Morning Walk – Meet at Reception
Meditations – Yoga Room
Main Keynotes – Conference Room
Movie Screening (Optional) – Amphitheatre

Thursday – Physical Pillar

Upon Rising: Take Personal Supplements

07:00 Morning Walk

09:15 Group Meditation

10:00 Breakfast Buffet

11:00 Physical Testimony of Renewal (Dr. Jo Dee)

11:10 “How to Get Your Life Back” Physical Health & Parasites (Dr. Jim)

11:50 Nat Geo Parasite Video & Discussion

12:15 Food Combining (Dr. Jim)

12:40 Walkabout and Reflection

12:55 Micro Plastics & PlasX (Dr. Jim)

13:20 Micro Plastics Testimony (Dr. Jo Dee)

13:25 Guided Meditation (Dr. Jim)

14:00 Buffet Lunch

14:40 Energizer Song: Let’s Get Physical

14:45 Dr. Jo Dee sets up for this Evening

15:00–18:00 Free Time – Explore, Swim, Network & Reflect

18:15 Group Photo

18:25 Buffet Dinner

19:25 Movie: The Karate Kid

21:00 Group Discussion

21:35 Send Off Song



Guest Itinerary – Full Retreat Schedule
Morning Walk – Meet at Reception
Meditations – Yoga Room
Main Keynotes – Conference Room
Movie Screening (Optional) – Amphitheatre

Friday – Financial Pillar

Upon Rising: Take Personal Supplements

07:00 Morning Walk

09:15 Group Meditation

10:00 Breakfast Buffet

11:00 Financial Pillar Opening (Dr. Jo Dee)

11:15 “How to get Your Life Back” Routine Review (Dr. Jim)

12:00 Find Your Sue – Nine Principles (Jamie Kerr)

12:30 Daily Toxin: Deuterium

13:00 Walk About and Reflection

13:10 Group Meditation

13:40 Buffet Lunch

14:15 Guest Speakers: Tony Dody / Hammodi

14:45 Announcement of Health-A-Pedia 3

14:55: Walk About and Reflection

15:00 Energizer Song: It’s About Time

15:05–18:00 Free Time – Explore, Swim, Network & Reflect

18:15 Group Photo

18:30 Buffet Dinner

19:30 Movie: Krull

21:00 Group Discussion

21:30 Preview of Saturday



Guest Itinerary – Full Retreat Schedule
Morning Walk – Meet at Reception
Meditations – Yoga Room
Main Keynotes – Conference Room
Movie Screening (Optional) – Amphitheatre

Saturday – Social Pillar

Upon Rising: Take Personal Supplements

07:00 Morning Walk

09:30 Group Meditation

10:15 Breakfast Buffet

11:00 Social Pillar Opening (Dr. Jo Dee)

11:15 “How to get Your Life Back: Keys to Healthy Living” (Dr. Jim)

12:00 Open Segment

12:10 Guest Keynote: Cristina Candullo-Dody – The Loyalty of Love

12:30 Group Meditation

13:00 Buffet Lunch

13:45 The Woman in the White Robe (Dr. Jo Dee)

14:20 Long Meditation Training (Dr. Jim)

14:45 Reflection & Wrap-Up

15:00–18:00 Free Time – Explore, Swim, Network & Reflect

18:15 Group Photo

18:25 Buffet Dinner

19:30 Movie: Mamma Mia!

21:00 Group Discussion

21:35 Group Song: Purple Rain

22:00 Preview of Sunday



Guest Itinerary – Full Retreat Schedule
Morning Walk – Meet at Reception
Meditations – Yoga Room
Main Keynotes – Conference Room
Movie Screening (Optional) – Amphitheatre

Sunday – Recap & Knossos Tour
Upon Rising: Take Personal Supplements

07:00 Depart for Knossos Tour (Private VIP Tour)
09:00 Tour of Knossos (entry \$20)
Optional: Archaeological Museum (\$15) or shopping
14:00 Return to Kalypso Hotel
16:00 Meditation Break
15:00–18:00 Free Time – Explore, Swim, Network & Reflect
18:15 Group Photo (Dressier Dress Optional)
18:30 Buffet Dinner
19:30 Closing Roundtable Reflections
21:40 Closing Ceremony
22:00 Group Song: Hallelujah Final





THANK YOU

