

# Mindful & Wellness Voyages

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# Mindful & Wellness Voyages

For years **Grand Star Hellenic** has been committed in service our clients, always in an innovative way, looking for new methods to satisfy their dreams, tastes and preferences. Offering a greater plethora of experiences and services than any other Greek operator, always considering a high quality, competitive prices and most importantly, under our dedicated care.

Once again and after so many satisfied clients & innumerable type of services: Weddings trips, vips, incentives, students, religious and other groups, innovative programs, and the satisfaction of helping our operators to increase their sales and to please their clients. We are glad to offer you a new and more innovative chapter of our trajectory, presenting you our new passion:

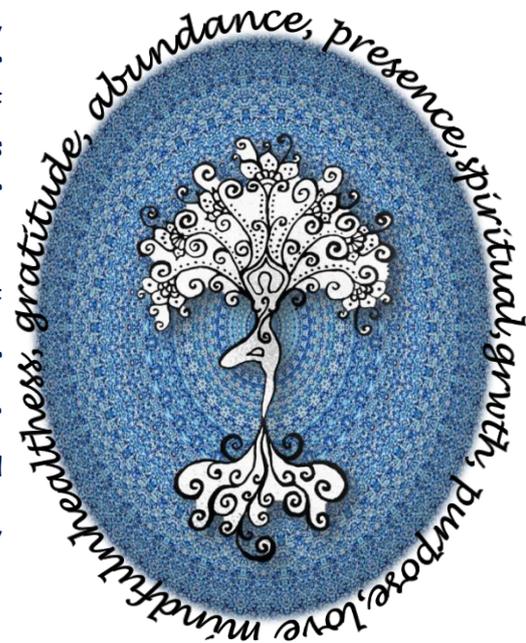
*"Mindful & Wellness Voyages"*.

A team of professionals in health and wellness will be at your disposal to offer you, not only the Voyages that you will see below, but any special request that your clients may have during this journey.

In such a hectic world, it is part of our profession to seek the well-being and satisfaction of the people around us. This is what inspired us to create the most pleasant journeys that will not only offer your clients the experience of a lifetime, but will help them transform their everyday life into a search for happiness and concentration to fully enjoy the experiences of their daily lives.

Welcome to a new world and its experiences, the world of:

*Grand star Hellenic "Mindful and Wellness Voyages"*



## *Voyage to "Mystical & Therapeutic Athens"*

There are only two days in the year when nothing can be done: One is called yesterday and the other is called tomorrow. Today is the right day to love, believe, and above all "live" - Dalai Lama

### Day 1 - Mystical Athens

Welcome to the mystical city of over three thousand years' worth of history protected by Athena, the goddess of the sciences & civilization, of wisdom & justice, and charisma.

A city full of positive energy and knowledge, which in its street the famous philosopher Socrates illuminated and inspired with his philosophical teachings. Prepare for this wonderful energy to fill all your senses.



You will be courteously welcomed by your assistant who will be at your disposal for any inquiry or advice you may have. We will provide you with your program and all the information that you will need during your interpersonal voyage which starts in this beautiful city. Transfer to your hotel.

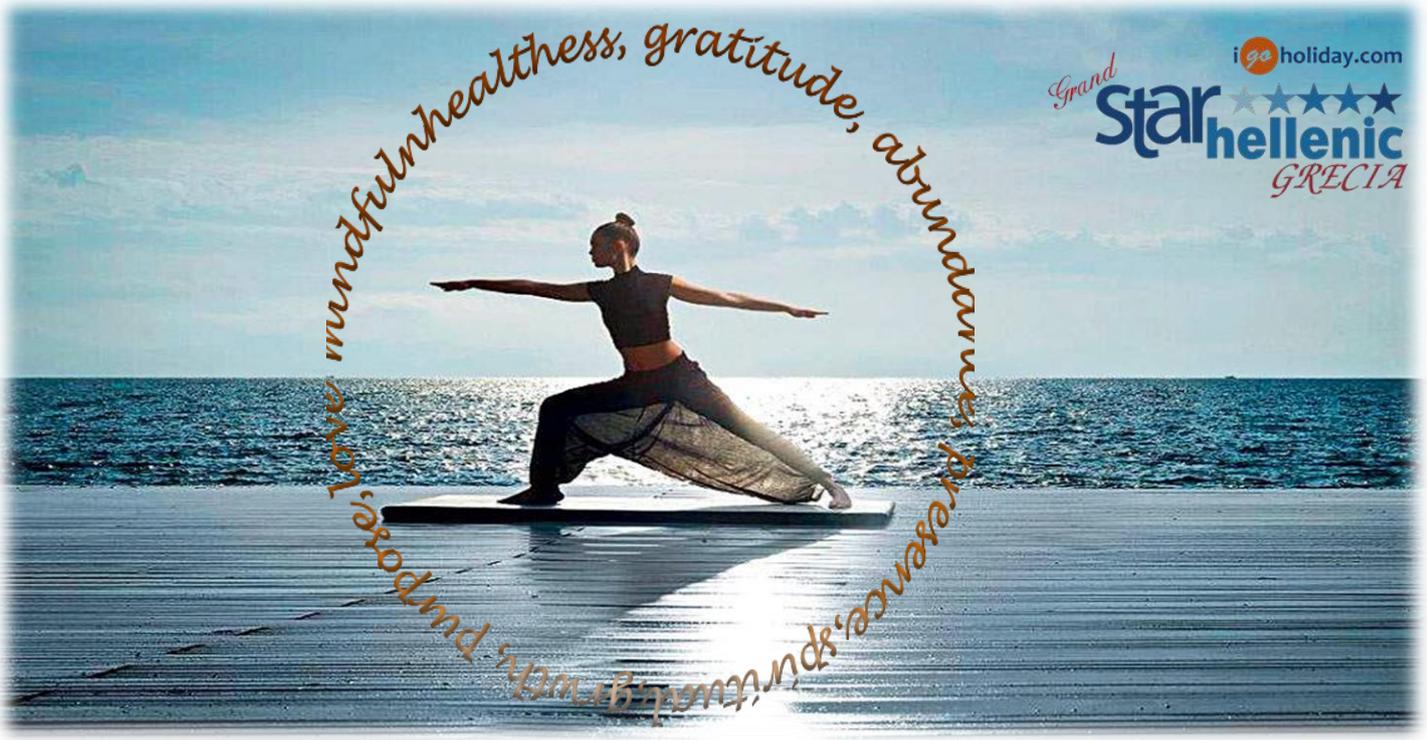
19:00 - Once you have been accommodated in your hotel, we will have a welcome meeting in which you will be introduced to your instructor/guide who will accompany you in this marvelous journey.

20:00 - Diner and some free time to have a first introduction with your fellow group friends.

\*If your flight arrives a bit later, you will find in your room a detailed program with everything you need to know to begin the following day, as well as some fruits and revitalizing drinks.

1 diner included in the hotel





## Day 2 - Dharana "concentration" Here & Now

### Knowing yourself is the beginning of all wisdom - Aristoteles.

In this first contact, we will emphasize on our self & our being, and on experiencing the following days at the maximum. We are here, and now. This is our moment and our dedication to the world of Today. Our meditation will focus on making our senses attentive and on enjoying the present moment in which we live, in being more receptive to every experience and to ourselves journey, which starts today.

- 08:15 - Meditation and Hatha Yoga session (either outside or inside depending on the weather).
- 10:00 - Having received with great anticipation our personalized nutrition guide, we will enjoy a delicious and revitalizing breakfast with the most healthy and nutritional ingredients of the Mediterranean cuisine.
- 11:00 - Get ready for the day's activity. In addition to this trip to our inner self, we are also going to enjoy activities that help us to know and connect with this beautiful city. Starting with a panoramic visit of Athens visiting the Parliament, the tomb of the Unknown Soldier, the Theater of Dionysos, Hadrian's arch, the Olympian Temple of Zeus, the stadium of Panathenaikos (where the first Olympic Games were conducted in the contemporary era), the Real Palace, the Academy, and the National University & Library.
- Before ascending to the Temple of Parthenon, we will close our eyes and take a breath to do some Pranayama exercises that will help us ascend with greater energy and focus on this magnificent experience, of being on this sacred rock , known as the Acropolis of Athens.
- 14:30 - Light lunch in the heart of the city, in one of its well-known taverns around the beautiful cobbled streets of Plaka and Monastiraki surrounded by beautiful shops and Greek hospitality. Once you have finished with your delicious meal, you will have some free time before returning to the hotel.

- 19:15 - We will start with our restorative Yin Yoga class and finish with a few minutes of meditation, being grateful for the experiences lived today which will help us relax and enjoy our resting time.
- 20:45 - Delicious diner at the hotel with healthy and nutritious Greek dishes. Your hotel has all the amenities of a 5-star hotel, which will give you time to relax in its comfortable and warm facilities, sharing conversations with your fellow travelers, listening to music , or reading your favorite book

1 lunch in a tavern in Plaka or Monastiraki.

1 dinner in the hotel

### **Day 3 - Prithvi - "Earth" - Our contact with earth.**

Today's dedication and meditation will be focused on our sense of touch which connects us with the warmth of our hearts. In our Hatha yoga practice we will concentrate and embrace the important sense of our hands, legs, and body in contact with this beautiful earth.

- 08:15 - Meditation & Indoor or outdoor morning Hatha yoga class (depending on the weather).
- 10:00 - We will enjoy our delicious breakfast at the hotel's veranda , feel the warmth of the sun which will fill us with the vitamin D that nature offers us.
- 11:00 - Following our philosophy of the day, we will have a day to enjoy the beach in the front of the hotel. We will have at our disposal the possibility of doing water activities such as Kayaking, stand up paddle, and water ski for the more athletics. You could also enjoy a massage\* or treatment at the hotel or the pool and its facilities \*. (Extra charge)\*
- You will decide when to have a light lunch with the delicious options that you can find in the hotel restaurants.
- 19:00 - Restorative Yin Yoga class to finish with a few minutes of a bit more focus meditation and prepare to enjoy a night out.
- 20:45 - Pick up to go to the area of Glyfada near the hotel which is a zone full of live. This is a more residential rather than tourist area and you will be able to have fun like the Greeks do! Return to the hotel at around 23:30 p.m.

1 lunch on your own

1 Dinner in Glyfada



**Day 4 – Prema “Divine Love”. Give the people you love wings to fly, smiles to come back, and reasons to stay – Dalai Lama.**

Our meditation today will be dedicated in sending positive energy to our loved ones, special people with whom we have surely shared good times around a table. We will have cooking classes where we will learn new dishes that we will share with them on our return home. Our meditation will send them love and of course everything we send from our hearts will come back to us in the same way.

Today we will explore our senses of taste and smell living a Greek culinary experience.

- 08:15 Meditation and Hatha yoga session (inside or outside depending on the weather)
- 10:00 Delicious typical Greek breakfasts, honey, olives, the fresh plan and other surprises await you during the day. Free time at the hotel
- \*13:30 - Transfer to the center of Athens to start the culinary tour. We will visit places where we will taste the famous Greek wine or olive each with their respective snacks to nibble on. Then we will go to a typical Greek tavern where we will have cooking classes and we will eat our delicious dishes for launch.
- Free time before returning to the hotel
- 19:15 we will start with our restorative Yin Yoga class to finish with a few minutes of meditation and gratitude for the lived experiences that will help us relax and enjoy our time to rest.
- 20:45 Light dinner at the hotel accompanied by excellent Greek wine options. You will have time to relax and enjoy interesting gatherings with your fellow travelers, listen to music, or read your favorite book.

1 lunch with cooking classes - 1 dinner at the hotel

**Day 5 – Observe “He who reads knows plenty, but he who observes knows even more” – Alexander Dumas.**

Another one of our sense will be stimulated today. How often do we see things or people around us without really paying attention? Our meditation and today's exercises will focus on observing and admiring our surroundings and on being thankful for the things that we see around us.

- 08:15 Meditation and session of Hatha yoga (inside or outside depending on the weather)
- 10:00 We will enjoy our delicious breakfast observing the variety of shapes and colors that you will find during the day
- 11:00 free morning to enjoy the beach located right next to the hotel. We will have at our disposal the possibility of doing water activities such as kayaking or stand up paddle, water ski for the more athletic or even enjoy a \* massage or treatment in the hotel and the pool facilities. \* extra charges.
- You will be free to decide when you wish to have your lunch with the delicious options that you can find in the hotel restaurant.(not included)
- 17:00 departure to visit the temple of Sounio, passing by the coast of Athens known as the Apollo coast with the beautiful beaches of Glyfada, Vouliagmeni and Varkiza, and finally reach the outer part of Attica, the Cape Sunio, where the famous white marble columns of the Temple of Poseidon are located. The path is adorned by a magnificent view of the Saronic Gulf, and its beautiful sea. We are going to observe the sunset in this wonderful and magical place observing once again with our own eyes that the miracle we call life is in the within simple things that we have around us.
- 19:10 After this wonderful experience, once at the hotel, we will have our restorative yoga class of the day to finish with a few minutes of meditation that will help the images we enjoyed today to be recorded forever in our memory.
- 20:45 Dinner at the hotel's restaurant by the beach, enjoying the moon and the stars.

1 dinner at the hotel

#### Day 6. Samadhi (total consciousness & enlightenment) Listen & Appreciate

"Today I'm lucky to be alive, I have a precious human life, and I am not going to waste it. I will use all my energy for self-growth, to expand my heart to others; to achieve enlightenment for the benefit of all beings" - Dalai Lama.

The Om mantra that symbolizes the entire universe "the sound from which all sounds come" will awaken this day the last of our senses thus closing this circle of connection with our interior. Today we will stimulate our hearing to connect with our surroundings and at the same time with our interior.

- 08:15 Meditation and Hatha yoga session (inside or outside depending on the weather)
- 10:00 We will enjoy our delicious breakfast  
Today will be a very special day since we will have individual meetings in which you will receive holistic and therapeutic advice and guidelines that will help activate our sense of happiness and the feeling of acceptance, of being complete, and loving ourselves. These guidelines will help us continue working towards the achievement of our objectives, while waiting for your turn, you can enjoy the beach the hotel facilities or a \* massage or treatment. \* Extra costs.
- You will be free to decide when to take a light lunch with the delicious options that you can find in the hotel restaurants.
- 19:00 We will start with mantras that will help us finish this cycle of growth and teachings in harmony, then we will continue with our restorative Yin Yoga session to end today's meditation dedicated to gratitude and commitment with ourselves to follow stimulating our happiness and personal growth.
- 20:45 - Today enjoy your special farewell dinner and the night with dancing and good music. Return to the hotel around 01:00 am. 1 lunch on your own - 1 farewell dinner

#### Day 7. Free time closing of journey

07: 30-10: 30 Breakfast at the hotel and then you have all the day free to enjoy it as you wish. Maybe you were left wanted to know more and explore some areas of Athens? Visit other museums or other parts of the city or simply enjoy the facilities of the beach or spa hotel. Today you will have the opportunity to do whatever you desire; we are here to coordinate any additional service (not included) that you may need. Lunch and dinner free.

You will have also the possibility of meeting with the nutritionist to take extra tips home (extra costs).





The following are examples of combinations of voyages that we can offer. We will provide our beloved travelers with a more detailed description which will include the purpose of the day as presented in the voyage "Mystic and therapeutic Athena". Along with your specific request, you can ask for this description to present it in advance to your travelers.

Below you will find a brief summary of some of the options of voyages that we offer:



## *Voyage to "Discovery of the Inner Self in the Heart of Messinia"*

"The history of Costa Navarino is as old as Greece itself. It was the wise king Nestor, the legendary ruler of the ancient Pylos, who first gave meaning to the word "hospitality" when he made friends with complete strangers. This is a place where you can always find friendship, where happiness is measured with steps in the sand. "

This trip combines 8 days and 7 nights discovering the magic of the known and the unknown.

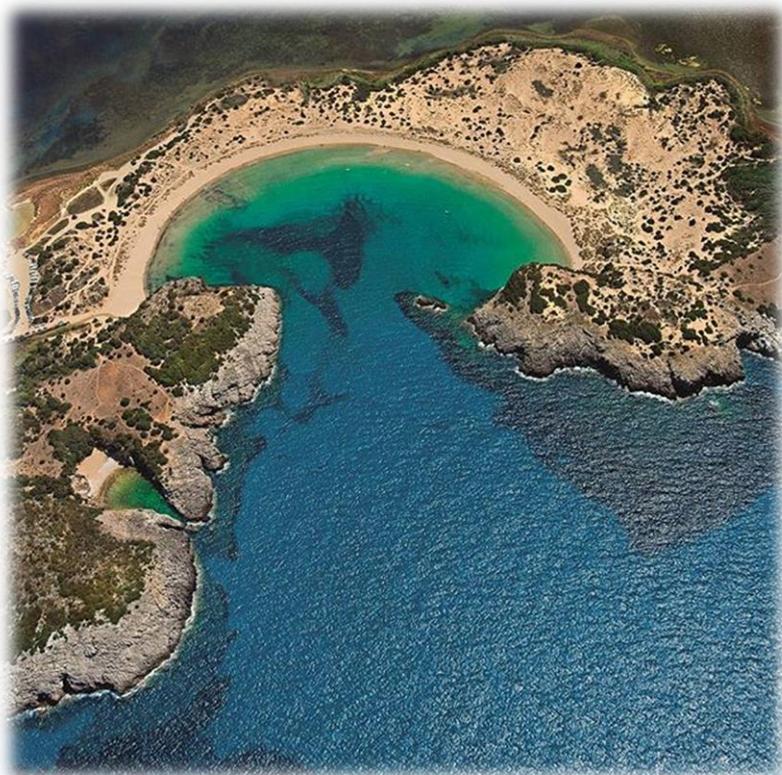
### **3 days in Athens**

In this voyage we will visit the city of Athens and we will have a special meditation under the shadow of the Acropolis.

We will visit Cabo Sounio to be filled with the mystical energy of its history sharing the sunset, also we will enjoy 2 delicious and nutritious dinners at the Athens hotel included. & 1 dinner in the Glyfada area.

### **5 days in the Messinia area hotel Costa Navarino**

On our way to the Costa Navarino hotel we want you to have the experience of making a short stop on the well-known Isthmus of Corinth, as well as having lunch in a typical tavern with the most natural products that this area can offer. We will enjoy a day of walking to the beach of Omega Voidokila paleokastro & waterfall of calamari. With Messenia picnic included, 2 delicious dinners at the hotel Costa Navarino , 1 dinner in the village of Pylos, village with famous wines from the area & 1 farewell dinner at the hotel included.



## Summary of Itinerary:

### Day 1. - Athens

- Arrival and transfer to your hotel
- Free time
- 19:00 Welcome at your hotel
- 20:30 Dinner at the hotel included

\* If your flight arrives later than the agreed time for the meeting, you will find in your room a detailed program with everything you need to know to start the next day, as well as fruit and revitalizing drinks in your room.

### Day 2. Athens - City tour

- 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
- 10:00 Delicious and healthy Breakfast.
- 11:00 Pick up for the day's activity Tour of the city of Athens with Acropolis + museum
- Lunch on your own + Free time at the center of the city.
- 19:00 Meditation of the day and therapeutic classes of Yin Yoga.
- 20:30 Delicious dinner at the hotel, included. Time to relax, talk , listen to music, or read in a cozy place, time to share with your fellow travelers.

1 dinner at the hotel included

### Day 3. Athens - Sounio

- 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
- 10:00 Delicious and healthy Breakfast.
- Free time + lunch on your own.
- 17:00 Departure to visit the temple of Sounio, passing through the coast of Athens known as the Apollo coast with the beautiful beaches of Glyfada, Vouliagmeni and Varkiza, to reach the extreme part of Attica, Cape Sunio, where are the famous white marble columns of the Temple of Poseidon. The path is adorned by a magnificent view of the Saronic Gulf, and its beautiful sea can be appreciated. We will watch the sunset in this wonderful and magical place checking once again with our own eyes that the miracle of life is in the simple things that we have around us.
- 19:15 Evening meditation and therapeutic classes of Yin Yoga
- 20:45 Pick up to go out to dinner in the residential area of Glyfada, back to the hotel around 23:30 p.m. 1 dinner in Glyfada included



#### Day 4. Athens - Costa Navarino (short stop in Corinthos)

- 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
  - 10:00 Delicious and healthy breakfast.
  - 11:00 Pick up to start our tour in the luxury bus to the area of Messinia where the hotel Costa Navarino is located. On the way we will have a short stop in Isthmus of Corinth  
 And we will enjoy a delicious lunch in a typical Greek tavern with the delicious products that this area can offer.
  - 16:30 Arrival at the hotel and check in.
  - 19:00 Afternoon meditation and therapeutic classes of Yin Yoga
  - 20:30 Delicious dinners at the hotel. Time to relax, chat, listen to music, read in a cozy place enjoy time with your travel companions.
- 1 lunch in the Greek tavern on the way included  
 1 dinner at the hotel included



#### Day 5.- Costa Navarino - Beach and night walk to Pylos.

- 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
  - 10:00 Delicious and healthy breakfast.
  - Free day on the beach, you can practice water sports such as paddle tennis, kayaking, etc.  
 Enjoy the hotel facilities, or you can relax with a massage in the hotel spa.  
 Free time + lunch on your own.
  - 19:00 afternoon meditation with mantras
  - 20:15 Pick up for transfer to the nearby town of Pylos, night walk in the town to then enjoy a typical dinner with local wines and free time, before returning to the hotel
- 1 dinner in the village of Pylos with wine included.

#### Day 6.-Costa Navarino - Hiking Omega Beach, Kalamari Waterfall, Picnic

- 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
- 10:00 Delicious and healthy breakfast.
- 11:00 Pick up for the day's activity, Trekking to the beach Omega Voidokila paleokastro and Kalamari waterfall with lunch included (Picnic type with delicious products from the beautiful area of Messinian).
- 19:00 Afternoon meditation and therapeutic classes of Yin Yoga
- 20:30 Delicious dinner at the hotel included Time to relax, talk, listen to music, read in a cozy place 1 lunch included (Picnic Messinian) 1 dinner at the hotel included

### **Day 7. -Costa Navarino - Farewell dinner**

Day off! Time to relax, beach, pool, spa, massage or any other activity you may wish (not included in the price)

19:00 pm Farewell dinner at the hotel, the music will not be lacking!

1 farewell dinner at the hotel included

### **Day 8. - Return to Athens Breakfast**

10:15 Return to Athens by luxury coach, depending on your departure flight transfer to the Athens airport / or the chosen hotel. Lunch and dinner free.

Possibility of meeting with the nutritionist to bring extra tips home (not included in the price)

Possibility of extension to any Greek destination, we will assist you in whatever you need. (Not included in the price)

### **Your Voyage includes:**

3 nights in hotel 5 \* Divani Apollon Palace with breakfast

5 Nights at the Costa Navarino hotel with breakfast.

Visit to the city with Acropolis

Sounio with sunset Short stop in Isthmus of Corinth, on the way to the Costa Navarino hotel with lunch in typical Greek tavern.

Night walk in the village of Pylos with dinner and local wine.

Hiking to Omega beach Voidokila paleokastro & kalamari waterfalls with picnic lunch included.

Farewell dinner at the hotel included

Guide and nutritional program during your stay (coordinated before your arrival by a highly recognized professional nutritionist)

1 Massage at the 60-minute hotel spa Arrival transfers to Athens airport - hotel - airport in private

All transfers according to program with assistant.

Luxury coach for roundtrip transfer from Athens to Costa Navarino hotel and vice versa

\*English speaking assistant

\*English speaking instructor

Therapeutic session at the end of the program

\*The assistant or instructor can also be in Spanish or Portuguese if the minimum number of participants is completed.

Groups can be based on 15+ 1 pax 20+ 1 pax

25 + 1 pax





### Summary of Itinerary:

#### Day 1. - Athens

- Arrival and transfer to your hotel
- Free time
- \* 19:00 Welcome to your hotel
- 20:30 Dinner at the hotel included

\* If your flight arrives later than the scheduled time for the meeting, you will find in your room a detailed program with everything you need to know to start the next day, as well as fruit and revitalizing drinks in your room.

#### Day 2 - Athens - Visit of the city

- 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
- 10:00 Delicious and healthy Breakfast.
- 11:00 Pick up for the day's activity Tour of the city of Athens with Acropolis + museum
- Lunch on your own + Free time in the center of the city.
- 19:00 Meditation of the day and Yin Yoga classes.
- 20:30 Delicious dinner at the hotel, included. Time to relax , talk, listen to music, or read in a cozy place, time to share with your fellow travelers.
- 1 dinner at the hotel included



#### Day 3 - Athens - Sunio

- 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
- 10:00 Delicious and healthy Breakfast. • Free time + lunch on your own.
- 5:00 pm departure to visit the temple of Sounio, passing through the coast of Athens known as the Apollo coast with the beautiful beaches of Glyfada, Vouliagmeni and Varkiza, to reach the coastal part of Attica, Cape Sunio, where the famous white marble columns of the Temple of Poseidon reside. The path is adorned by a magnificent view of the Saronic Gulf, and its beautiful sea can be admired. We will watch the sunset in this wonderful and magical place observing once again with our own eyes that the miracle of life is in the simple things that we have around us.
- 19:15 Evening meditation and therapeutic classes of Yin Yoga
- 20:45 - Pick up to go out to dinner in the residential area of Glyfada, back to the hotel around 23:30 p.m. 1 dinner in Glyfada included.

#### **Day 4. Athens - Mykonos walking tour**

- 06:45 Breakfast at the hotel and transfer in the morning to the port of Piraeus to board the fast ferry to the island of Mykonos. Upon arrival in Mykonos, you will be transferred to your hotel. Free time and lunch on your own.
- 18:00 Afternoon meditation and therapeutic classes of Yin Yoga
- 19:45 Pick up to go to "Chora" the town of Mykonos and share an afternoon walk through the town to finish with a dinner tasting the typical products of the island.  
1 dinner at a restaurant in "Chora".

#### **Day 5.- Mykonos - Beach Day**

- 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
- 10:00 Delicious and healthy breakfast.
- Free day on the beach, you can practice water sports such as paddle, kayak, sky water etc.  
Enjoy the hotel facilities, or you can relax with a massage in the hotel spa. Free time and lunch on your own.
- 19:00 p.m. Afternoon of meditation and therapeutic classes of Yin Yoga
- 20:15 Pick up to go to "Chora" the town of Mykonos, free time in the town, we will wait for you to return to the hotel around 00:00  
1 dinner at a restaurant in chora



### Day 6.-Mykonos - 4x4 Adventure

- 08:00 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
  - 09:30 Delicious and healthy breakfast.
  - 10:00 - Pick up for a day full of adventure in your 4x4. We will start along the coast, towards to the Houlakia beach and from there to the lighthouse. Then we will drive through the area of Marathi, passing through the dam and the beach of Panormos, to the bay of Agios Sostis. In the area of Ano Mera, we will have a stop in Paleokastro, the ruins of a Venetian castle. We will explore the surroundings of the area, its agriculture, and the old abandoned mine nearby. Stop for lunch in a picturesque restaurant. Afterwards, we will continue along the south coast and pass through Kalafatis and Kalo Livadi through the green zone of Halara. Our next stop is at Agrari beach, where we have time to swim and enjoy a Greek coffee. From there we go back to the city of Mykonos, taking as a last highlight of the tour a photo stop in the old castle over the city.
  - 19:30 - After this day of adventure, we will have a quiet afternoon, a brief meditation, and then free time to relax.
  - Dinner on your own (we will have for you free bus service to Chora available)
- 1 lunch included



### Day 7- Mykonos - Dinner and farewell.

Day off Time to relax and enjoy the beach, the pool, the spa, a massage or any other activity you may wish (not included in the price)

9:00 pm Farewell dinner "like the Greeks".

### Day 8 - Return to Athens - Airport or hotel?

Breakfast & departure. Transfer to the port of Mykonos, fast ferry to Athens and transfer to the airport. Please note that your departure flight must be scheduled after 18:00, you can also add one night in Athens or any other destination in Greece that you prefer (with additional cost not included in the rates, we will assist you in whatever you may need so that your stay continues to be a dream come true)

**Your voyage includes:**

3 Nights at 5 \* Hotel in Athens Divani - Apollon Palace

5 Nights at 5 \* Hotel - the Myconian chain.

Visit to the city with Acropolis and museum

Sounio with sunset

Farewell dinner in Mykonos

Guide and nutritional program during your stay (coordinated before your arrival by a highly recognized professional nutritionist)

1 massage at the hotel spa (60-minute)

Arrival transfers to Athens airport - hotel - airport on private basis

All transfers according to program with assistant.

\* English speaking assistant

\* English speaking instructor

Therapeutic session at the end of the program

\*The assistant or instructor can also be in Spanish or Portuguese if the minimum number of participants is completed.

Groups can be based on

**15+ 1 pax 20+ 1 pax 25 + 1 pax**





## Summary of Itinerary:

### Day 1 - Athens

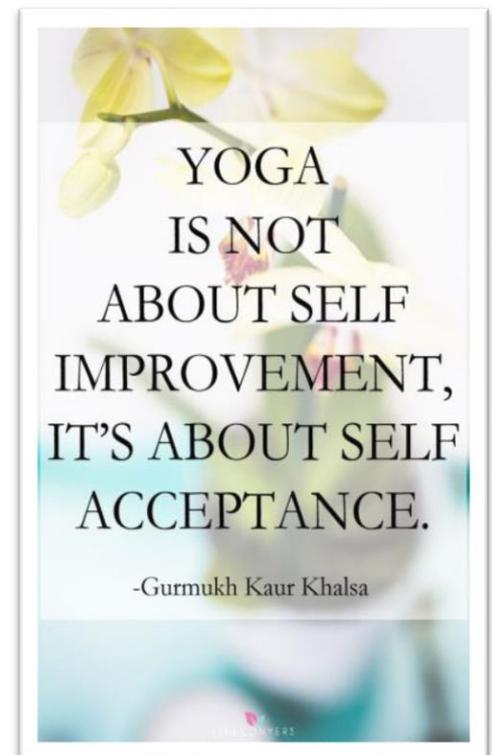
- Arrival and transfer to your hotel • Free time
- \* 19:00 Welcome at your hotel
- 20:30 Dinner at the hotel included
- \* If your flight arrives later than the agreed time for the meeting, you will find in your room a detailed program with everything you need to know to start the next day, as well as fruit and revitalizing drinks in your room.

### Day 2 - Athens - City tour

- 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
- 10:00 Delicious and healthy Breakfast.
- 11:00 Pick up for the day's activity Tour of the city of Athens with Acropolis + museum
- Lunch on your own + Free time in the center of the city.
- 19:00 Meditation of the day and therapeutic classes of Yin Yoga.
- 20:30 Delicious dinner at the hotel, included. Time to relax, talk, listen to music, or read in a cozy place, time to share with your fellow travelers.
- 1 dinner at the hotel included

### Day 3 - Athens - Sounio

- 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
- 10:00 Delicious and healthy Breakfast. • Free time + lunch on your own.
- 17:00 Departure to visit the temple of Sounio, passing by the coast of Athens known as the Apollo coast, with the beautiful beaches of Glyfada, Vouliagmeni and Varkiza, to reach the coastal part of Attica, the Cape Sunio, where they are the famous white marble columns of the Temple of Poseidon. The path is adorned by a magnificent view of the Saronic Gulf, and its beautiful sea can be admired. We will watch the sunset in this wonderful and magical place observing once again with our own eyes that the miracle of life is in the simple things that we have around us.
- 19:15 - Evening meditation and therapeutic classes of Yin Yoga
- 20: 45 - Pick up to go out to dinner in the residential area of Glyfada, back to the hotel around 23:30 p.m.
- 1 dinner in Glyfada included



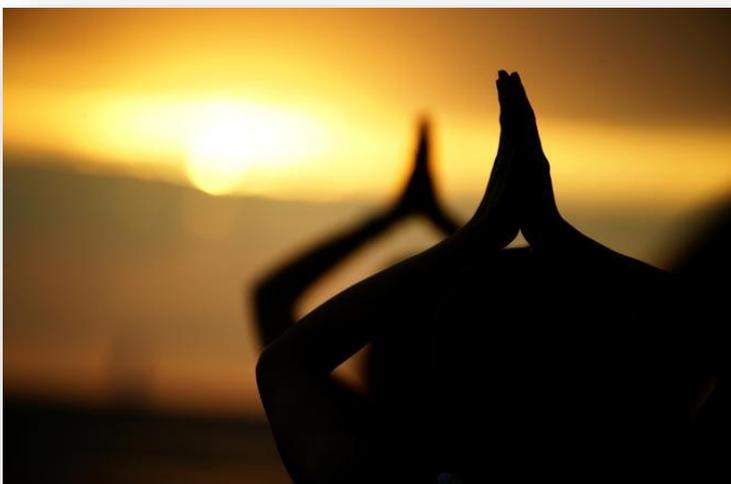


#### Day 4 - Athens - Santorini

- Breakfast at the hotel and in the morning transfer to the airport to take your flight to Santorini, on arrival you will be transferred to your hotel where you will have free time and lunch on your own, under our recommendations.
- 18:00 Meditation of the day and Yin Yoga.
- 19:45 pick up to go to the town of Fira where we will do a walk before enjoying a delicious dinner in a typical restaurant in the area
- 1 dinner in restaurant in Fira included.

#### Day 5 - Santorini - Beach Day

- 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on weather)
- 10:00 Delicious and healthy breakfast. • Free day on the beach, you can practice water sports such as paddle, kayak, sky water etc.
- Enjoy the hotel facilities, or you can relax with a massage in the hotel spa. • Free time and lunch on your own.
- 17:00. Afternoon meditation and mindfulness exercises "mindfulness training"
- 18:00 Pick up to enjoy the sun's fall in the area of Fira or Firostefani, dinner included and free time, we will return to the hotel around 23:00 1 dinner in restaurant included in Fira.



## Day 6 - Santorini - Kaiki with sunset and dinner on board

• 08:30 Meditation and Hatha yoga class indoors or outdoors in the morning (depending on the weather)

**Today our yoga class will last longer since in the afternoon we will have the cruise in Kaiki**

• 10:00 Delicious and healthy breakfast.

• 14:45 Cruise in Kaiki with sunset

The cruise will start from the port of Vlychada (south of the island). First stop of the Red & White beach \* for swimming, Akrotiri and Indian rock, Old lighthouse, we will sail through Aspronisi, dinner on board. The next stop will be Hot Springs, the last stop under the picturesque town of Oia to watch the sunset.

The tour ends at Amoudi Bay and you will have free time to visit the well-known and picturesque town of Oia before your transfer to the hotel.

Full barbecue menu, unlimited drinks, snorkeling equipment, towels, R / T transfers, wifi, included.

***This day we will have an afternoon of meditation and we will share a unique conversation about life and self-love as we sail through this magical island.***

\* All yachts and boats in Greece cannot be moored directly on the beach. We have selected the best spots for swimming and diving, as close as possible to the beach.

## Day 7 - Santorini - farewell dinner at Kaiki beach with sunset and dinner on board

Breakfast and Free day

Time to relax, beach, pool, spa, massage or any other activity you may wish (not included in the price)

9:00 pm Farewell dinner at a special place on the beach!

## Day 8.- Return to Athens - Airport or hotel?

Breakfast departure from your hotel, transfer to the port of Santorini to take your flight back to Athens; please take into consideration that your departure flight, in case of taking it the same day, should leave at least 2 hours after our arrival at the airport of Athens.

You also have the possibility to add nights in Athens or any other destination in Greece that you prefer (with additional cost not included in the rates, we will be glad to assist you in anything you need, so that your stay continues to be a dream come true).



**Your voyage includes:**

3 Nights at 5 \* Hotel in Athens Divani Apollon Palace

5 Nights at 5 \* Hotel Costa Grand in Santorini.

Visit to the city with Acropolis and museum

Sounio with sunset

Cruise in kaiki in Santorini

Walk with sunset in Santorini

Farewell dinner in Santorini

Guide and nutritional program during your stay (coordinated before your arrival by a highly recognized professional nutritionist)

1 massage at the hotel spa (60-minute)

Arrival transfers to Athens airport - hotel - airport on private basis

All transfers according to program with assistant.

\* English speaking assistant

\* English speaking instructor

Therapeutic session at the end of the program

\*The assistant or instructor can also be in Spanish or Portuguese if the minimum number of participants is completed.

Groups can be based on

15+ 1 pax 20+ 1 pax 25 + 1 pax

- **Notes:** The Voyages does NOT include anything that is not clearly specified as previously included
- All the hotels used in the Voyages are the ones mentioned or similar depending on the availability at the moment of requesting the reservation.
- The availability and prices of the programs will be offered upon request
- Schedules and programs may have variations

*“It all begins and ends in your mind.  
What you give power to, has power over you.”*





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