

# 7 Day Wellness Retreat in Crete: Feldenkrais, Yoga & Clean Living

Return to Flow: A Somatic Retreat in Minoan Light  
Crete, Greece

*Let the ancient land hold you. Let your body lead*

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In small groups of 6-9 people | 6 nights 7 days

Dates spring ► **29 May – 4 June**

Dates autumn ► **27 September – 3 October**

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*Imagine waking up in a luminous villa surrounded by olive groves, just 2 km from the heart of the ancient Minoan civilization. You're in Heraklion, yet far from its noise—cradled in serenity, with sea views stretching into the horizon. Here, history hums beneath your feet and the present moment invites you to slow down and soften.*

*This isn't just another retreat—it's a journey into embodied presence, guided by the rhythms of breath, movement, and Cretan earth.*





**Who can join:** Everyone interested in Retreat & Wellness — no previous experience needed.

**Guided by:** Two experienced teachers in Feldenkrais & Yin Yoga.

**Includes:** Transfers, accommodation, wholesome meals, daily classes, and enriching cultural experiences across Crete

**Languages:** English, French, Greek, Italian, spanish

**Location:** 5 nights in a villa Near Knossos, Heraklion, Crete / 2 nights in the South of Crete, in Thalori kapetaniana.



# The Retreat Experience

*"Flow is not something you do. It's something you remember."*

This retreat is an invitation to *drop into your body* and meet yourself with honesty, curiosity, and care. Through mindful practices like **Feldenkrais**, **Yin Yoga**, and **free somatic exploration**, you'll reconnect with the organic intelligence of your breath, your movement, and your inner space.

Together with two passionate facilitators **Giorgia & Olia**, you'll explore gentle yet powerful pathways of self-discovery. No pushing, no forcing, just listening, allowing, and remembering how to be fully present.

Each day is a new opportunity to:

- Move without effort
- Breathe with awareness
- Express what lives within you
- Play, rest, and simply be



## Inclusions

Yin yoga and fedenkrais sessions by specialists.

4-night stay in a charming villa in the middle of a lush Cretan nature with swimming pool and stunning views.

2-night stay in Thalori Guesthouse in Kapetaniana village

2- day escape on an amazing location on the Southernmost village of Crete, between the endless sea of Libyan and the mountains into the wild.

Meals throughout the day (daily nourishing, organic, vegetarian meals).

- The days in the villa: Brunch, light lunch, dinner
- The days in Thalori: breakfast, light picnic, dinner.

Private transfers by air-conditioned vehicles:

- from the airport to the villa (day 1)
- from the villa to Heraklion harbor for the sailing day (return included)
- from the villa to Thalori (day 5)
- from the villa to Cnossos area and return
- from Thalori to the airport (last day)
- by 4X4 from Thalori to the coast
- by 4x4 to the Kofinas summit (depending on the wind)

Private visit to a unique, olive oil mill that follows traditional methods of oil making. Professional olive oil tasting and learning to recognize high-quality olive oil.

Sailing day in Dia Island and sunset meditation on board (6h).

24h phone support.





# 7-day Retreat program “Return to Flow”

*A 7-day retreat, flexible and responsive to the group and adaptable to the group's energy and needs.*

## Day 1: Arrival & Grounding

14:00–17:00: Meeting at Heraklion airport with our English-speaking driver. Transfer to the villa & settling into the rooms or tents.

17:30–18:30: Gentle Welcome Movement (grounding practice + breath awareness)

19:00: Welcome Dinner (light, grounding, seasonal dishes)

20:30: Opening Circle & Intention Setting by the Fire

## Day 2: Landing in the Body

08:00–08:30: Morning Sitting Meditation

08:30–10:00: Feldenkrais Session: "Finding Ease in Stillness & Motion"

10:30–12:00: Nourishing Brunch

12:30–14:30: Free Time / Pool / Garden

15:00: Tea, Fresh Fruit and snacks

16:30–17:30: Expressive Movement Practice: "Listening to the Inner Body"

18:00–19:00: Yin Yoga: “Melting into Gravity”

19:30: Dinner

21:00: Optional: Guided Journaling or Silent Walk in the Garden

## Day 3: Elemental Exploration: Earth & Olive

*2h visit in an exceptional olive mill – tasting of olive oil*

08:30–10:00: Feldenkrais: "Softening the Pelvis, Rooting the Spine"

10:30–11:30: Brunch

12:00–16:00: Visit to a traditional olive oil estate nearby, where you'll immerse yourself in the aromas, tastes, and stories of Crete's most precious treasure — extra virgin olive oil.

A two-hour journey into the essence of Cretan olive oil.

Walk through centuries-old groves, visit a traditional press, and learn from a passionate producer how to distinguish true extra virgin olive oil — by sight, scent, and taste.

Savor a guided tasting with local delicacies, and, if you wish, join an optional olive oil soap-making workshop (extra cost).

Return to our villa full of new knowledge and rich flavors.

16:30–17:30: Relaxation / Journaling / Pool

18:00–19:00: Yin Yoga: “Stillness as Strength”

19:30: Garden Dinner – Cretan mezze night

21:00: Group sharing circle

#### **Day 4: Water, Surrender, Joy**

*Oh Sailing to the mythical isle of Dia  
Cnossos and the archeological Museum*

07:30-08:00 Breakfast

08:15 heading to Heraklion port to embark.

9:00–14:00: Day Sailing Trip to Dia Island

- Sailing, swimming, snorkeling
- Vegetarian lunch on board
- Somatic play in nature

14:30: Return & Rest or free time in Heraklion center (with our advice on what you can visit)

15:30 - 18.30: Meeting with a passionate archeologist and plunging into the Minoan civilization: visits to the Archaeological museum of Heraklion and the Cnossos palace.

20:00: Light Dinner & Candlelight Storytelling / Myth sharing (Minoan myths)





## **Day 5: Integration & leave in expansion**


*Moving to the South...*

*visits on the way to Matala, Red Beach*

08:00–08:30: Sitting Meditation “Heart centering”

08:30–09:30: Feldenkrais + Free Movement Flow “Expanding the heart”

10:00–11:00: Brunch

12:30: On the minivan to the South. Destination  Thalori Guesthouse for the next 2 nights.

14:00: Arrival at Matala.

14:00-16:00: Swimming and optional walking to the Red Beach.

16:00-17:30: Visit to the garden of Minos - Sharing Circle: “Reflections from the Water”. Light lunch based on local grains.

17:30-18:30: Arrival at Thalori.

18:30-19:30: Settling in the rooms and free time.

19:30: Celebration Dinner – local delicacies

## **Day 6: The endless Mountain and Sea : Stillness & Silence**

*Descent to the beach by jeep 4X4, hike along the coast, monasteries, caves and mystic landscapes*

08:00–08:30: Silent Walking Meditation facing the Libyan Sea

08:30–10:00: Feldenkrais: “Breathing with the Spine”

10:30: Light Brunch

11:30–12:30: Transfer by 4X4 to Koudoumas Monastery

12:30-13:30: Swimming in crystal waters / marvelous beach full of sea caves. Snacks & herbal teas into the wild.

13:30-16:00: 2h Hiking to Ai Giannis coastal village. 30 min stop in the middle of the distance, at Agios Antonios cave / chapel for meditation in a circle.

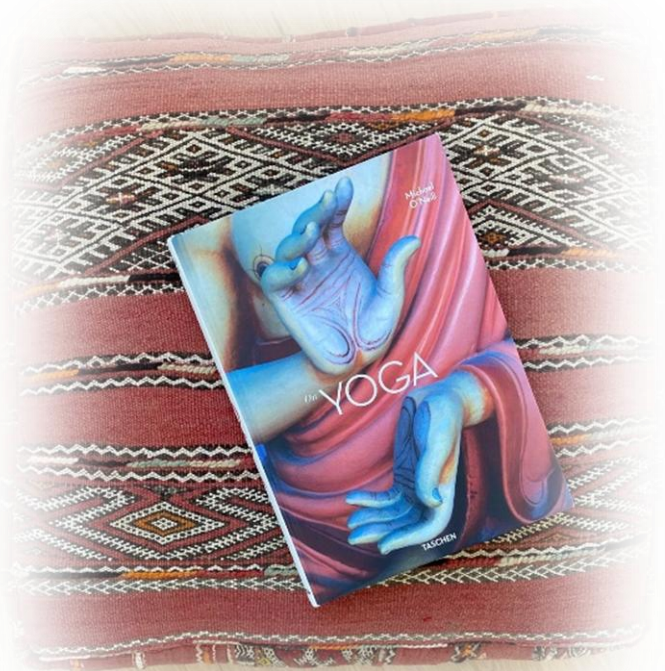
16:00: 18:00 : Free Movement Exploration: “Body as Landscape” in the yard of an ancient monastery carved in caves, by the sea. Yin Yoga: “Receptivity and Inner Listening”

18:00 -19:00: Return by 4X4 to Thalori. Rest time

20:00 : Dinner

### Day 7: *Integration & Farewell*

- 08:00–08:30: Sitting Meditation
- 08:30–09:30: Feldenkrais + Free Movement Flow
- 10:00–11:00: Brunch
- Further practices integrated based on departure time
- Farewell



### Included:

- ✓ The retreats as seen in the program, either by Giorgia or by Olia
- ✓ Accommodation to an amazing villa at the outskirts of Heraklion, near Knossos, with stunning views, swimming pool and a lush garden.
- ✓ Presence of at least one facilitator with guests at the venue at all times
- ✓ Escort by one of the two facilitators during activities out of the venue (e.g. Dia boat tour, visit at olive oil estate etc.)
- ✓ All the meals and snacks mentioned in the program, with possibility of adjustments upon consultation with the guests in case of special dietary needs, prior to the participation in the program.
- ✓ Visit to an olive oil estate, incl. olive oil tasting and local delicacies
- ✓ Dia boat tour with private transfers from and to the venue, incl. meal on board.
- ✓ Vat and taxes.

### Not Included: (But Can Be Arranged)

- ✓ Flights & airport transfers
- ✓ Private yoga/Feldenkrais sessions

Massage and other kinds of yoga and meditation practices not mentioned here



# Our Somatic Practices

## Feldenkrais with Olia

Rediscover ease and fluidity through the **Feldenkrais Method**—a gentle, neuroscience-based approach to movement. With small, guided motions, you'll rewire habitual patterns, reduce tension, and improve posture, breathing, and overall well-being. It's subtle, safe, and profoundly effective for everybody—regardless of age or experience.

*"The aim is a body that is organized to move with minimum effort and maximum efficiency."*

— Dr. Moshe Feldenkrais

## Yin Yoga with Giorgia

A meditative, deep practice inspired by **Taoist philosophy**, Yin Yoga invites you to surrender into long-held poses and discover stillness. Each posture becomes a gateway into the fascia, the emotional body, and the subtle self. No striving—just pure presence. As gravity does its work, so does your awareness.

# Our Facilitators



**Olia** – Certified Feldenkrais Practitioner with years

of experience in body-mind education. She brings precision, compassion, and humor to her sessions. Olia was trained in France, to become a certified contemporary dancer, choreographer and movement instructor. Her collaboration with the outstanding butoh dancer and choreographer Carlotta IKEDA was important to her as she discovered new ways of sensing movement, time and space during both the creative and the performing process. In the middle of her

performing career, a chronic back pain brought Olia to try the Feldenkrais method, a dynamic somatic practice that improves movement and human functioning through meaningful intention and awareness. Fascinated by the fact that observing and accepting ones needs makes new options possible and ones

potential grow, Olia became a certified Feldenkrais practitioner. She feels her purpose is to help people find their way to connect to themselves through embodied experience and facilitate the path of bringing their potential into light.



*Giorgia* – Movement guide and yin yoga teacher,

Giorgia offers grounding presence and deep listening as she holds space for transformation through stillness and creative motion. “Born and raised in Lugano (Switzerland), from a young age I began to nurture a deep interest in inner exploration, in the wisdom of our body and the search for "the Truth". This led me first to train as medical massage therapist with a federal certificate

and then as Yoga teacher

(Hatha, Vinyasa and Yin).

The body is a wonderful vehicle through which we can explore the world around us and at the same time it is the "temple" that hosts us.

Bringing body knowledge into yoga practice allows me to deepen my understanding of asanas from a physical point of view, which goes hand in hand with the spiritual dimension.

Meditation, silence and investigation of the Self are for me the key to transformation and perpetual growth and knowledge of our nature. During the last three years I've been magically led into Islamic and Sufi teachings and beauty, this allows me to explore my practices from another perspective and deepen my study and knowledge into a way I can guide yoga and meditation for Muslim ladies' groups also.

I like to dedicate myself to sharing what I learn with people who cross my path.

Based between Greece, Spain and Switzerland, I offer now different kind of retreats, online, private and group yoga classes and treatments.

Languages spoken:

English, Italian, Spanish, French



# Accommodation

## The residence – villa in Spilia

Our **secluded residence** is designed for true rest:

- ✓ Surrounded by olive trees and sea breeze
- ✓ A large swimming pool and lush garden
- ✓ Hidden meditation corners for silence and reflection
- ✓ Indoor and outdoor spaces for practice, sharing, or solitude

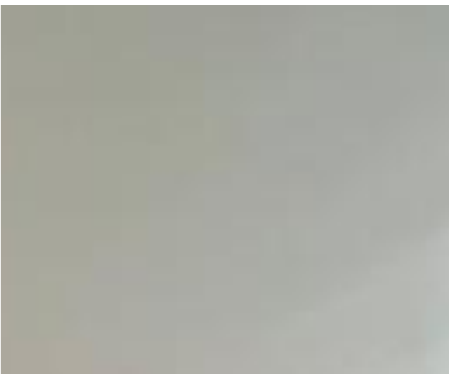


Choose between:

- **2 Spacious bedrooms** quiet, with natural light and unhampered view.
- **3 Glamping tents** under the stars—cozy, airy, and unique.

All accommodations share 3 well-maintained bathrooms (1 outdoors and 2 indoors).











**Spots are limited to keep the group intimate.**





# Thalori Guesthouse – Kapetaniana village

<https://www.thalori.com/>

The traditional ecotourism village "Thalori" is located in Kapetaniana, the highest village of the Asterousia Mountains in southern Crete, overlooking the Cretan Sea.

It was inspired and created by a young couple who, together with a group of 15 people residing in the village and the region, are the soul of the ecotourism village "Thalori". The guesthouse opened its doors in 2007 and it follows a philosophy that supports sustainable development, which is a mild form of tourism.

"Thalori" consists of 20 traditional houses that are an integral part of this hospitable village, preserving their Cretan architecture and combining traditional aesthetics with contemporary comforts. The guesthouse restaurant serves Cretan dishes made from pure local ingredients and cooked with love by village women working in the guesthouse. The raw materials used are mainly produced in the "Thalori" farm at the village and at nearby villages.

Guests can go hiking on marked trails, swim at beautiful local beaches, visit and participate in animal care work at the guesthouse's farm and even milk the sheep and goats to make fresh cheese. They can go mountain biking or horse riding and there are also climbing fields, via ferrata and canyoning routes in the area.

Against the backdrop of the sacred peak of Kofinas and the blue Cretan Sea, experience authentic Cretan life at Thalori, in an ascetic, rough and beautiful landscape, in a corner of the Cretan land with a centuries-old history and unspoiled nature.

In Thalori you share a house with 2 rooms per 2 people (2 separate beds) and one toilet. The guesthouse is particularly charming, with one of the best restaurants in Crete and passionate landlords.

























# Soulful Food

*Food is part of the ritual here.*

You'll be nourished daily with:

- ✓ **Vegetarian brunches and dinners** crafted from **seasonal, local, organic ingredients**
- ✓ Fresh fruits, herbal teas, and plant-based snacks throughout the day
- ✓ Recipes made with intention—colorful, healing, and full of Cretan flavor

Let us know your dietary needs—we'll lovingly accommodate them.





# COST

Euros p.p. | supplement for single room 350 euros

no of pax	6	7	8	9
Stay in tents – cost p.p. / share room	2450	2380	2280	2190
Stay in rooms – cost p.p. / share room	2720	2690	2590	2490

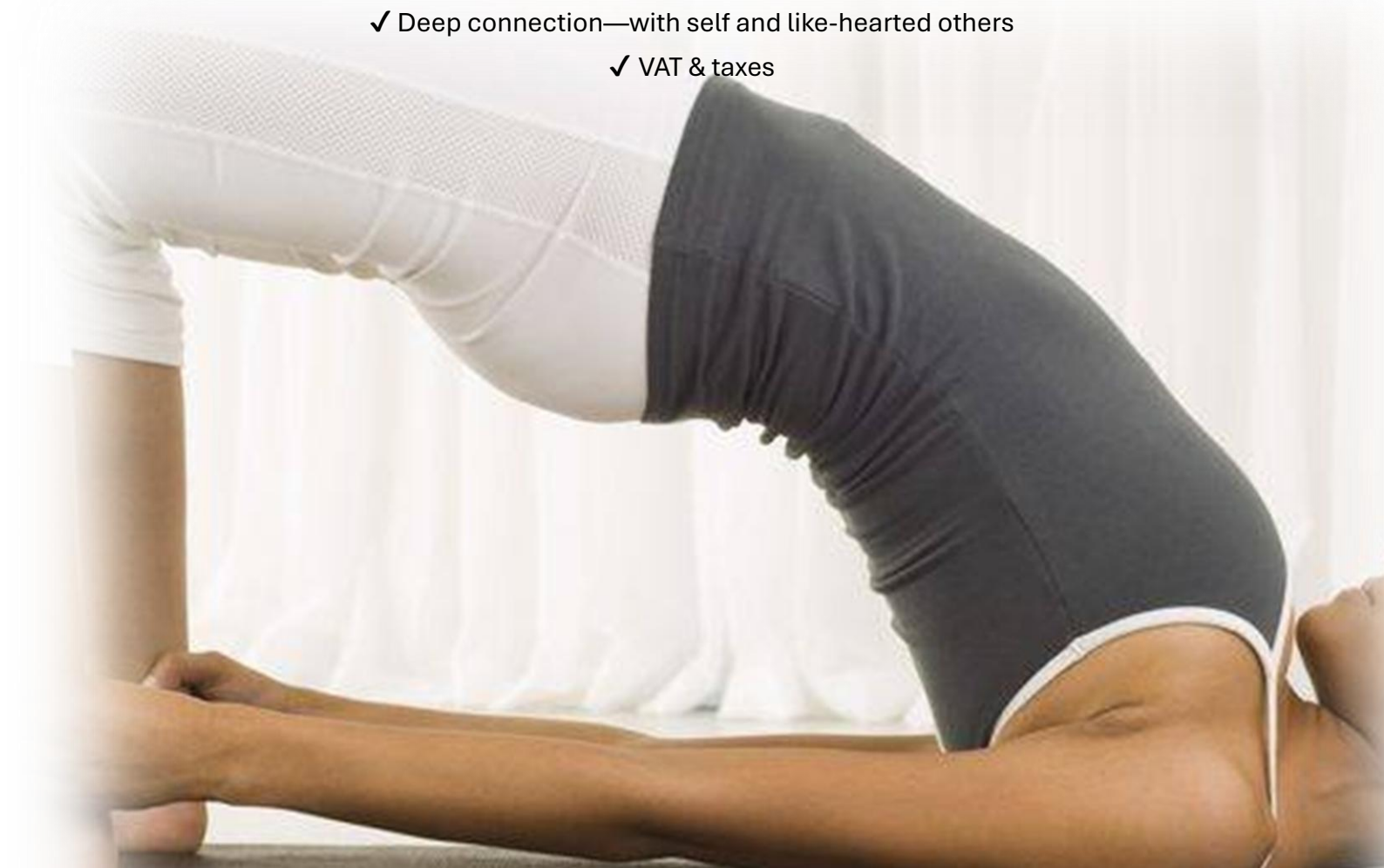
In small groups of 6-9 people | 6 nights 7 days

Dates spring ► **29 May – 4 June**

Dates autumn ► **27 September – 3 October**

## program provides:

- ✓ Daily Feldenkrais & Yin Yoga sessions
- ✓ Creative movement explorations
- ✓ Walking & sitting meditations
- ✓ Accommodation in serene nature
- ✓ Nourishing vegetarian meals
- ✓ Pool, gardens & cozy chill-out spaces
- ✓ Deep connection—with self and like-hearted others
- ✓ VAT & taxes



# Ready to Return to Your Body?

This is more than a retreat.

It's a homecoming.

To softness.

To simplicity.

To yourself.

