

# GREEK SOUL

*Wellness Retreat*

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30 MAY - 2 JUNE  
2025  
ZANTE ISLAND

# AN INVITATION TO OPEN YOUR HEART

*In a world where you can open any door, first of all  
choose to open the front door of your heart.*



Greek Soul Retreat invitation is a journey into the depths and power of the heart — the most precious essence of our human existence, yet the one we so often try to protect. Over the years, we build layers of resistance, telling ourselves we must be strong. But in doing so, we sometimes lose touch with the very core of who we are. When the ego takes over, shaping our choices, we may suddenly realize how far we've drifted from our true purpose and nature. This retreat is a call to reconnect, to soften, and to rediscover the wisdom of the heart.

# RECONNECT, HEAL, TRANSFORM: A RETREAT FOR THE SOUL

## What you will experience and work- on during this retreat:

- Expand your heart energy and deepen your connection to self-love.
- Cultivate compassion and gain a deeper understanding of life's challenges.
- Shift from unconscious reactions to recognizing and transforming your thought patterns.
- See yourself in others and develop a greater sense of unity and connection.
- Explore shadow work to understand why certain behaviors trigger you—and how to heal.
- Honor your body and learn to embrace all your emotions with love and acceptance.
- Open yourself to life's synchronicities and welcome the unexpected gifts the universe has to offer.

This retreat is designed to support and guide you through a deep inner transformation. Through powerful tools, immersive experiences, and the collective energy of a like-minded community, you will break free from old patterns, rediscover your inner strength, and awaken to a more conscious and heart-centered way of living.

If you feel called to expand your heart, soul, and mind, join us for this unforgettable journey.



# ITINERARY

## FRIDAY

- 16.00 Check-in
- 17.00 Opening Ceremony
- 18.30 Evening Yoga Practice
- 20.00 Dinner

## SUNDAY

- 7.30 Optional Meditation
- 8.00 Morning Yoga Practice
- 9.45 Brunch
- 11.00 Hiking in Keri
- 16.00 Snack & free time
- 18.00 Restorative Yoga
- 19.30 Dinner
- 21.00 Shadow Work Workshop

## SATURDAY

- 7.30 Optional Meditation
- 8.00 Morning Yoga Practice
- 9.45 Brunch
- 11.00 Kayak and Snorkeling
- 16.00 Snack & Free time
- 17.00 Somatic Movement
- 18.30 Ayurvedic Workshop
- 20.00 Dinner

## MONDAY

- 7.00 Morning Yoga Practice
- 8:00 Siri Gaitri Mantra meditation
- 8.30 Closing Ceremony
- 9.30 Brunch & free time
- 10.00 Check-out



## THE SPECIALS

# WORKSHOPS

### SOMATIC MOVEMENT PRACTICE

Connect deeply with your body through fluid movements combined with breathwork and mindfulness techniques. Release tension and awaken dormant energy within experiencing profound sense of presence and alignment as you reconnect with your body's wisdom and harness its power for greater well-being and vitality.



### AYURVEDIC WORKSHOP

Born in the mountains and valleys of India, Ayurveda is the study of life. Based on the principles of balance between the 5 elements: earth, water, fire, air and ether. Dive into the basics of Ayurveda and discover your unique dosha! Learn simple, practical tips to balance your body and mind using ancient wisdom.



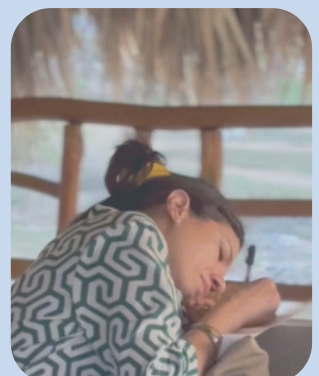
### HEALING MEDITATION

We will guide you into a wonderful meditation following the Siri Gaitri Mantra, eight different sounds that stimulate the energy flow in the central channel of your spine. This mantra is a powerful and precious gem to develop your awareness and your neutral mind.



### SHADOW WORK AND NEUTRAL MIND

How often do you catch yourself judging others? Have you ever wondered why it happens and what purpose it truly serves? While no one is immune to judgment, understanding its roots can reveal powerful insights into the workings of our own mind. In this workshop, we'll explore our shadows and projections to get from unconscious reactions to deeper self-awareness.



## THE SPECIALS

# EARTH AND WATER

### KERI AND MIZITHRES CLIFFS HIKE

A breathtaking journey through rugged coastal landscapes and fragrant Mediterranean flora. As you follow the winding path, the shimmering blue of the most seducing water of Greece unfolds before you, blending sea and sky into a mesmerizing horizon. The scent of wild thyme and pine fills the air, as a spectacular view of the Mizithers Cliffs slowly emerge, standing proudly above the waves. A true contemplation of the paradise that our earth is awaits...



### KAYAK & SNORKEL WITH TURTLES IN CRISTAL WATERS

Paddling through the calm, glassy waters of the Ionian Sea, you feel the rhythm of the sea beneath you. The coastline stretches ahead, a mix of rugged cliffs, quiet coves, and sunlit beaches that seem almost untouched. The air is thick with the scent of salt and wild herbs drifting down from the hills, and the only sounds are the soft splash of your paddle and the distant cry of seabirds. Time slows, and for a few perfect hours, it's just you, the sea, and the endless horizon. Swim in the turquoise water with the beautiful caretta caretta Turtes that come to nest in this island!



# Is this retreat for you?

*"When you quiet the mind and open the heart,  
the path reveals itself"*



## COME WITH AN OPEN HEART AND AN EMPTY HEAD

Are you ready for real change? This retreat is for those who feel a deep call to grow, to break free from old habits, and to embrace new ways of thinking and living. If you are open to self-exploration, willing to challenge your limits, and ready to step into a more conscious and fulfilling life, this journey is for you. It's not just about relaxation—it's about transformation. Come with curiosity, commitment, and an open heart, and you'll leave with clarity, renewed energy, and tools to create lasting change. If this resonates with you, then yes—this retreat is for you!

## OUR YOGA PRACTICE

Our dynamic morning classes will help release stagnant energy while building strength and flexibility, awakening both body and mind for the day ahead. In the afternoons, we'll slow down and turn inward, using gentle, mindful movements to invite deep relaxation and a sense of inner balance. Together, these practices create a harmonious flow, supporting both vitality and surrender.



## Your hosts

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### Laura Canepa

Laura has a traveller soul that have made her visit Thailand and India multiple times to discover the real roots of ancestral practices, with 12 years of experience as a qualified massage therapist and 6 years as yoga teacher she wishes to help both physically and emotionally every person that would allow her. With a deep knowledge about anatomy and alignment she loves to see bodies change shape and gain flexibility day after day.

Her purpose is to inspire you into the world of yoga in order to follow the practice at home, acquiring ever growing knowledge about your body and yourself as a whole.

Speaks: English, French, Italian & Spanish





## Your hosts

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### Gabriela Rivera

Gabriela is the founder of Flowfem, a community of thousands of people seeking to learn to flow with their bodies, cyclicity, emotions, and sexuality.

Through yoga, somatic movement, dance, astrology, and life coaching she accompany people in their process of personal and spiritual growth.

Gabriela is a Certified Life Coach, Astrologer, Yoga & Meditation Teacher and Social Communicator specialiced in helping people to Flow in their lifes through the connection of their bodies and Inner cycles.

Speaks: English, Italian & Spanish



## Your hosts

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### Pamela Orozco

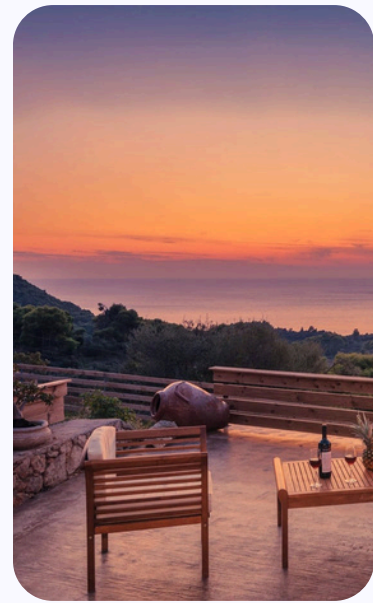
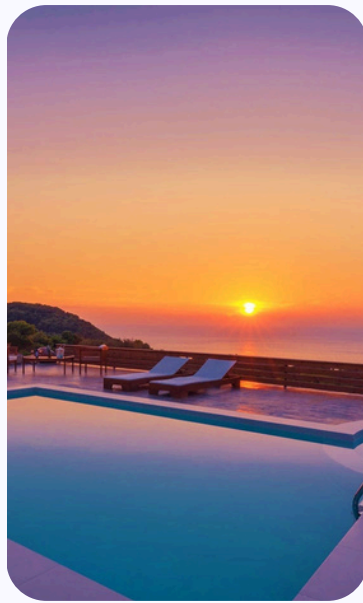
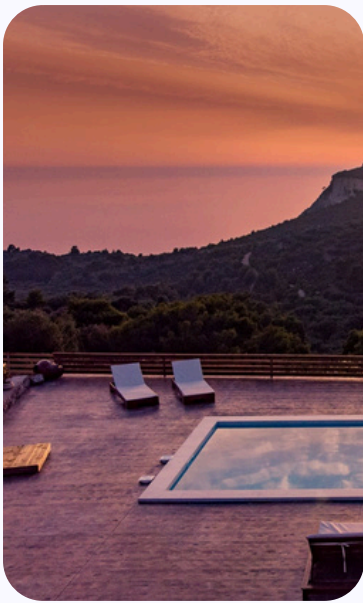
Passionate about human processes and an expert in guiding people through mystical and profound methodologies, helping them move through emotions and manifest their inner experiences.

I am a psychologist, yoga teacher, and specialist in Ayurvedic and conscious cooking. I will support you in navigating your inner and nutritional processes in a more balanced and mindful way.

My strength lies in exploring the mystery of life and the intellectual possibilities we experience every day through the contemplation of turning inward and finding simplicity.

# A Private Villa with Breathtaking Views Awaits You

Nestled between lush forest and the endless blue of the ocean, this peaceful villa offers the perfect sanctuary for serenity and relaxation. Designed for ultimate comfort, it blends modern luxury with charming country-style elegance. Spacious verandas invite you to soak in the stunning surroundings, while a beautifully landscaped garden filled with vibrant flowers creates a peaceful retreat. Enjoy a 34m<sup>2</sup> outdoor swimming pool, a sun-drenched deck, all set within six acres of pure tranquility. As the sun dips below the horizon, we will gather on the terrace for an unforgettable yoga practice, flowing with the rhythms of nature while taking in the most breathtaking sunset on the island.




## Where

### Villa Nina – A Sanctuary of Peace and Natural Beauty

Nestled on 8 private acres in the serene Apelati area of Keri Village, Villa Nina is the perfect retreat for those seeking tranquility, breathtaking sunsets, and a deep connection with nature. Located on the stunning island of Zakynthos (also known as Zante), this destination is a true paradise on earth—where crystal-clear waters, lush green landscapes, and dramatic cliffs create an unforgettable setting for relaxation and renewal.

## How to arrive

 Flight to Zankyntos airport

 The villa is just 25 minutes away!

There are also alternative ways to reach the island by ferry. Feel free to contact us for assistance in planning your journey—we're happy to help make your travel arrangements smooth and stress-free!



## Investment:

Early Bird \*Prices until the 30th of March\*  
Shared twin room: €990  
Private room: €1140

Prices after the 30th of March:  
Shared twin room: €1090  
Private Room: €1240

Come with a friend and enjoy **10% OFF**

\*The Villa has a total of 3 bathroom that will be shared.

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- Note: a 50% deposit is needed to secure your spot.
  - The deposit is not-refundable.
  - The price includes: the whole program with activities, hiking, healthy vegetarian brunches and dinners every day, with local products and recipes.
  - The payment of the retreat is to be made the day of the reservation, and is not refundable under any circumstance.
  - In the case of a cancellation from the host the investment will be 100% refunded.



# RESERVATIONS

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FLOWFEM



BLOOMINPORTOFINO