

The ReTreat Itinerary

11 MAY – 18 MAY 2025

THE ITINERARY IS AS FOLLOWS AND IS SUBJECT TO SLIGHT CHANGES.

- Nothing is mandatory but there are no reductions in the exchange should you choose not to participate in any activity. We have deliberately not packed each day to give you space and time to explore, rest and nurture yourself.
- Upon booking we will give you the options available for your 1 on 1, 2 hour sessions with NiciPhoenix and Sammi (note we will do our very best to accommodate requests and remind you if you are late for a session it will be curtailed and that due to curation of each day there is no other available time).

SUNDAY 11 MAY

15h00 onwards
19h00

Check-in to Olivestone and Villa Mila
Welcome, Introductions, Meze & Drinks at Olivestone

MONDAY 12 MAY

06h00 – 07h00
07h15 – 08h30
08h30 – 09h30
09h30 – 11h00
11h00 – 11h30
11h30 – 12h30
12h30 – 14h00
14h00 – 15h00
15h30 – 17h00
17h00 – 18h00
18h00 – 18h45
19h15 onwards

Sunrise (*optional*)
Kundalini Global Yoga & Breath Class
Breakfast (*your box will be delivered to your Villa*)
Creation and explanation of the Unique Group Crystal Mandala
Break
Introduction to the 6 Wealth Transactions
Group Lunch at Olivestone
Introduction to Human Design and Astrology
Discussions – Host Journeys
Break
Full Moon Sound Bath with Vassilis, globally renowned Sound Healer
Dinner at Olivestone

TUESDAY 13 MAY

06h00 – 07h00

Sunrise (*optional*)

07h15 – 08h30

Kundalini Global Yoga & Breath Class

08h30 – 09h30

Breakfast (your box will be delivered to your Villa)

09h30 – 11h30

1-2-1 Sessions available for booking – Nici or Sammi

12h00 – 14h00

1-2-1 Sessions available for booking – Nici or Sammi

13h00 – 14h30

Lunch in a box (*please pre-book if required*)

14h30 – 16h30

1-2-1 Sessions available for booking – Nici or Sammi

Day at leisure if you do not have a session; please make your own arrangements for dinner

WEDNESDAY 14 MAY

06h00 – 07h00

Sunrise (*optional*)

07h15 – 08h30

Kundalini Global Yoga & Breath Class

08h30 – 09h30

Breakfast (*your box will be delivered to your Villa*)

09h00 – 11h00

1-2-1 Sessions available for booking – Nici or Sammi

11h00 – 16h30

Depart for excursion with globally renowned Greek Herbalist, Eleni Christoforatu, including a late lunch; transfer included

16h30

Transfer back to Olivestone (*or return at own expense*)

THURSDAY 15 MAY

06h00 – 07h00

Sunrise (*optional*)

07h15 – 08h30

Kundalini Global Yoga & Breath Class

08h30 – 09h30

Breakfast (*your box will be delivered to your Villa*)

09h30 – 11h30

1-2-1 Sessions available for booking – Nici or Sammi

12h00 – 14h00

1-2-1 Sessions available for booking – Nici or Sammi

13h00 – 14h30

Lunch in a box (*please pre-book if required*)

14h30 – 16h30

1-2-1 Sessions available for booking – Nici or Sammi

Day at leisure if you do not have a session; please make your own arrangements for dinner

FRIDAY 16 MAY

06h00 – 07h00

Sunrise (*optional*)

07h15 – 08h30

Kundalini Global Yoga & Breath Class

08h30 – 09h30

Breakfast (*your box will be delivered to your Villa*)

09h30 – 11h30

1-2-1 Sessions available for booking – Nici or Sammi

12h00 – 14h00

1-2-1 Sessions available for booking – Nici or Sammi

13h00 – 14h30

Lunch in a box (*please pre-book if required*)

14h30 – 16h30

1-2-1 Sessions available for booking – Nici or Sammi

Day at leisure if you do not have a session; please make your own arrangements for dinner

SATURDAY 17 MAY

06h00 – 07h00

Sunrise (*optional*)

07h15 – 08h30

Kundalini Global Yoga & Breath Class

08h30 – 09h30

Breakfast (*your box will be delivered to your Villa*)

09h30 – 11h30

1-2-1 Sessions available for booking – Nici or Sammi

12h00 – 14h00

1-2-1 Sessions available for booking – Nici or Sammi

13h00

Lunch in a box (*please pre-book if required*)

19h00

Group dinner at Bahia Mare at Barbati Beach (*transfers included*)

SUNDAY 18 MAY

06h00 – 07h00

Sunrise (*optional*)

07h00 – 08h30

Stretch, breath and closing ceremony

08h30 – 09h30

Group Breakfast

10h00

Check out & depart



May you be well. May you be happy.
May you be peaceful. May you be loved.