



FIND YOUR MAGIC!

A 7-day Adventure to Elevate your Life

16-23 SEPTEMBER 2022 • ARMONIA RETREAT

THE PROGRAM

Please note: The program is subject to change, depending on the weather and the flow of the group. Our aim is to be flexible and to be able to respond to your needs, while also providing a clear structure for the week.

Friday 16th September

- Arrivals (Pick-ups at Chania Airport, City Centre or Kalives Bus Stop)
- Settling-In / Free time / 1:1 Check-Ins
- Welcome Dinner

Saturday 17th September

- Healthy Breakfast
- Beach Workout (tailored to all levels) followed by a + Cold River Swim at Kyani Akti
- Free time / 1:1 Check-ins
- Lunch at Armonia
- Find Your Magic Workshop pt. 1
- Dinner at Armonia
- Sound Journey under the stars

Sunday 18th September

- Sunrise Guided Meditation + Sound Exercises at Kera Beach, one of our favourite local spots.
- Healthy Breakfast
- Free time / 1:1 Check-Ins
- Lunch at the renowned Dounias restaurant, one of Crete's best kept secrets. This traditional Cretan taverna serves mouth-watering, locally grown food old style, using clay pots and a wood fire. Located at the foot of the White Mountains at 600 metres altitude, the drive to reach it offers spectacular views.
- Post lunch Mountain Hike
- Dinner at Armonia

- Embodiment & Body-Care Session
- Games/Movie Night

Monday 19th September

- Healthy Breakfast
- Group Workout at Armonia
- Free time / 1:1 Check-Ins
- Lunch at Armonia
- Find Your Magic Workshop Part. 2
- Dinner at Armonia
- Sound Journey under the stars

Tuesday 20th September

- Sunrise guided meditation and swim at the stunning Lake Kournas, a magical spring-water lake
- Healthy Breakfast
- Excursion to Kourtaliotiko Waterfall (one of the most incredible experiences on the island) including a 1-hour hike up and down a beautiful gorge
- Lunch in Plakias, at our favourite local restaurants by the sea
- Drive to Fragokastello for some relaxing beach time
- Dinner at Armonia
- Embodiment & Body-Care Session

Wednesday 21st September

- Healthy Breakfast
- Group Beach Workout + Cold River Swim at Kyani Akti
- Free time / 1:1 Check-Ins
- Lunch
- Find Your Magic Workshop Part. 3
- Evening Plant Medicine Ceremony (optional)

Thursday 22nd September

- Healthy Breakfast
- Free time / 1:1 Check-Ins
- Trip to Chania Old Town
- Lunch at Pulse, one of the best vegan restaurants on the island
- Free time for shopping and exploration of Chania's exquisite Venetian Harbour
- Return to Armonia for dinner
- Completion Exercise & Celebration dance party

Friday 23rd September

- Healthy Breakfast
- Free time / 1:1 Check-Ins
- Departure (drop-offs at Chania Airport, Bus Station or City Center)