

7-Day Women's Only Retreat

Empower | Rejuvenate
Transform



Book now!

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CRETE & CYPRUS





Our Program

🌸 Day 1: Arrival & Awakening Your Inner Power Morning:

- Welcome Ceremony & Intentions Setting
- Light Stretching & Breathwork by the Sea

Afternoon:

- Confidence Workshop: Overcoming Self-Doubt & Embracing Your Strength
- Guided Journaling: Defining the Woman You Want to Become

Evening:

- Sunset Sound Healing & Meditation - Let go of stress and step into your new mindset
- Gourmet Mediterranean Welcome Dinner 🍷

🔥 Day 2: Strength & Resilience

Morning:

- Power Yoga Flow: Building Inner & Outer Strength
- Nutritious Mediterranean Breakfast

Afternoon:

- Workshop: The Science of Confidence - Rewiring Your Mindset for Success
- Personalized 1-on-1 Coaching Sessions with Niko & Team
- Free time for spa treatments & relaxation

Evening:

- Visit to a Traditional Winery - Sip & savor Crete's finest wines
- Group Connection Dinner & Reflection



Our Program

👊 Day 3: Energy & Vitality

Morning:

- Aqua Fitness Session – A refreshing start in the crystal-clear waters
- Healthy Breakfast & Nutrition Talk with a focus on Mediterranean superfoods

Afternoon:

- Workshop: Mind-Body Connection – How Your Posture & Presence Affect Confidence
- Free time for luxurious spa treatments & massages

Evening:

- Visit to Knossos Palace – Walk in the footsteps of the legendary Minoans
- Group Dinner with Ancient Greek-Inspired Cuisine

⚡ Day 4: Leadership & Presence

Morning:

Strength & Empowerment Workout

Power Breakfast

Afternoon:

Workshop: The Confident Communicator – How to Own Any Room

Role-playing & Confidence Drills

Festos Palace Visit – Explore another ancient wonder & reflect on leadership through history

Evening:

Mindfulness & Journaling Session – Embodying the Confident You

Free time for personal spa treatments



Our Program

Day 5: Trust, Femininity & Balance Morning:

- Gentle Yoga & Breathwork - Connecting to your feminine energy
- Nourishing Breakfast

Afternoon:

- Workshop: Trusting Yourself & Letting Go of Fear
- Guided Meditation in Zeus' Birth Cave - Connect to the energy of creation & strength

Evening:

Luxury Spa Experience - Aromatherapy & deep relaxation
Candlelit Dinner with discussion on personal breakthroughs

Day 6: Owning Your Power Morning:

Empowerment Kickboxing or Strength Training - Unleashing your inner warrior
Balanced Breakfast

Afternoon:

- Workshop: The High-Performance Mindset - Success Strategies for Life & Career
- Vision Board Creation - Designing your next chapter
- Free time for shopping in Agios Nikolaos boutique stores

Evening:

- Confidence in Motion: Elegant evening out, embracing your newfound presence
- Celebration Dinner & Toast to Transformation



Our Program

Day 7: Integration & Departure

Morning:

- **Closing Meditation & Gratitude Circle**
- **Final Breakfast & Reflections**
- **Departure with a renewed sense of confidence, clarity, and empowerment**

~ a retreat—it's your moment to rise. Leave with unshakable confidence, clarity of mind, and a rejuvenated spirit.

☀️ **Are you ready to step into your power?** ☀️