

Retreat in East Mani Greece

RECHARGE, REFLECT, RENEW: A RETREAT FOR THE HEALERS

Welcome to East Mani

We dedicate our lives to supporting others, but true healing starts with ourselves.

This retreat is a sanctuary for **renewal**, offering a **holistic** approach to self-care through the integration of **body, mind, relationships, & spirituality**.



Come recharge, reflect, and return to your work with renewed vitality and balance.

MONDAY PROGRAMME - 29/09/25

🧠 10.00-14.00

Arrival at the hotel

📖 16.00-18.00

**Somatic Tools for Therapists:
Regulation, Awareness, and
Connection**

🥗 18.00-21.00

Dinner at Limeni (Fresh Fish)

👏 21.00 – 24.00

Free time



TUESDAY PROGRAMME - 30/09/25

 8.00 - 9.00

Yoga

 8.00-10.00

Breakfast

 10.00-13.30

Keeping the balance. Secondary Trauma and Burnout

 13.30-14.00

Light Lunch

 14.30-18.00

Excursion to Diros Caves

 18.00-20.00

Free time

 20.00-22.00

Dinner at Areopolis (Meat & Greek Cuisine)

 22.00 – 24:00

Cocktail Drink and Dance



WEDNESDAY PROGRAMME - 01/10/25

🧘 8.00 - 9.00

Yoga

🕒 8.00-10.00

Breakfast

📖 10.00-13.30

Difficult therapeutic relationships

🕒 13.30 - 16:30

Departure from the hotel- Lunch at Karavostasi
(Greek food, Meat or fish)

🕒 16.30-20.00

Free time (swimming or sleeping, coffee time,
etc.)

🕒 20.00 – 24.00

Departure from hotel - Dinner at Githeio (Fish)



THURSDAY PROGRAMME - 02/10/25

🧘 8.00 - 9.00

Yoga

🔍 8.00-10.00

Breakfast

🖼️ 10.00-13.00

Mosaic Workshop

🍽️ 13.00-14.00

Light Lunch

📖 14.00-16.00

Spirituality and Meaning of Life

👋 16.00-20.00

Free time (swim or sleep, coffee time etc.)

🍽️ 20.00-22.00

Dinner at the Hotel (Meat)

🎉 22.00

Party time - Live Greek music & Greek Dances



FRIDAY PROGRAMME - 03/10/25

 8.00 - 9.00

Yoga

 8.00-10.00

Breakfast

 Departure from the Hotel
by private transportation or by
bus



Our Trainers



Gabriela Hum

- Clinical Psychologist and Positive Psychotherapist
- International Master Trainer and Supervisor
- President of the Romanian Positive Psychotherapy Association
- Areas of interest: personality disorders, couple therapy, personal development and business training.



Raluca Ursica

- Counselling Psychologist & Positive Psychotherapist
- International Master Trainer & Supervisor
- Director of the London Centre for Positive Psychotherapy
- Areas of interest: couple therapy, trauma therapy, LGBTQ +, creative interventions.

Contact Us



Anastasia Pantikidou

Please get in touch with our incredibly organised and wonderfully resourceful colleague, Anastasia Pantikidou, from **Mind Growth**, to register or confirm availability.

mindgrowth.events@gmail.com

+ 30 694 411 1433

Retreat Participation Fee

(4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10)

The pricing is **per person** and covers everything outlined in the program, except for personal expenses during free time, which will be at your own cost. Included in the package:

-  Participation in all talks and psychotherapy workshops
-  Daily breakfast
-  Coffee breaks during psychotherapy talks and workshops
-  Daily light lunch/ lunch, and dinner (with set menus and a limited number of drinks)
-  Participation in the Mosaic Workshop
-  One cocktail on Tuesday at Areopolis Bar and one drink at the final-day party (a glass of wine with lunch or dinner)
-  Transportation between the hotel and scheduled excursion sites
-  Admission to the Diros Caves
-  Accommodation based on your selected room type (single, double, triple, etc.)
-  Private room amenities, including a bathroom, towels, hairdryer, and air conditioning

➤ **For further details, feel free to ask!**

Your travel package does not include the following:

Not Included in the Package:

-  Your airfare or other transportation costs to reach East Mani
-  Transportation from the airport to East Mani (we can arrange this, with two options available)
-  Any food or drinks beyond the default menus provided at restaurants, including additional beverages
-  Any personal expenses during your free time (e.g., food, transportation, or other activities)
-  Translation services (if needed, Greek to English translation is available for an additional €50 per person for the entire trip, including four days of psychotherapy workshops)
-  Any personal purchases, such as souvenirs or other items from Greece
-  Municipal tax (payable directly at the hotel, approximately €2–3 per day per room)

Classic Room - 17 sq. m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Single-use room

Accommodation, including
all the meals, excursions,
transfers inside East Mani

Price per person **1200 euro**



Classic Room -17 sq. m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Double-use accommodation

Accommodation , including all the meals, excursions, transfers inside East Mani

Price per person : 990 euro



Classic Room, 17 sq. m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Triple-use accommodation

Accommodation , including
all the meals, excursions,
transfers inside East Mani

Price per person **915 euro**



Standard Room 17 sq. m. only 2 rooms available

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Single-use room

Accommodation , including
all the meals, excursions,
transfers inside East Mani

Price per person **1250 euro**



Standard Room 17² sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Double-use accommodation

Accommodation , including
all the meals, excursions,
transfers inside East Mani

Price per person **1050 euro**



Superior Room - 20–22 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Single-use room

Accommodation, including
all the meals, excursions,
transfers inside East Mani

Price per person **1350**
euro



Superior Room - 20–22 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Double-use accommodation

Accommodation , including all the meals, excursions, transfers inside East Mani

Price per person **1100 euro**



Superior Room - 20–22 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Triple-use accommodation

Accommodation , including all the meals, excursions, transfers inside East Mani

3rd person will sleep on a sofa

Price per person **1000 euro**



Junior Suite - 30 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Single-use room

Accommodation, including all the meals, excursions, transfers inside East Mani

Price per person **1550 euro**



Junior Suite - 30 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Double-use accommodation

Accommodation, including all the meals, excursions, transfers inside East Mani

Price per person **1200 euro**



Junior Suite - 30 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Triple-use accommodation

Accommodation, including all the meals, excursions, transfers inside East Mani

3rd person will sleep on a sofa

Price per person **1050 euro**



Junior Suite - 30 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

4 bed accommodation

Accommodation, including all the meals, excursions, transfers inside East Mani

3rd & 4th person will sleep on a sofa

Price per person **1000 euro**



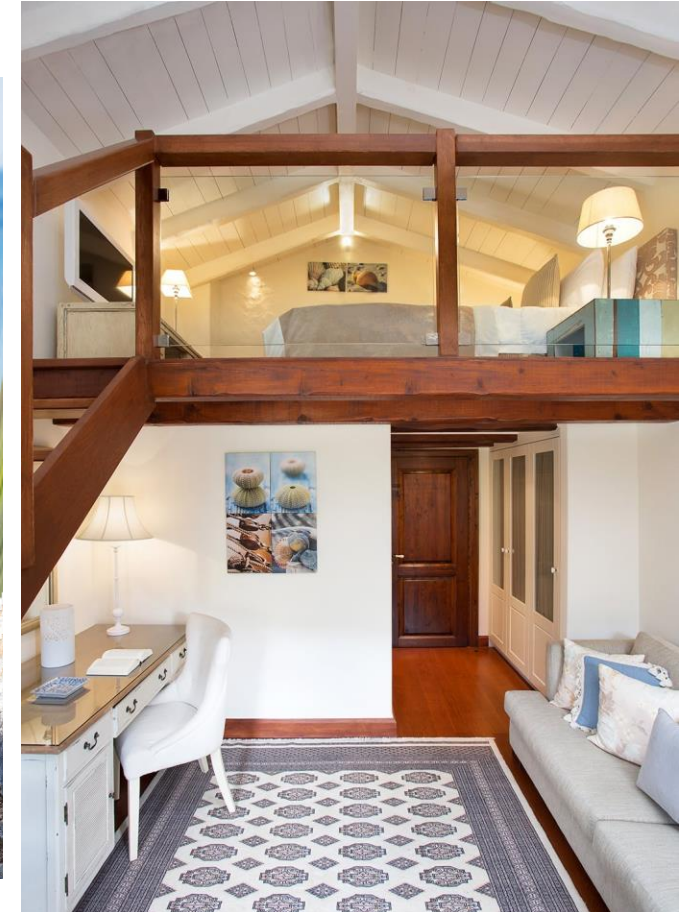
Cozy Loft Suite - 35 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Single-use room

Accommodation, including
all the meals, excursions,
transfers inside East Mani

Price per person **1650 euro**



Cozy Loft Suite - 35 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Double-use accommodation

Accommodation, including all the meals, excursions, transfers inside East Mani

Price per person **1250 euro**



Cozy Loft Suite - 35 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Triple-use accommodation

Accommodation, including all the meals, excursions, transfers inside East Mani

3rd person will sleep on a sofa

Price per person **1100 euro**



Cozy Loft Suite - 35 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

4 bed accommodation

Accommodation, including all the meals, excursions, transfers inside East Mani

3rd & 4th person will sleep on a sofa

Price per person **1050 euro**



Executive Suite - 35m2 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Single-use room

Accommodation, including all the meals, excursions, and transfers inside East Mani.

The Executive Suite has full central air conditioning, a bathroom with shower and hydro massage, 2 LCD TVs, and a refrigerator.

Price per person **1700 euro**



Executive Suite - 35m2 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Double-use accommodation

Accommodation, including all the meals, excursions, and transfers inside East Mani.

The Executive Suite has full central air conditioning, a bathroom with shower and hydro massage, 2 LCD TVs, and a refrigerator.

Price per person: **1270 euro**



Executive Suite - 35m2 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Triple accommodation

Accommodation, including all the meals, excursions, transfers inside East Mani

The Executive Suite has full central air conditioning, a bathroom with shower and hydro massage, 2 LCD TVs, and a refrigerator.

3rd person will sleep on a sofa

Price per person **1120 euro**



Executive Suite - 35m2 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

4 bed accommodation

Accommodation includes all the meals, excursions, and transfers inside East Mani.

The Executive Suite has full central air conditioning, a bathroom with shower and hydro massage, 2 LCD TVs, and a refrigerator.

3rd & 4th person will sleep on a sofa

Price per person **1050 euro**



Grande Suite - 45 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Single-use room

Accommodation, includes all the meals, excursions, and transfers inside East Mani.

Price per person **1820 euro**



Grande Suite - 45 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Double-use accommodation

Accommodation, including all the meals, excursions, transfers inside East Mani

Price per person **1350 euro**



Grande Suite - 45 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

Triple accommodation

Accommodation including all the meals, excursions, transfers inside East Mani

3rd person will sleep on a sofa

Price per person **1200 euro**



Grande Suite - 45 sq.m.

4 Nights, 5 Days – Check-in: Monday, 29/09 | Check-out: Friday, 03/10

4 bed accommodation

Accommodation including
all the meals, excursions,
transfers inside East Mani

3rd & 4th person will sleep
on a sofa

Price per person **1070**
euro





Arrive 2-3 days before the retreat starts

- **Single-use accommodation** (including breakfast and one meal per day): **550 euros** for the 3-day stay.
- **Double-use accommodation** (including breakfast and one meal per day—lunch or dinner of your choice): **390 euros per person** for the 3-day stay.
- **For triple or four-bed accommodations**, please send us a request at pantikidouanastasia@gmail.com, and we will provide you with the details.

During these three days, your schedule will be open except for dinner time, allowing you to swim and explore the beautiful East Mani region. We are always available to assist you with any needs or inquiries.

Depending on the number of participants arriving three days earlier, we may arrange an optional group excursion. This will be organized separately, with each participant covering their own costs.

How to get to East Mani

There are 2 ways to get to East Mani:

1st way

You can choose a flight to Kalamata Airport (KLX) , and then we will arrange your transportation to East Mani by car or bus.

The cost for private transportation by car (4 people in each car) from the airport of Kalamata to Hotel Porto Vitilo is 60 euros per person for each transfer. (distance 1h and 45 min)

2nd way

You can choose a flight to Athens and then we can arrange your transportation to East Mani by car or bus.

The cost for private by car (4 people in each car) transportation from the airport of Athens to Hotel Porto Vitilo is 120 euro per person for each transfer. (distance 3h and 45 min)

For your transportation or to get help with your plane tickets, you can contact **Anastasia Pantikidou** on Viber or WhatsApp at **0030 694 411 1433**, or you can contact us by email at pantikidouanastasia@gmail.com

Payment options and terms

Select your preferred package and take advantage of our **three-month payment plan** for your travel fee. Before making any payment, please email us at pantikidouanastasia@gmail.com to confirm availability.

Once we confirm, you may proceed with the payment to secure your registration.

For example, if you choose a **classic room with double-use accommodation**, the total fee per person is **990 euros**. You can make an initial deposit of **330 euros** to the designated bank account, followed by two additional payments of **330 euros** each over the next two months.

All payments must be completed by July 31, 2025.

In case you are unable to travel to Greece, **30% of the total fee is non-refundable**. However, you may transfer your reservation to another participant.

For every registration, we require the names of both participants. Feel free to reach out to us for any further information—we're happy to assist!

ALL payments are made into the following bank account

GR5301106560000065600542834

BIC/SWIFT codes are: ETHNGRAA

ACCOUNT NAME HOLDER : PANTIKIDOU ANASTASIA LP, MINDGROWTH

We are very happy to welcome you to
Recharge, Reflect, Renew: A Retreat for the Healers
in *East Mani Greece*

