

# The *Compassionate Self* Retreat

in East Mani, Greece

**18-25 May 2026**

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**LISTEN, SOFTEN, HEAL**

# Welcome

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## to East Mani

In the midst of a life filled with roles, expectations, and constant movement, we often lose touch with what truly matters.

**Compassionate Self** is an invitation to pause, to step into a space where awareness, presence, and meaningful connection are gently restored. Through carefully curated experiences that integrate body, mind, relationships, and inner meaning, this retreat offers a grounded approach to healing and personal growth. Here, there is no need to perform or achieve. Only space to feel, reflect, and reconnect with yourself and with others.

East Mani becomes the setting for this return: a landscape that ***invites stillness, depth, and honesty.***



**Come listen, soften, and heal yourself! Return into daily life with deeper awareness and balance.**

# MONDAY PROGRAM - 18/05/26

**10.00-14.00**

Arrival at the hotel

**15.00 - 16.30**

Meet and Greet

**16.30 - 17.30 Opening workshop**

*The Mountain Meditation – Finding Stillness Within*

**18.00-21.00**

Dinner

**21.00 – 24.00**

Free time



# Opening workshop 18/05/25

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## The Mountain Meditation

### *Finding Stillness Within*

In this mindfulness workshop, we will be guided through the *Mountain Meditation*, a powerful practice that invites us to embody the strength, stability, and presence of a mountain. Through gentle guidance and reflection, we'll learn to remain grounded amidst life's changing weather — cultivating inner calm, resilience, and awareness.



# TUESDAY PROGRAM - 19/05/26

**8.00-9.00**      **Yoga**

**9.00-10.00**      **Breakfast**

**10.30-12.00**      **Workshop**

*The Relationship with My Roots – Culture, Family, and the Transcendent*

**12.00-12.30**      **Coffee Break**

**12.30-14.00**      **Workshop**

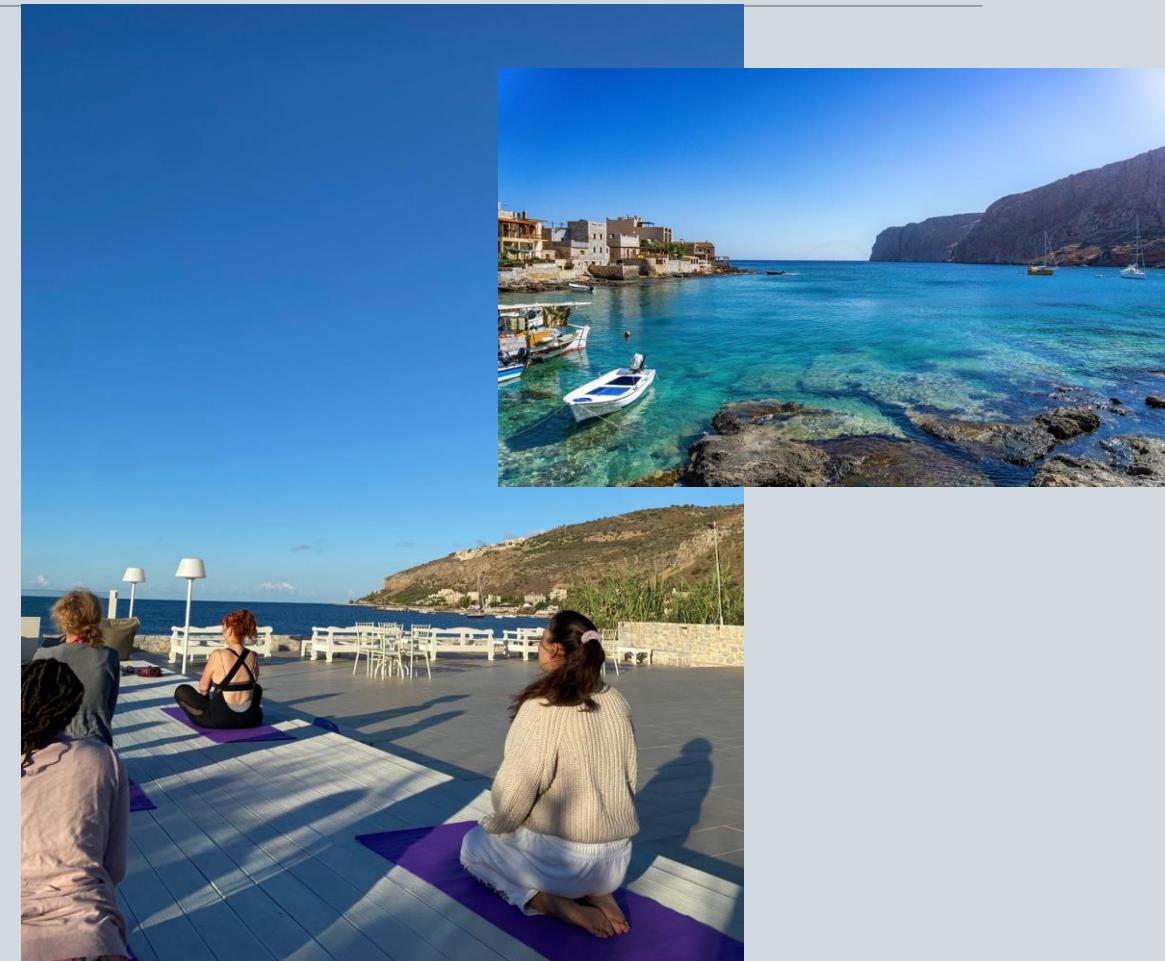
*The Relationship with My Roots – Culture, Family, and the Transcendent*

**14.00-16.30**      **Free Time**

**16.30-17.30**      **Self-Discovery Workshop:**

*The Stories That Shaped Us*

**18.00-21.00**      **Dinner**



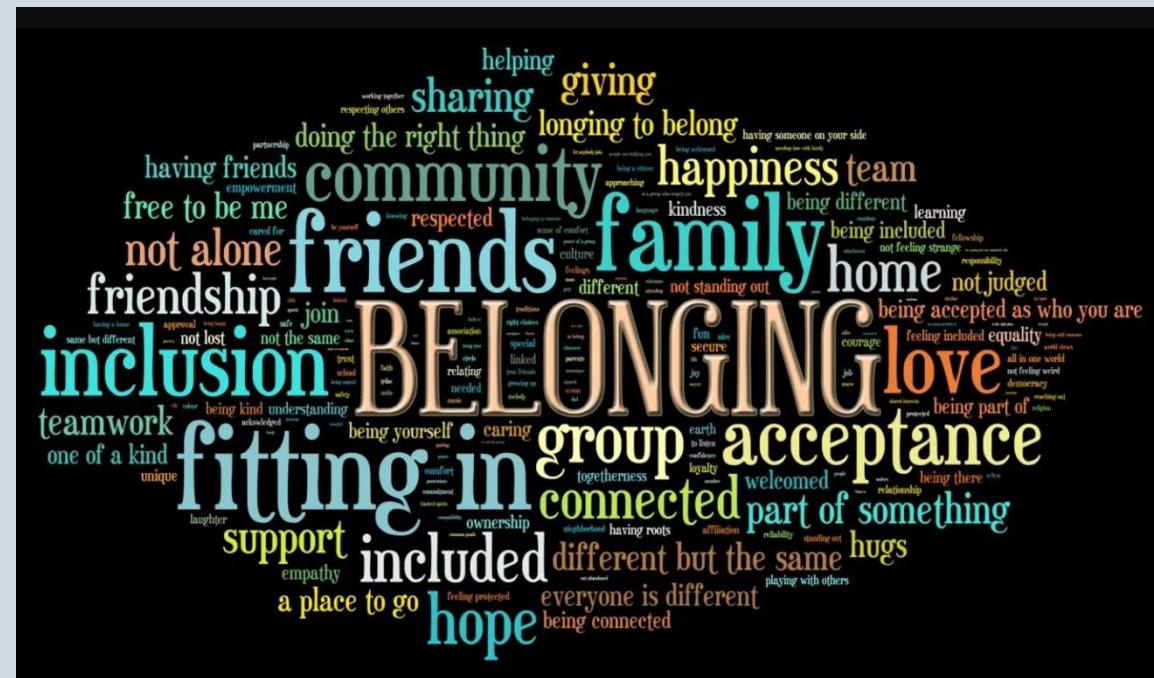
# Tuesday's Workshop 19/05/26

## The Relationship with My Roots

## *Culture, Family, and the Transcendent*

Our roots hold stories that shape who we are. In this final workshop, we explore how our family, culture, and spiritual heritage influence the way we love and connect today. Through reflection and symbolic exercises, you'll reconnect with your sources of meaning and belonging — and learn to transform inherited patterns into wisdom.

 *Rediscover strength, gratitude, and purpose  
in the story that made you.*



# Self-Discovery Workshop 19/05/26

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## **The Stories That Shaped Us**

The stories we heard as children — from our families, cultures, or early experiences — continue to shape how we see ourselves and the world. In this experiential workshop, we'll use psychodrama and creative exploration to bring one of these stories to life. By stepping into its roles and symbols, we'll uncover the meanings we carry and open space for new perspectives and healing.



# WEDNESDAY PROGRAM - 20/05/26

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<b>8.00-9.00</b>	<b>Yoga</b>
<b>9.00-10.00</b>	<b>Breakfast</b>
<b>10.30-12.00</b>	<b>Workshop</b>
<i>The Romantic Relationship – Love, Sex, Commitment and Freedom</i>	
<b>12.00-12.30</b>	<b>Coffee Break</b>
<b>12.30-14.00</b>	<b>Workshop:</b>
<i>The Romantic Relationship – Love, Sex, Commitment and Freedom</i>	
<b>14.00-16.00</b>	<b>Free Time</b>
<b>16.00-18.00</b>	<b>Workshop:</b>
<i>Learn to create Hand, Face &amp; Body Care from Natural Ingredients</i>	
<b>18.00 -21.00</b>	<b>Dinner</b>



# Wednesdays Workshop 20/05/26

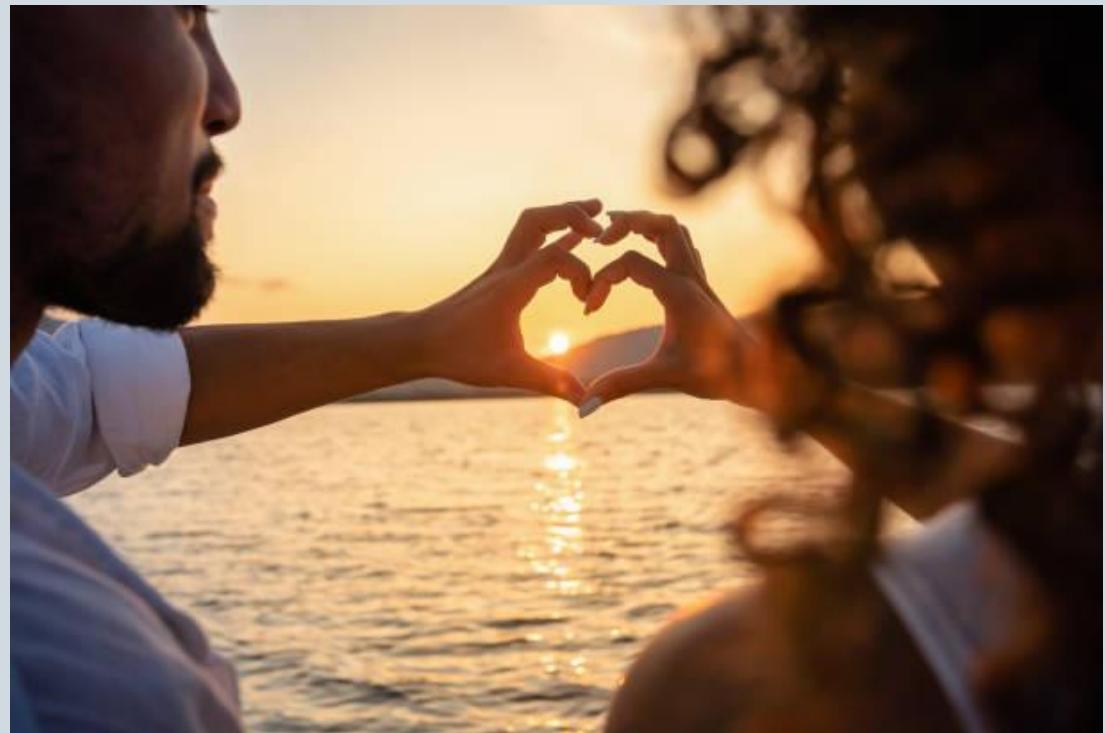
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## ❤️ The Romantic Relationship

### *Love, Sex, Commitment and Freedom*

Love is a dance between closeness and independence. In this experiential workshop, we'll explore the dynamics of romantic relationships through the lens of Positive Psychotherapy — how love, desire, and freedom can coexist in harmony. Reflect on your attachment patterns, clarify your values, and learn to create relationships that honour both connection and individuality.

⭐️ *Find the balance between “us” and “me.”*



# THURSDAY PROGRAM - 21/05/26

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**8.00-10.00**

**Breakfast**

**11.00 -19.00**

*Excursion to Monemvasia and Lunch*

**19.00** **Return to the hotel and Free Time**



# FRIDAY PROGRAM - 22/05/26

**8.00 - 9.00** Yoga

**9.00 - 10.00** Breakfast

**10.30 - 12.00** Workshop

*The Relationship with My Social Circle – How to Set Boundaries*

**12.00 - 12.30** Coffee Break

**12.30 - 14.00** Workshop

*The Relationship with My Social Circle – How to Set Boundaries*

**15:00 - 17.30** *A Grounded Experience with Horses*

**18.00 -21.00** Dinner



# Friday's Workshop 22/05/2026

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## The Relationship with My Social Circle

### *How to Set Boundaries*

Boundaries are not walls — they are bridges that protect connection. This workshop focuses on how we relate to friends, colleagues, and community. You'll learn to identify your social patterns, express your needs clearly, and build relationships that feel safe and authentic.

 *Transform guilt into confidence and people-pleasing into self-respect.*



# SATURDAY PROGRAM 23/05/26

**8.00-9.00** **Yoga**

**9.00-10.00** **Breakfast**

**10.30-12.00** **Workshop**

*The Relationship with Myself – I and My Critical Voice*

**12.00-12.30** **Coffee Break**

**12.30-14.00** **Workshop**

*The Relationship with Myself – I and My Critical Voice*

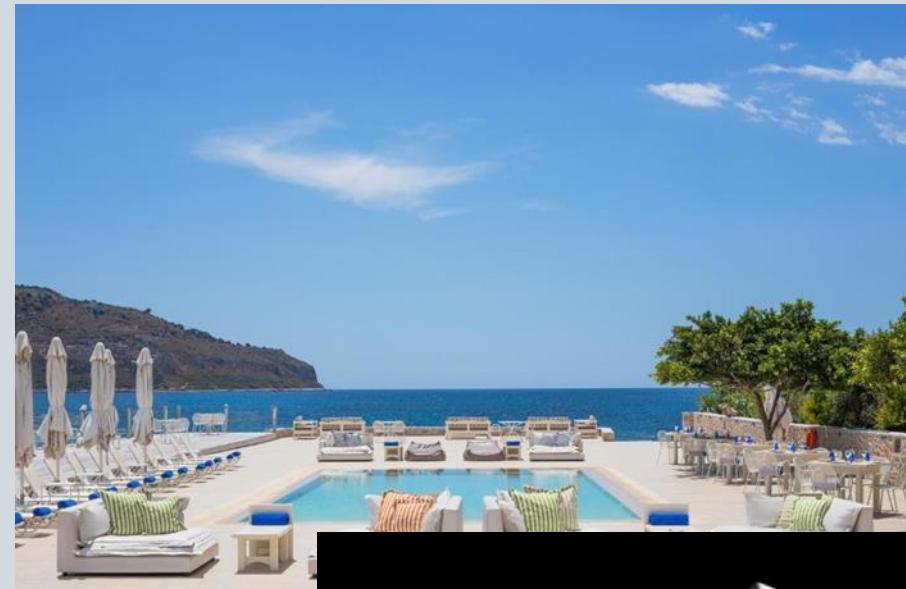
**14.00-16.30** **Free Time**

**16.30-18.30** **Self-Discovery Workshop**

*The Journey of the Hero/Heroine*

**20.00 -21.00** **Dinner AT THE HOTEL**

**21.00** **Party and Live Music**



# SATURDAY'S WORKSHOP 23/05/26

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## **The Relationship with Myself**

### *I and My Critical Voice*

Before we can love others, we must learn to listen to ourselves. This workshop invites you to explore your inner world — the dialogue between your critical and compassionate voices. Through experiential exercises inspired by Positive Psychotherapy, you'll discover how self-acceptance and emotional awareness form the foundation for healthy, fulfilling relationships.

 *Talk to yourself as you would someone you love.* - Brene Brown



# Self-Discovery Workshop 23/05/26

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## **The Journey of the Hero/Heroine**

Participants map their own life journey using the archetypal stages of the hero's journey — the call, challenges, allies, transformation, and return.

*Where am I in my story now? What supports my next step?*



# SUNDAY PROGRAMME 24/05/25

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**8.00-9.00**      **Yoga**

**9.00-10.00**      **Breakfast**

**10.30-12.00**      **Mosaic Workshop**

*Mindful Creation: Mosaic Jewellery*

**12.00-12.30**      **Coffee Break**

**12.30-14.00**      **Mosaic Workshop**

*Mindful Creation: Mosaic Jewellery*

**14.00-16.00**      **Free Time**

**16.30 - 17.30**      **Self-Discovery Workshop**

*Shadow Child & Sun Child – Healing and Reclaiming Your Authentic Self*

**18.00 -21.00**      **Dinner**



Piece of Art  
Mani

# Self-Discovery Workshop 24/05/26

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## Shadow Child & Sun Child

### *Healing and Reclaiming Your Authentic Self*

Explore the parts of yourself shaped by childhood experiences. The Shadow Child holds unmet needs and old patterns, while the Sun Child carries your joy, creativity, and authentic strengths. In this experiential workshop, you'll learn to understand, dialogue with, and integrate these inner aspects, fostering self-compassion, empowerment, and emotional balance.



# MONDAY PROGRAMME 25/05/25

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**9.00-10.00      Breakfast**

Departure from the hotel  
by private transportation or by bus.



# Trainers



**Diana Pop**

- Clinical Psychologist and Positive Psychotherapist
- International Trainer for Positive Psychotherapy
- Areas of interest: Type 2 Diabetes Counselling, Eating Disorders, Personality Disorders, Depression, Anxiety, Personal Development, Corporate Counselling



**Sergiu Maxim**

- Clinical Psychologist & Positive Psychotherapist
- International Trainer For Positive Psychotherapy
- Specialised in Ericksonian Hypnotherapy and Psychodrama
- Areas of interest: Group Therapy, fostering shared growth and healing



**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 and Registration

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**Anastasia Pantikidou**

Please contact us to register or confirm availability.

[mindgrowth.events@gmail.com](mailto:mindgrowth.events@gmail.com)

+ 30 694 411 1433 WhatsApp or Viber

# *Retreat Participation Cost ( 7 nights-8days, check in Monday 18/05 check out Monday 25/05, 6 nights-7 days, 4 nights-5 days)*

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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 dinner (with set menus and a limited number of drinks)
-  Participation in the Mosaic Workshop of Piece of Art Mani and in the Mani's Rose Workshop with Natural products
-  One drink at the final-day party (a glass of wine with lunch or dinner)
-  Transportation between the hotel and scheduled excursion sites like Monemvasia
-  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 **Anastasia Pantikidou 0030 694 411 1433**, or [mindgrowth.events@gmail.com](mailto:mindgrowth.events@gmail.com)

# Your travel package does not include the following:

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## 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 seven days of psychotherapy workshops). Translation will be provided via subtitles (no live interpretation).
-  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)

# Early Bird Rates – Please Note

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The prices shown reflect our Early Bird offer and are

available until February 15th 2026,

for those who reserve their place with a deposit.

Updated rates will apply after this date.



**Classic Room** accommodation with all the other costs ( see previous slide)  $17^2$  space

### **Single-use room**

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

**7 nights stay** Price per person **1920 euro**

**6 nights stay** Price per person **1730 euro**

**4 nights stay** Price per person **1380 euro**



**Classic Room** accommodation with all the other costs ( see previous slides)  $17^2$  space

### **Double-use accommodation**

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

**7 nights stay** Price per person **1485 euro**

**6 nights stay** Price per person **1360 euro**

**4 nights stay** Price per person **1105 euro**



**Standard Room** accommodation with all the other costs ( see previous slides) only 2 rooms available **17<sup>2</sup> space**

### **Single-use room**

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

**7 nights stay Price per person **2100 euro****

**6 nights stay Price per person **1770 euro****

**4 nights stay Price per person **1460 euro****



**Standard Room** accommodation with all the other costs ( see previous slides) 17<sup>2</sup> space

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## Double-use accommodation

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

**7 nights stay** Price per person **1580 euro**

**6 nights stay** Price per person **1380 euro**

**4 nights stay** Price per person **1160 euro**



**Superior Room** accommodation with all the other costs ( see previous slides)  $20^2 - 22^2$  space

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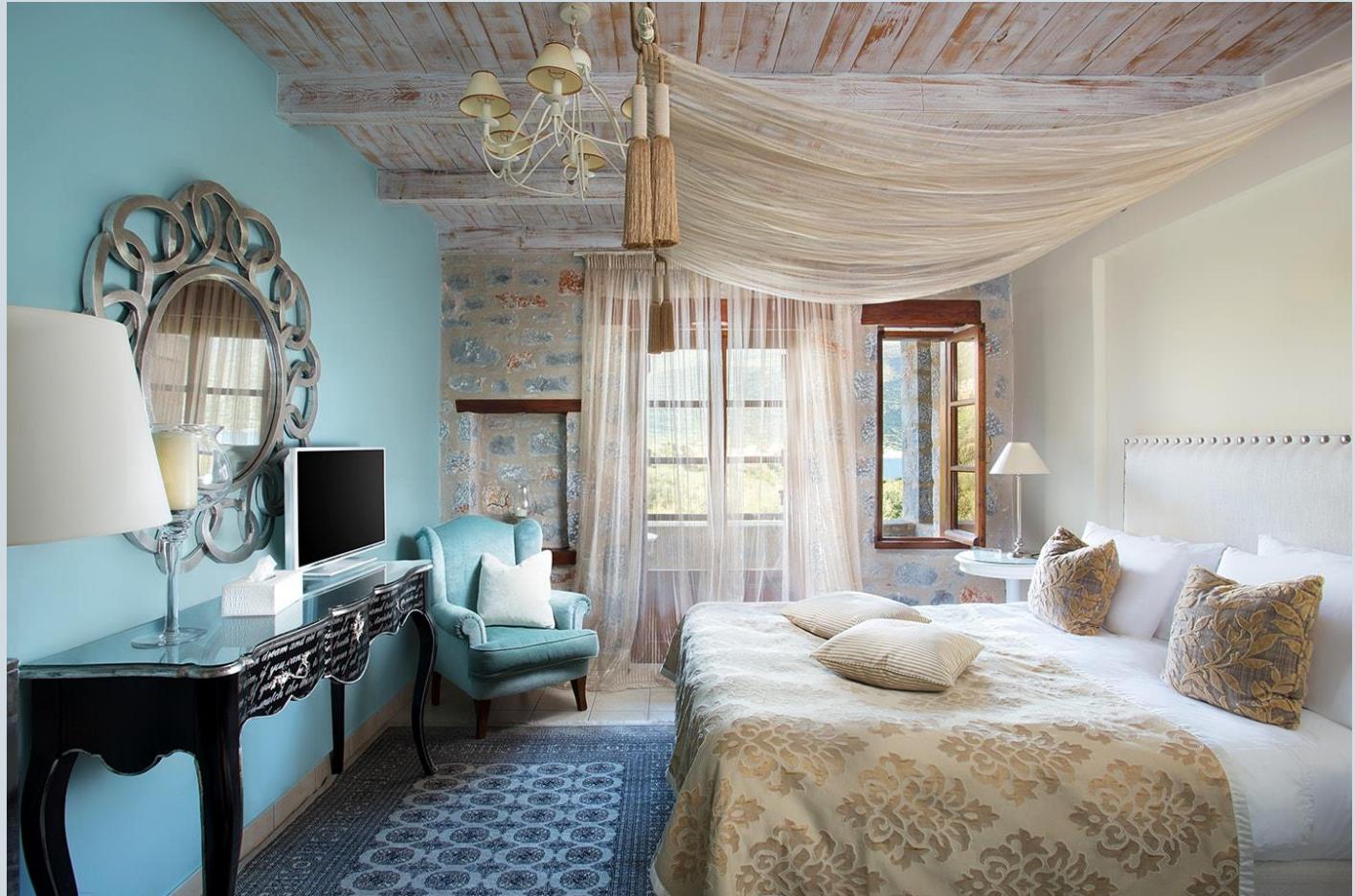
### **Single- use room**

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

**7 nights stay** Price per person **2285 euro**

**6 nights stay** Price per person **2041 euro**

**4 nights stay** Price per person **1560 euro**



**Superior Room** accommodation with all the other costs ( see previous slides)  $20^2 - 22^2$  space

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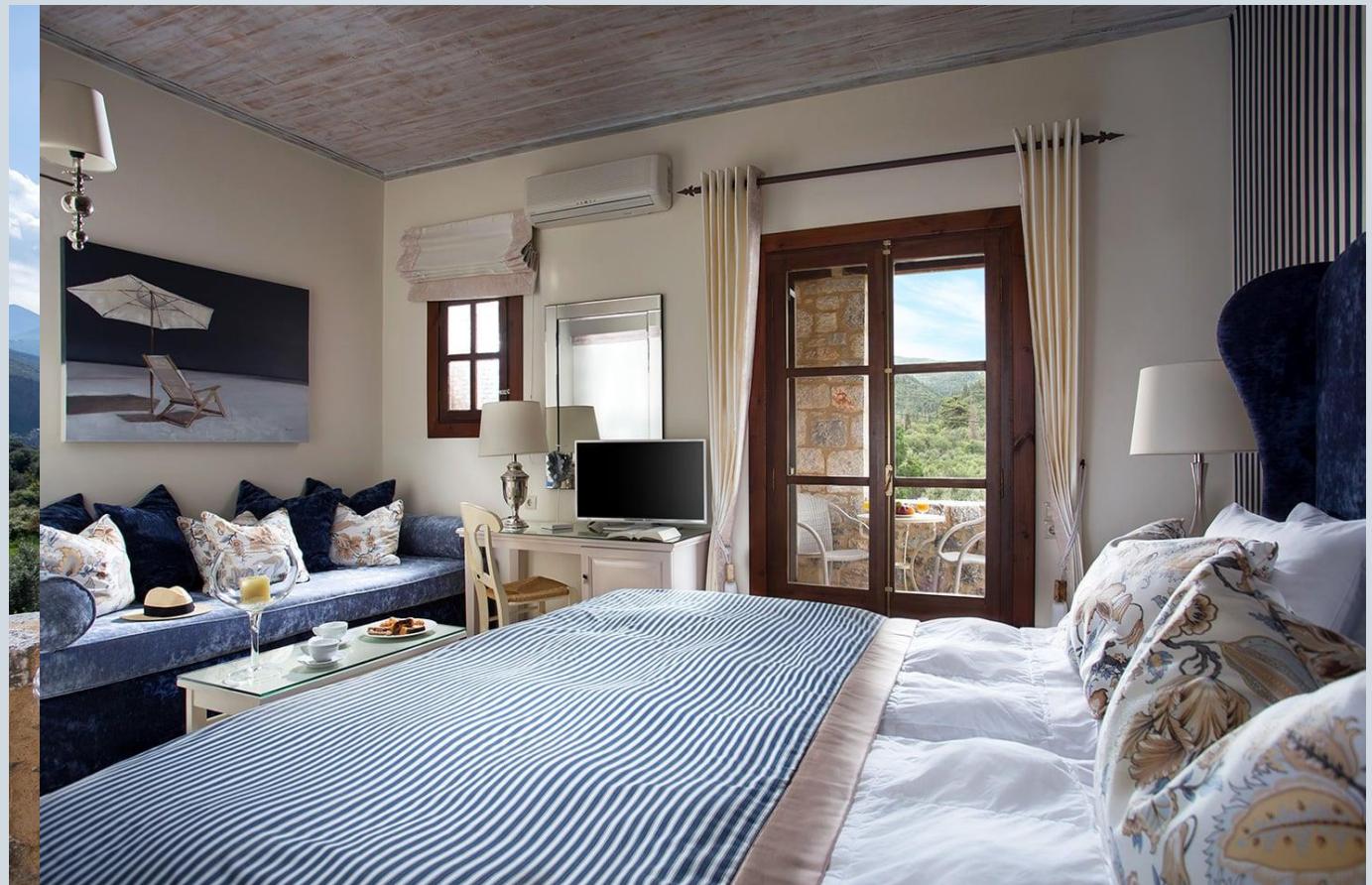
## Double-use accommodation

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

**7 nights stay Price per person 1670 euro**

**6 nights stay Price per person 1515 euro**

**4 nights stay Price per person 1210 euro**



**Superior Room** accommodation with all the other costs ( see previous slides)  $20^2 - 22^2$  space

### Triple-use accommodation

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

3<sup>rd</sup> person will sleep on a sofa

**7 nights stay Price per person 1465 euro**

**6 nights stay Price per person 1340 euro**

**4 nights stay Price per person 1100 euro**



**Junior Suite** accommodation with all the other costs ( see previous slides)  $30^2$  space

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### **Single-use room**

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

**7 nights stay Price per person 2690 euro**

**6 nights stay Price per person 2390 euro**

**4 nights stay Price per person 1795 euro**



**Junior Suite** accommodation with all the other costs ( see previous slides)  $30^2$  space

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## Double-use accommodation

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

**7 nights stay** Price per person **1875 euro**

**6 nights stay** Price per person **1690 euro**

**4 nights stay** Price per person **1325 euro**



**Junior Suite** accommodation with all the other costs ( see previous slides)  $30^2$  space

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### **Triple use accommodation**

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

3<sup>rd</sup> person will sleep on a sofa

**7 nights stay** Price per person **1600 euro**

**6 nights stay** Price per person **1455 euro**

**4 nights stay** Price per person **1170 euro**



**Junior Suite** accommodation with all the other costs ( see previous slides) 30<sup>2</sup> space

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### **4 bed accommodation**

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

3rd & 4<sup>th</sup> person will sleep on a sofa

**7 nights stay** Price per person **1465 euro**

**6 nights stay** Price per person **1340 euro**

**4 nights stay** Price per person **1090 euro**



**Cozy Loft Suite** accommodation with all the other costs ( see previous slides) 35m2 space

### **Single-use room**

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

**7 nights stay** Price per person **2590 euro**

**6 nights stay** Price per person **2625 euro**

**4 nights stay** Price per person **1950 euro**



**Cozy Loft Suite** accommodation with all the other costs ( see previous slides) 35m2 space

## **Double-use accommodation**

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

**7 nights stay** Price per person **2010 euro**

**6 nights stay** Price per person **1810 euro**

**4 nights stay** Price per person **1400 euro**



**Cozy Loft Suite** accommodation with all the other costs ( see previous slides) 35m<sup>2</sup> space

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## Triple-use accommodation

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

3<sup>rd</sup> person will sleep on a sofa

**7 nights stay Price per person 1795 euro**

**6 nights stay Price per person 1530 euro**

**4 nights stay Price per person 1225 euro**



**Cozy Loft Suite** accommodation with all the other costs ( see previous slides) 35m2 space

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## 4 bed accommodation

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

3rd & 4<sup>th</sup> person will sleep on a sofa

**7 nights stay** Price per person **1530 euro**

**6 nights stay** Price per person **1400 euro**

**4 nights stay** Price per person **1180 euro**



**Executive Suite** accommodation with all the other costs ( see previous slides) 35m2 space. The Executive Suite has full central air conditioning, a bathroom with shower and hydro massage, 2 LCD TVs, and a refrigerator.

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## Single-use room

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

**7 nights stay** Price per person **3050 euro**

**6 nights stay** Price per person **2700 euro**

**4 nights stay** Price per person **2000 euro**



**Executive Suite** accommodation with all the other costs ( see previous slides) 32m<sup>2</sup> space

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## Double use accommodation

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

**7 nights stay** Price per person **2055 euro**

**6 nights stay** Price per person **1850 euro**

**4 nights stay** Price per person **1410 euro**



**Executive Suite** accommodation with all the other costs ( see previous slides) 32m<sup>2</sup> space

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## Triple-use accommodation

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

3<sup>rd</sup> person will sleep on a sofa

**7 nights stay** Price per person **1720 euro**

**6 nights stay** Price per person **1430 euro**

**4 nights stay** Price per person **1240 euro**



**Executive Suite** accommodation with all the other costs ( see previous slides) 32m<sup>2</sup> space

## 4-bed accommodation

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

3rd & 4<sup>th</sup> person will sleep on a sofa

**7 nights stay** Price per person **1500 euro**

**6 nights stay** Price per person **1290 euro**

**4 nights stay** Price per person **1190 euro**



# Grande Suite

accommodation with all the other costs (see previous slides)

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## Single use room

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

**7 nights stay** Price per person **3330 euro**

**6 nights stay** Price per person **2940 euro**

**4 nights stay** Price per person **2160 euro**



# Grande Suite accommodation with all the other costs ( see previous slides) 45<sup>2</sup> space

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## Double-use accommodation

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

**7 nights stay** Price per person **2190 euro**

**6 nights stay** Price per person **1965 euro**

**4 nights stay** Price per person **1510 euro**



# Grande Suite accommodation with all the other costs (see previous slides) 45<sup>2</sup> space

## Triple-use accommodation

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

3<sup>rd</sup> person will sleep on a sofa

**7 nights stay** Price per person **1810 euro**

**6 nights stay** Price per person **1640 euro**

**4 nights stay** Price per person **1290 euro**



# Grande Suite accommodation with all the other costs ( see previous slides) 45<sup>2</sup> space

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## 4-bed accommodation

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

3rd & 4<sup>th</sup> person will sleep on a sofa

**7 nights stay** Price per person **1625 euro**

**6 nights stay** Price per person **1475 euro**

**4 nights stay** Price per person **1185 euro**



# Some pictures of the Hotel Porto Vitilo – East Mani



# How to get to East Mani

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There are 2 ways to get to East Mani:

## 1<sup>st</sup> 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 150 euros for each transfer. ( distance 1h and 45 min)

## 2<sup>nd</sup> 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 a private car ( 4 people in each car) from the airport of Athens to Hotel Porto Vitilo is 250 euro 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 [mindgrowth.events@gmail.com](mailto:mindgrowth.events@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 [mindgrowth.events@gmail.com](mailto:mindgrowth.events@gmail.com) to confirm availability.

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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 for 7 nights**, the total fee per person is **1485 euros**. You can make an initial deposit of **500 euros** to the designated bank account, followed by two additional payments of **500 euros** and **485 euros** each over the next two months.

**All payments must be completed by April 30, 2026.**

In case you are unable to travel to Greece, **50% 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

# THE COMPASSIONATE SELF RETREAT

in

*East Mani, Greece*



LISTEN, SOFTEN, HEAL