

# "PSYCHIS AKOS" SOUL THERAPY

RETREATS IN PELION, GREECE, 2023

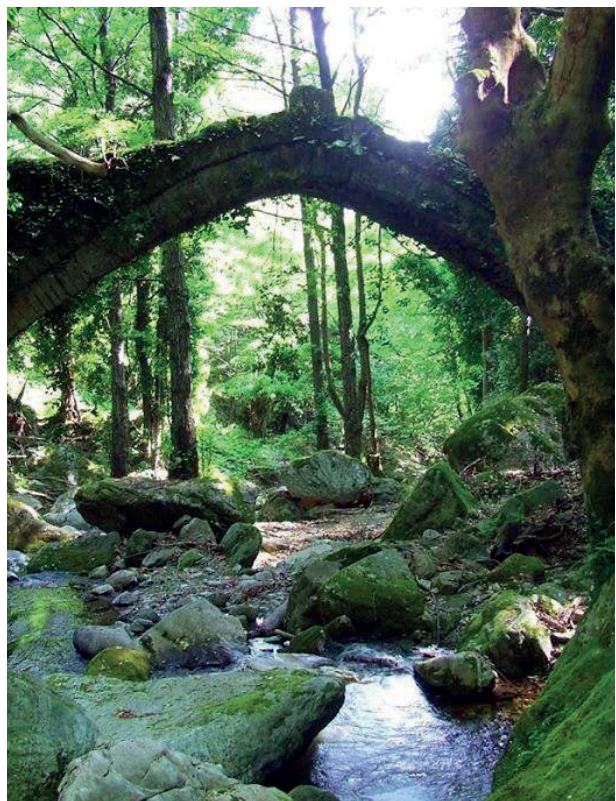
APRIL 14-21, MAY 20 – 27

JUNE 20– 27, JULY 20 – 27

AUG. 20 – 27, SEPT. 20– 27

PSYCHIS AKOS RETREATS COMBINE THE SACRED MOUNTAIN PELION WITH THE AEGEAN ARCHIPELAGO, THE ANCIENT WISDOM WITH THE MODERN DISCOVERIES, THE SPIRITUAL PRACTICES WITH THE ARTISTIC INSPIRATIONS, THE ANCIENT GREEK WITH THE EASTERN TEACHINGS AND PRACTICES!

Pelion was the summer retreat of the 12 Ancient Greek gods, and home of the god of medicine Asclepius and his disciple, Chiron the healer. Famous for the medicinal plants, the special mystical and healing energy and the subtle beauty of the lush forests and beaches, it will host our Psychis Akos Retreats this summer.



YOGA – CHAKRAS BALANCE - AEGEAN SEA –  
ANCIENT GREEK VISION QUEST – PLANT MEDICINE –  
ORGANIC FOOD – HOLISTIC THERAPIES – CHANTING  
– FOREST HIKES – HEALING TREATMENTS



PSYCHIS AKOS (SOUL THERAPY in Ancient Greek) : a brand new, holistic retreat in the historic village of Tsagarada, in Pelion mountain, where self-growth and cultural activities, healing experiences, and wellness pampering meet. It will support and guide you through times of transformation, awakening, acute stress, or disease. A lot of you have suffered deeply during the recent years, you have been challenged, you are currently seriously ill, or you recover from a serious illness, you've lost your beloved ones, your job, your company, your health, and you feel all alone. This healing journey was created to encourage and empower you, to cure your ailments, to heal your soul, to strengthen your energy, to uplift your spirit! It will help you to connect with the Universal Energy Source!

Opening thus your energy centers for the free flow of this healing energy!  
The Universe is Energy, Vibration and Frequency!

## HOLISTIC HEALING

A customized threefold holistic healing retreat program from a team of holistic psychotherapists, physiotherapists, nutritionists and guides, created around your specific health condition, and your mental, psychological and spiritual needs. A heavenly combination of purifying treatments, massages, and consultations from qualified, experienced physiotherapists. Along with the physical treatment, Yoga philosophy and practice, Pranayama, Meditation, Yoga Nidra relaxation, Chanting and Sound Healing meditation will empower, uplift and refine your consciousness to deepen and enlighten this healing journey.

## HEALING JOURNEY

As our retreats start we will shift the energy to our spiritual community in the village of Tsagarada, a few kilometers away from Mylopotamos Beach, where we carry on our holistic healing retreats. Allowing you to immerse yourself in the deep healing nature of the lush forests of Pelion and of the sacred Aegean Sea waters. On our way to honour the ancient Greek lands through Ancient Greek and Eastern wisdom and practices we will facilitate further evolution by bringing in plant medicinal healing, modern scientific discoveries and latest wisdom on vibrational frequency.

It is a requirement of this year's planetary energies to deactivate our old earthly patterns and activate our new spatial wings as children of the Cosmos! Aligning ourselves with the wisdom and power of Nature and the spatial, cosmic, fiery energies of the Future.

Through our experience we have identified three key aspects that can directly, effectively and positively impact our global culture:

### 1) CONSCIOUSNESS TRANSFORMATION

Integrated ancestral wisdom mirrors life itself. Our teachers provide a supportive environment where people can voluntarily immerse themselves safely in a guided, evolutionary process of self-growth and self-realisation.

The tools and rites of passage cultivated within this sacred space allow our guests to resolve cultural conditioning and unveil their true self, their unique qualities, talents and skills.

## 2) NATURAL HEALING/ DISEASE PREVENTION:

Through herbal medicinal practices, natural healing modalities and energy work from around the world, we address sickness and disease on a variety of levels, from physical to psycho-spiritual.

By experience, this approach to healing illnesses targets the root of the dysfunctional conditions and eliminates them at their source rather than merely address symptoms. Today, more than any other time in history, the world needs viable models for this kind of holistic healing.

## 3) STEWARDSHIP AND ECO-REGENERATIVE LIVING

Our Retreats are fully committed to the preservation of natural resources and the restoration of degraded landscapes, as well as to promote permaculture and natural farming techniques that create vibrant and local food economies.



## HOLISTIC THERAPY PROGRAM: MARIA KARASTERGIOU, PHD



Dr Karastergiou Maria will accompany your healing journey with daily therapy consultations tailored specifically to you, as well as healing workshops, to support your highest well being, healing, and self growth.

She is a qualified, experienced, holistic therapist. Her approach integrates her inner guidance, her professional training in different disciplines: Psychology (Bachelor, Concordia University, Canada), Genetic psychology (Masters, Universite Paris VIII, France), Clinical Psychology (Masters), Pedagogy (PhD), and Philosophy, her personal growth through different healing practices (psychotherapy, Psychoanalysis etc), her research in Eastern contemplative approaches of Self growth, her deep experiences, inspiration and acquired wisdom from the practice of her spiritual path, and her heart connection with her Spiritual Teacher. Her holistic healing work in this retreat is based on four main principles:

- EMOTIONAL RELEASE
- SELF-AWARENESS
- CHAKRAS HARMONIZATION
- SPIRITUAL AWAKENING

## YOGA PROGRAM:

A combination of the Philosophy of Yoga, of movement (asanas) with deep breathing (Pranayama), Dristhis and Badhas, deep concentration, relaxation, and meditation, the eightfold Yoga path will connect us to our higher consciousness. The Hellenic masters, mystics, sages, and philosophers, (the “Initiated”), and those Chosen Enlightened Beings from the East who had access to secret knowledge and sacred spiritual practices will be presented in our Yoga Philosophy class.

## INSTRUCTION LANGUAGES: ENGLISH – GREEK – FRENCH

## ACCOMMODATION:

Our Retreat Home consists of a beautiful stone villa in Tsagarada. It will be our sanctuary away from everything. It has a big garden and terrace overlooking the Aegean Sea. The outdoor areas are full of chestnut, walnut, plane trees, hydrangeas, a vegetable garden and stones used in the construction of Pelion houses, hence retaining the local architectural character. The open air traditional lounge corners provide a serene setting to contemplate the Aegean Sea and reflect. The decoration of the interior is modern, artistic and minimal. The combination of the traditional Greek Pelion architecture of stoned houses with fire places, white walls and wooden doors and shutters, combined with modern decor creates an elegant atmosphere.



## FOOD

This healing purification experience would be incomplete without the delicious and nutritious healthy vegetarian/vegan/raw vegan superfood alimentation, and drinks/juices made with natural, organic ingredients. A tailor-made Satvic food, to complement your healing journey. Pelion being one of the best culinary destinations in Greece is famous for the plethora of fruits, the most sweet figs, the exquisite grapes, juicy pomegranates, a special type of apple called firiki, a unique olive oil and olives, the delicious vegetarian pies, the famous worldwide Feta cheese and the Greek yogurt. The tastiest organic nutritious Greek-style breakfast and delicious dinner with Pelion local specialties will provide our participants with the highest quality experience.

## HEALTH & HYGIENE

- The accommodation villa uses cleaning chemicals that are effective against coronavirus.
- Linens, towels and laundry washed in line with local authority guidelines.
- Guest accommodation is disinfected between stays.
- The accommodation follows the guidelines of local authorities.
- Equipment for activities is disinfected.





## BOOKING

8 days/7 nights €1,200

15 days/14 nights €2,100

**DOUBLE BEDROOM: €1200 /person – TWO PLACES LEFT**

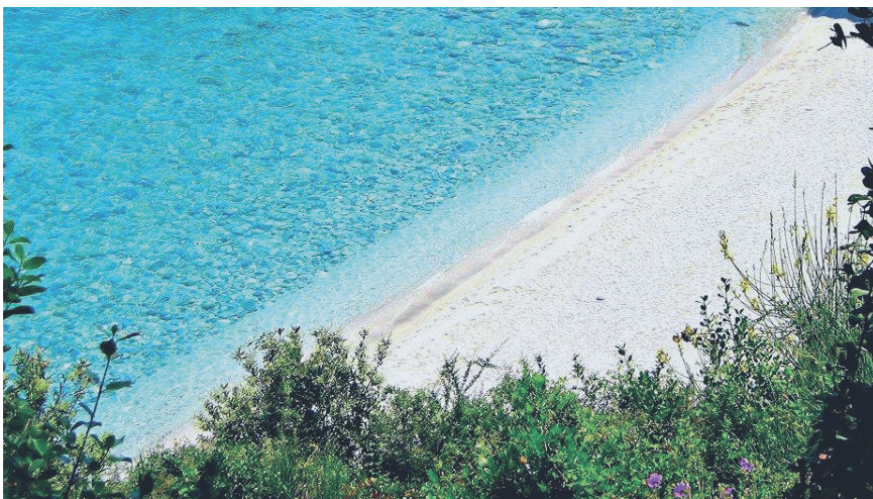
The double bedroom of the Villa is one bedroom with double bed, sharing a bathroom with bathtub.

**TWIN BEDROOM: €1200 /person – ONE PLACE LEFT**

The top room of the Villa is one bedroom with twin beds, sharing a bathroom with bathtub.

Option for single occupancy available, starting from €1680

\* Special discount on group bookings – enquire today



## INCLUDED

- 7 Nights accommodation at a beautiful villa with Wifi connection
- Retreat activities hosted by Retreats Yoga Leader, Maria Karastergiou
- Delicious Vegetarian/Vegan/Raw Vegan Greek breakfast, dinner
- Daily therapy sessions
- Daily yoga sessions
- Daily Guided meditation
- Greek welcome dinner with local organic products
- “Chakras: the Wheels of Light”, Harmonisation of the Chakras session
- “Ancient Greek Vision Quest” Workshop
- Organic Garden Visit
- Arrival and departure from Volos port, bus station or train station transfers
- One trek in a good condition trail
- Swimming at Mylopotamos Beach
- A special gift
- Massage therapy treatments: Indulge yourself for a healing massage treatment, by qualified therapists (three massage therapy treatments are included) customized to your health condition.
- Yoga Nidra Relaxation sessions
- Chanting

## CANCELLATION POLICY

A reservation requires a deposit of 50% of the total price. The rest of the payment should be paid 30 days before the starting day of the retreat. The deposit fee is non-refundable.



WE ARE HAPPY TO CONNECT  
WITH YOU!

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