

# Full Itinerary May 18- 23 2025



On our five-night Healing Waters QiGong retreat in Loutra Edipsou, enjoy days filled with peace, growth and indulgence for all your senses. Here's what you can look forward to.

## DAY 1

2pm – Meet organisers and the other retreat guests at the arrivals at Athens International Airport and take our coach which will drive us to Arkitsa port. We will then embark on the ferry and arrive at Loutra Edipsou.

5- 5.30pm check in the hotel and settle in our rooms

5.30pm – 6.30pm – We'll immerse ourselves in the healing experience by having our first bath in the spa facilities of the hotel using 100% mineral spring water to unwind our bodies.

6.30pm – Enjoy a grounding and restorative QiGong class to set the tone and intention for our retreat experience.

7.30pm – Depart for dinner at our local traditional restaurant. Sample the first of many freshly made and locally sourced dishes with the group and enjoy the chance to get to know each other. Returning to our hotel, we retreat to bed for an uninterrupted night's sleep.

## DAY 2

8am – 9.30am – We begin the first full day of our Healing Waters retreat with a spa session at the hotel's facilities (each spa session can include 20' of indoor jacuzzi, steamroom and bathing in the outdoor pool, which you can all try or choose from)

9.30 – 10.30am – Enjoy a brunch like breakfast filled with many options to nourish your body and soul ahead of the rest of the day.

10.45am – 12pm – Weather permitting, we go outside to do our QiGong practice feeling the earth under our feet and taking in the beautiful sea horizon.

12pm - 3pm - After the morning's session, enjoy free time to relax by yourself, take a dip in the sea, or wander around the village and admire the sea horizon.

3.30pm – 5pm - We gather at the outdoor practice space for QiGong practice ending with seated silent zen meditation.

5pm – 6.45pm – Going deeper into the healing experience we have our third bath in the spa facilities of the hotel.

7pm – Depart for dinner at our local traditional restaurant. Stay longer and enjoy the company or returning early to our hotel, for an early night's sleep.

### DAY 3

\*8am – 9.30am – Every day of our Healing Waters QiGong retreat begins with a spa session at the hotel's facilities.

9.30 – 10.30am – Enjoying a brunch like breakfast filled with many options to nourish your body and soul ahead of the rest of the day. The ladies are all marvelous cooks and make sure that they make for us a different filled pie every morning such as spinach pie, leek pie, mushroom pie and others. There are local oranges to make your own fresh orange juice, local eggs and honey, real sheep's greek yogurt and a huge range of handmade jams.

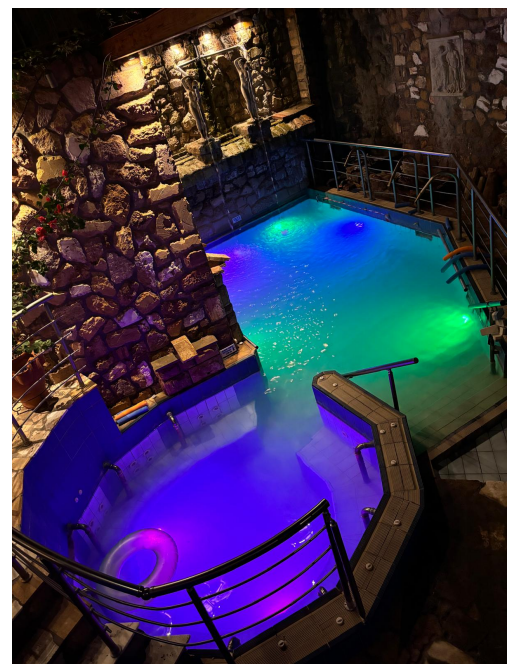
10.45am – 12pm – Weather permitting, we go outside to do our QiGong practice feeling the earth under our feet and taking in the beautiful sea horizon.

12pm - 3pm - After the morning's session, enjoy free time to relax by yourself or with others on the beach, take a dip in the sea, or go hiking to explore the nature around.

3.30pm – 5pm - We gather at the outdoor practice space for QiGong practice ending with seated silent zen meditation.

5pm – 6.45pm – Completing our hot spring healing for the day, we have another hot spring bath in the spa facilities of the hotel.

7pm – Depart for dinner at our local traditional restaurant. Stay longer and enjoy the company or returning early to our hotel, for an early night's sleep.



## DAY 4

\*8am – 9.30am – Another great day of our Healing Waters QiGong retreat begins with a spa session at the hotel's facilities.

9.30 – 10.30am – Enjoying a brunch like breakfast filled with many options to nourish your body and soul ahead of the rest of the day.

10.45am – 12pm – Weather permitting, we go outside to do our QiGong practice feeling the earth under our feet and taking in the beautiful sea horizon.

12pm - 3pm - After the morning's session, enjoy free time to relax by yourself or with others on the beach, take a dip in the sea, or go hiking to explore the nature around.

3.30pm – 5pm - We gather at the outdoor practice space for QiGong practice ending with seated silent zen meditation.

5.30pm – 6.45pm – Gathering more healing benefits we have our second hot spring bath of the day in the spa facilities of the hotel.

7pm – Depart for dinner at our local traditional restaurant. Stay longer and enjoy the company or returning early to our hotel, for an early night's sleep.

## DAY 5

\*8am – 9.30am – We begin again for a wonderful day with a spa session at the hotel's facilities

9.30 – 10.30am – Enjoy a brunch like breakfast filled with many options to nourish your body and soul ahead of the rest of the day.

10.45am – We meet at the reception to take our coach for a drive in the mountains taking us to the beautiful waterfall of Drymona.

12pm - 1pm - QiGong practice in the mountain

1pm - 2pm – We walk close to the waterfall and meditate with the sounds of water bathing in the energy of nature around us.

2pm - 2.30pm- Enjoy free time to swim in the waterfall, have a snack or just relax and enjoy the fresh mountain air.

2.30- 3.30pm - We take the coach back to the hotel





4pm- 5pm - QiGong practice outdoors

5pm – 6.45pm – Second hot spring bath of the day in the spa facilities of the hotel.

7pm – Depart for dinner at our local traditional restaurant. Stay longer and enjoy the company or returning early to our hotel, for an early night's sleep.

## DAY 6

\*8am – 9.30am – We begin the last day of our Healing Waters QiGong retreat with a last spa session at the hotel's facilities

9.30 – 10.00am – Enjoy a brunch like breakfast filled with many options to nourish your body and soul ahead of the rest of the day.

10am - 10.15am – Check out of our rooms

10.30pm – 11.30pm We do our last QiGong practice thanking the land and taking in a last view of the beautiful sea horizon.

11.30pm - Departure. Our coach takes us to the ferry. During our ferry trip we enjoy one last lunch as a group and were ready for our journey back to Athens International Airport, feeling lighter, calmer and ready to step back into the world.

3pm – 3.30pm - We arrive at the departures of Athens International Airport and say goodbye to everyone keeping wonderful memories that will last a lifetime.

\* - 7am - 8am - (Optional)

For the early risers we recommend what many participants like to do! Go to the open free hot springs which are by the sea a short walk from the hotel to enjoy bathing in the hot mineral water just next to the sea and watch the sun rising behind the mountains!

