

SOUL BLOSSOMING *RETREAT*

GREECE | 23-30 MAY 2024

WITH
LINDY CLIFTON
& GEORGIA KOUTLA





“Immerse yourself in sacred space and tune into your Soul’s Blossoming”

We are utterly excited to announce our joint spiritual retreat in Greece 23-30 May 2024! Join us for a profound spiritual experience through a unique 7-day retreat, both in the sacred city of Athens and in the mountain of Pelion, the summer residence of the gods and the home of the Centaurs.

We will begin with a warm welcome dinner in Athens, under the light of the Flower Full Moon. This energetic gate will prepare us for a deep soul release and expansion in the following 6 days of deep spiritual work, leading you to your own Soul Blossoming!

In our 3-night stay in Athens we will connect to the energy of the Goddess and experience embodiment and integration through powerful spiritual healing practices, sacred rituals under the Acropolis and sacred dance. This will deepen our connection to ancient energy transmissions of wisdom emanating in the sacred space of Pallas Athena, warrior goddess of wisdom.

From Athens we will travel to the mountain of Pelion, for a 4-night stay in the absolutely stunning Pelion Homes retreat centre. Here you can immerse yourself in the pristine greenery of the mountain and endless, magical views of the Aegean.



Aloni Theatre - Sunset view

Retreat Content and Offerings

“ Allow all your body and senses to come alive to the sounds of your inner voice, the truths of your inner knowledge and experience the sacredness of Mother Gaia as never before ”

Feel completely held to take a transformative journey within and experience powerful teachings, spiritual healing modalities, energy transmissions, sacred sound transmissions and sacred playfulness.

Our spiritual practices will include Processes from the Saraswati Healing™ Modality created by Alana Fairchild, a wise and inspired spiritual teacher. We have both been licensed practitioners for some years and have considerable experience in this modality.

The practices will also include specifically designed processes which incorporate various aspects of her extensive body of work. We have been offering this type of group healing process for over a year via Zoom. We have gratefully received very positive feedback from our participants who have expressed the various benefits they have gained.

All spiritual practices are held in a very grounded space, where body-soul consciousness and inner sacred rhythms are honoured, allowing for deep healing, harmony and integration.



Pelion – Aloni Theatre

Outlined Schedule

Thursday, 23 May 2024

Welcome dinner in Athens at 5:00pm.

Friday, 24 May 2024

3-hour morning & 3-hour evening workshop in the “Ananda Unity” centre.
Lunch and dinner.

Saturday, 25 May 2024

3-hour guided morning visit at the Acropolis & 3-hour workshop in the “Ananda Unity” centre.
Lunch and dinner.

Sunday, 26 May 2024

4-hour morning transfer by minibus to “Pelion Homes” retreat centre.
Lunch and rest.
3-hour evening workshop and dinner.

Monday, 27 May 2024

3-hour morning & 3-hour evening workshop.
Brunch and dinner.

Tuesday, 28 May 2024

Excursion to the local nature, springs, villages and beach, along with open-air spiritual practices. Brunch and dinner.

Wednesday, 29 May 2024

3-hour morning & 3-hour evening workshop.
Brunch and dinner.

Thursday, 30 May 2024

Brunch and departure.

Attendance options available - see page 12 | [CLICK HERE](#)



Athens

Guided visit to the Acropolis' sacred temples

“Let your light shine forth in its glory
in the sacred land of ancient Greece”





Ananda Unity – Inner view

Athens Venue:

Ananda Unity

Performing & Healing Arts

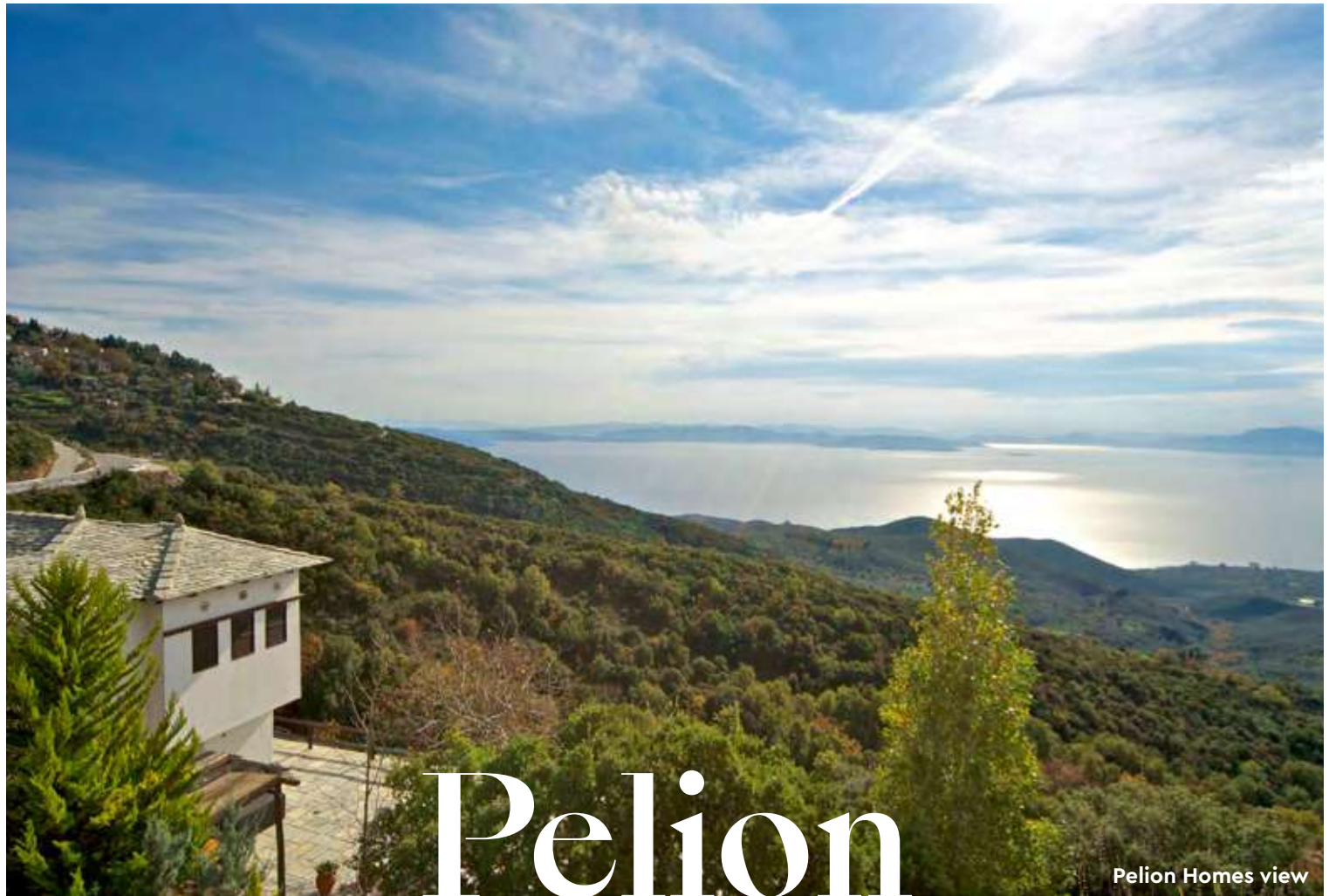
“Heal, Revitalise,
Deepen your
Connection
to the Divine”

Ananda Unity will be hosting our spiritual and dancing practices in Athens in its bright, restful and open-hearted environment. It's located in a central location with easy metro access.

Fruit, nuts, tea and coffee will be offered throughout our stay. Our beloved host is a beautiful and kind soul, experienced in organising workshops and passionate about spiritual practices.

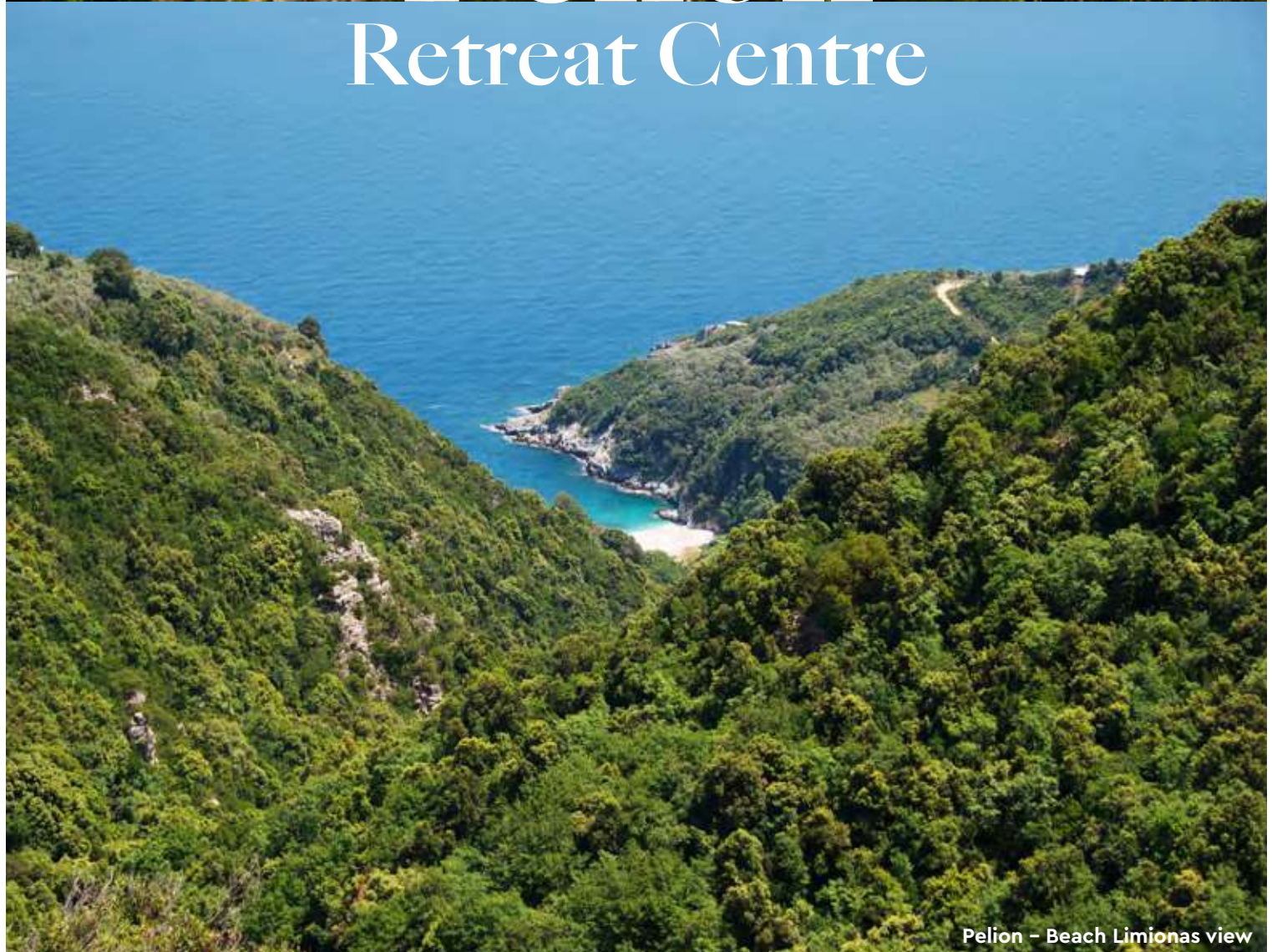
Light lunch, refreshments and dinner are included in nearby coffee shops and restaurants where vegan options are offered.

Participants need to make their own accommodation arrangements in Athens, depending on their arrival date and other plans prior to or after the retreat. Once registered, we will be able to offer you information regarding accommodation in central areas.



Pelion Homes view

Pelion Retreat Centre



Pelion - Beach Limionas view



The Bedouin Tent – Aerial view

Pelion Retreat Centre: Pelion Homes



The Bedouin Tent



The Retreat Centre Dining Area

Pelion Homes is a dedicated and beautiful retreat centre embedded in nature, with spectacular mountain and sea views. Practices will take place in a Bedouin heated or open-air tent among nature, 5 minutes walk from our residence. The public space of Aloni Theatre, which is a few minutes' walk from the Pelion Homes Villas, is also available for practices.

Pelion Homes offers a wonderful communal area for dining, with delicious farm-to-table cuisine and refreshments prepared by a trained holistic nutritionist and cook. The menu is plant-based, organic food. More specific diets including vegan, gluten free and allergies, can be catered for. Brunch and dinner are included. Fruit, nuts, coffees and teas will be available throughout the day.

Pelion Homes private Villas are south orientated and facing towards the sea offering stunning views. The villas are spacious and built in the traditional Pelion architecture combined with a modern design that will make your stay truly feel like home. Most of them include a pool.

Walking distance to the retreat centre is a few minutes from the accommodation, up a slight inclined stone path. Please be aware of this and bring walking shoes and/or hiking sticks if needed.

Our accommodation includes private or shared rooms, with shared bathrooms. There is a limited availability for en-suites. Participants can choose from different room and cost options.

For more info visit www.pelionhomes.com

Retreat Costs

01

Total cost for participants joining us both in Athens and Pelion (23 – 30 May)

- | | |
|------------------------------------|----------|
| • Private room and ensuite | — € 1850 |
| • Private room and shared bathroom | — € 1750 |
| • Shared room and shared bathroom | — € 1650 |

Includes:

- All workshops at “Ananda Unity” Athens centre, a guided tour to the Acropolis, all meals and a special welcome dinner in Athens.
- Minibus transfer from Athens to Pelion, all workshops at “Pelion Homes” retreat centre, a one-day excursion to the Pelion area, all meals and a beautiful 4-night accommodation at the stunning “Pelion Homes Villas”.

Does not include:

- Accommodation, breakfast and metro tickets in Athens, which are at attendee’s own arrangement and expenses.

(Please check the outlined schedule at page 04.)

Non-refundable deposit of € 1000 must be paid by Monday 19 February 2024 to secure your place.	Balance must be paid by Friday 19 April 2024.
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02

Total cost for participants joining us only at Pelion (26 – 30 May)

- | | |
|------------------------------------|----------|
| • Private room and ensuite | — € 1350 |
| • Private room and shared bathroom | — € 1250 |
| • Shared room and shared bathroom | — € 1150 |

Includes:

- All workshops at “Pelion Homes” retreat centre, a one-day excursion to the Pelion area, all meals and a beautiful 4-night accommodation at the stunning “Pelion Homes Villas”.

(Please check the outlined schedule at page 04.)

Does not include:

- Transportation to Pelion, which is at attendee’s own arrangement and expenses.

For attendees who wish to travel with us from Athens to Pelion, by our arranged minibus transfer, the above costs will be increased by a 100 € extra fee, which includes the minibus transfer and lunch.

Non-refundable deposit of € 700 must be paid by Monday 19 February 2024 to secure your place.	Balance must be paid by Friday 19 April 2024.
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03

Total cost for participants joining us only in Athens (23 – 25 May)

— € 400

Includes:

- All workshops at “Ananda Unity” Athens centre, a guided tour to the Acropolis, all meals and a special welcome dinner.

(Please check the outlined schedule at page 04.)

Does not include:

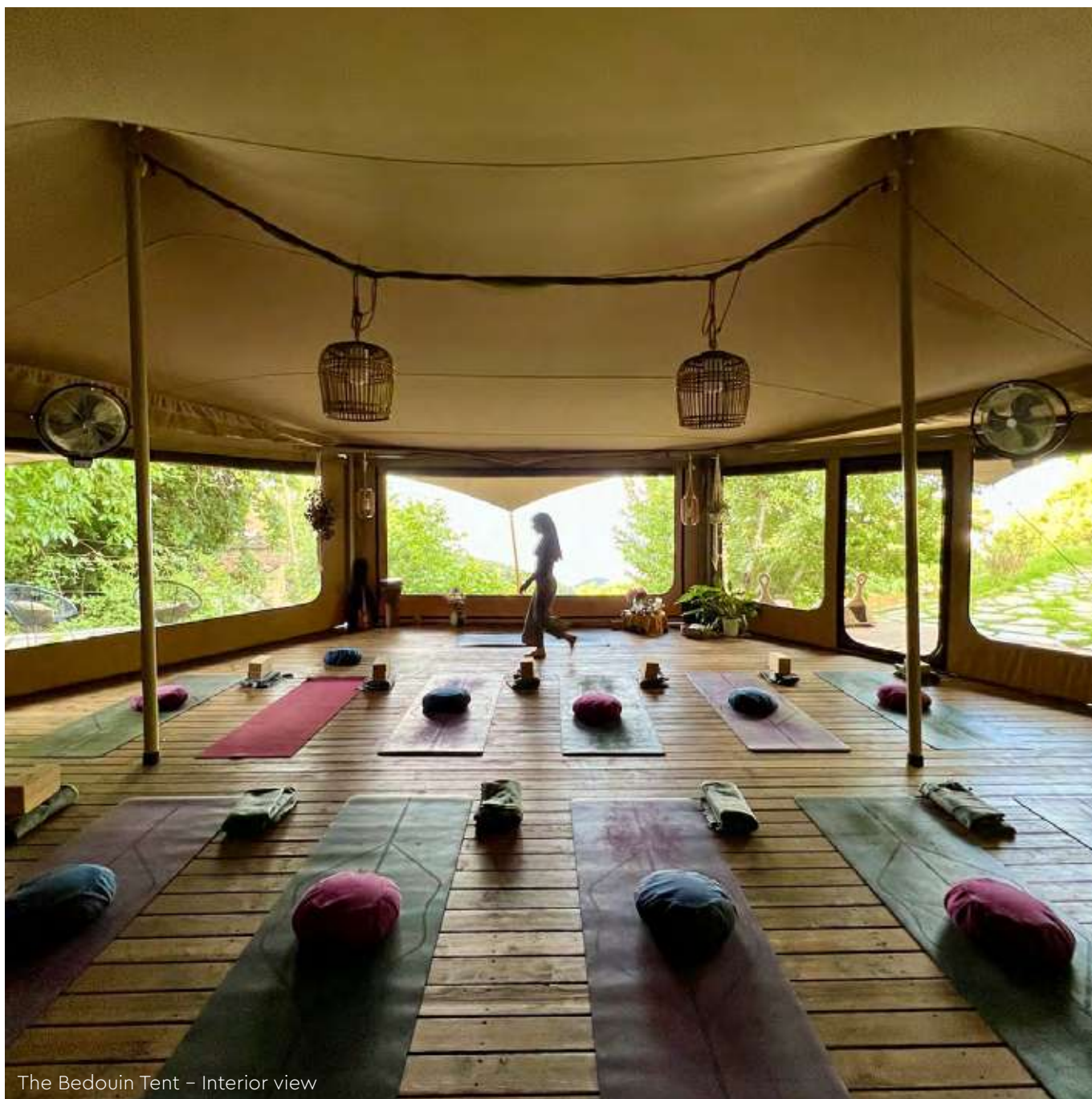
- Accommodation, breakfast and metro tickets in Athens, which are at attendee’s own arrangement and expenses.

There is also an option for attendees to join us only for the workshops, which can be arranged after personal contact with us.

Non-refundable deposit of € 200 must be paid by Monday 19 February 2024 to secure your place.	Balance must be paid by Friday 19 April 2024.
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Attendees’ own Arrangements & Expenses

- Travel Insurance.
- All travel to and from Greece.
- Accommodation, breakfast and metro tickets in Athens.
- Accommodation and activities prior and after the retreat.
- Transportation to destination of attendees’ choice after the retreat. A hired minibus or taxi will be arranged.



The Bedouin Tent – Interior view

The Weather

Athens is warm and bright at the end of May with cooler morning and evening weather. However, there may be warmer days and sporadic storms.

In the **Pelion region** the end of May can be beautiful, warm and sunny. However, there may be cooler periods and even some rain showers in the Pelion mountain.

Post Retreat Holidays

Attendees can choose to travel back to Athens or to different destinations via a hired minibus or taxi which will be arranged. Or choose to spend their holidays in the beautiful nearby Sporades islands. The port of Volos is half an hour from the retreat centre.

Join us

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