



# Tata Wellness

*Premium Retreat in Pelion, Greece*

LET US GUIDE  
YOU TOWARDS  
YOUR HOLISTIC  
WELLNESS  
EVOLUTION IN  
PARADISE

AUGUST 30 - SEPTEMBER 6, 2024

# WHO WE ARE

Wellness encompasses complete physical, mental, and social well-being. It's a holistic way to achieve your best health and happiness, which involves taking care of your body through exercise, a nutritious diet, and adequate rest, and maintaining a positive, balanced mindset. Our objective is to help you make conscious choices that promote self-care, self-awareness, and personal growth. We strive to assist you in finding a harmonious balance between different aspects of life and taking proactive steps towards a healthier and more fulfilling lifestyle. Our team comprises international experts in various aspects of wellness who are eager to guide you on this journey. We cannot wait to welcome you!

*Tanya Kutovaya*  
*Founder of Tata Wellness*

[CONTACT TANYA](#)





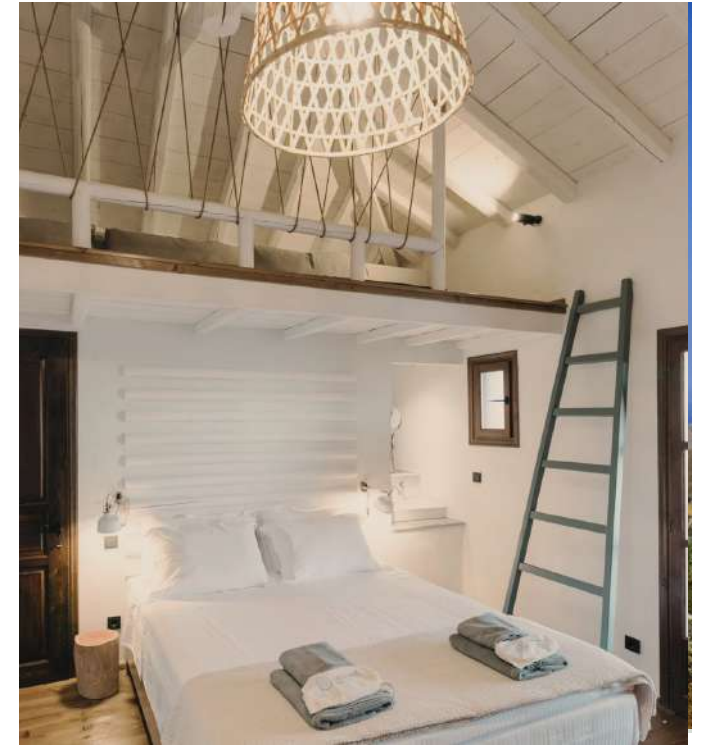
## LOCATION

Pelion Mountain, located in Central Greece, is a nature lover's paradise, offering lush green forests, crystal-clear blue waters, and charming traditional villages. The place is also known for its healing properties and therapeutic climate. The venue offers beautifully designed stone-built villas with stunning seaviews and a retreat center.



## FARM-TO-TABLE FOOD

Vegetarian and Vegan Cuisine made from locally sourced ingredients, harvested from our own farm and surrounding areas in Pelion. The chefs specialize in creating a unique blend of traditional vegetarian and vegan dishes with a scrumptious twist. Additionally, we cater to a range of dietary needs, including gluten-free options.



## ACCOMMODATION

Located in several charming villas, our rooms offer a unique sense of privacy and tranquility. Each villa comes with its own pool, inviting kitchens, and comfortable living rooms, ensuring that you can relax and unwind in style. Choose from a fully private ensuite, private with a shared bathroom, or a double shared room to suit your needs.

# WEEK AT A GLANCE



## FRIDAY

Arrivals, Welcome Drinks, Meet the Team, Agenda and Activities

## SATURDAY

Lecture: Introduction to Wellness. Workshop: Reflection and Motivation

## SUNDAY

Lecture: Life Energy. Workshop: Breathing Practices

## MONDAY

Lecture: Understanding Your Body. Workshop: Pain Therapy

## TUESDAY

Lecture: Healthy Mind Workshop: Process Painting

## WEDNESDAY

Lecture: Eating for Health. Workshop: Mediterranean Cooking

## THURSDAY

Lecture: Holistic Wellness. Workshop: Personal Goals. Cacao Ceremony

# TYPICAL DAY



8am

Tea/coffee/snacks



9am

Gentle Vinyasa Flow



10:30am

Lecture of the Day



12pm

Brunch



1pm

Free Time



3:30pm

Workshop of the Day



5pm

Yin Yoga



6pm

Dinner



8pm

Meditation and Journalling





## OTHER ACTIVITIES

During your free time, we can arrange various activities based on your interests and energy level. You can explore local villages, take trips to the beach, go sailing, kayaking, hiking or e-biking, or even forage in the sublime forest.



For those looking for a more relaxing experience, we offer a variety of massage treatments incorporating Thai, deep tissue, trigger point, reflexology and Reiki techniques. These treatments are tailored to meet your unique needs and help release physical as well as emotional blockages.



*Tata Wellness*

## YOU DESERVE THIS

We carefully selected a location and service provider to ensure your amusement, comfort and rejuvenation. We developed a unique program that will allow you to obtain new vital skills and habits without stress and labor. Our experts will share with you knowledge and wisdom of ancient and modern science and philosophy and will help you to create your own path towards your health and well-being.

[LEARN MORE](#)

[BOOK NOW](#)

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