

Greece - Wellness Break in Athens!

Factbox	
Prices start from :	£ 999
Travel between :	30 Jul 24 and 30 Jul 24
Board Basis :	As per Itinerary
Duration :	7 nights
Book by :	30 Apr 24
Includes :	Return Direct flights from Heathrow with Aegean Airlines 7 nights at Coco-Mat Athens BC Hotel with Bed and Breakfast basis Sunrise Yoga session on the beach Ancient Greek Meditation & Theta Vibration Healing at the Acropolis 1 - Hour Greek Massage with Unique Techniques, Honey, and Olive Oil Athens by Night: Small Group Sightseeing with Drinks and Food Tasting Private Return Transfers



Detailed Itinerary

Hotels Featured:

- Coco Mat Athens BC 5*

Itinerary:

Tue 30 Jul 24: Greece

- Flight from London Heathrow to Athens Eleftherios Venizelos
- Private Transfer Airport to Hotel
- Stay at Coco Mat Athens BC for 7 nights

Thu 01 Aug 24: Ancient Greek Meditation & Theta Healing intro

► Ancient Greek Meditation & Theta Healing intro at the sacred hill of Acropolis From Monastiraki Square we will start walking uphill for a tour around the hill of Acropolis. We will visit every high-vibration energy spot inside the archaeological sites of Areios Pagos, Pnyka and Filopappou hill. A journey to all the knowledge and instructions to investigate your self through ancient Greek philosophy, at the exact same places of its origin. Please wear comfortable clothing and sport shoes since we will be walking around!

What's Included

Inclusions:

Some organic Greek herbs+ dried raisins+ energy bar+ fresh fruit for everyone. All from an organic farm in Argos yoga mattresses+ blankets to keep you comfortable for your Meditation

Meeting and Pickup

Meeting Point

Pl. Monastirakiou 12

Pl. Monastirakiou 12, Athina 105 55, Greece

End Point

Pl. Monastirakiou 12

Pl. Monastirakiou 12, Athina 105 55, Greece

As you exit the metro station, there are two fruit kiosks at Monastiraki square, right in front of you. I will be among them, carrying a big back pack with our yoga mattresses! I am the girl with the very long hair...!!!

What to Expect

This is a Private Tour

Ancient Greek Meditation & Theta Healing introduction at the high frequency vibration spots of Acropolis. This is a presentation of the ancient Hellenic form of spirituality at a guided tour at the sacred hill of Acropolis. We will walk through the actual places of cosmic importance at the ancient world and you will practice the Henosis, the process of unification with The One at the most dynamic and high vibration energy spots inside the archaeological sites. Unity is the goal of everything, according to Plato and within this session you will expand your noetic vision to reinforce self-knowledge. Your experience will start with a walking tour around the sacred rock to discover the energy springs of the Acropolis. During this tour, I will explain in simple way the ancient Greek methods to achieve enlightenment as I will present you the 147 Delphic Maxims and instructions on the moral and ethical lessons as given by the Seven Sages at the Delphi Oracle. After about 60 min, we will visit a specific site (depending on the weather) in order to do the presentation and the practice of the Henosis Meditation. (1 h)

Theta Healing Session at the extended version of the tour

Duration : 2 hours, 30 mins

Fri 02 Aug 24: Private Sunrise & Sunset Beach Yoga

- Private Sunrise & Sunset Beach Yoga

Sunrise & Sunset Beach Yoga Will start focusing on our breathing and connecting with our inner selves. Once we bring our awareness to the present moment Ill start guiding you into the practice. We will finish it with a guided meditation and slowly Ill bring you back to the mat. Will start focusing on our breathing and connecting with our inner selves. Once we bring our awareness to the present moment Ill start guiding you into the practice. We will finish it with a guided meditation and slowly Ill bring you back to the mat.

What's Included

Inclusions:

Yoga Mat

Yoga Props

Meeting and Pickup

Meeting Point

Diadochou Pavlou 48

Diadochou Pavlou 48, Glifada 166 75, Greece

End Point

Diadochou Pavlou 48

Diadochou Pavlou 48, Glifada 166 75, Greece

We meet on the beach, outside Nikolas tavern, 5' before class and walk together to the spot

What to Expect

This is a Private Tour

Ready to join a unique Yoga experience, just by the beach, on the Athenian Riviera? Our sunrise and sunset Yoga classes are an hour of breathing, sun salutes, asanas and relaxation, and it suits all levels of practitioners. We will start the session with slow yoga poses that warm up and stretch the

body. Then we build the class into a dynamic flow infused with mindfulness, breathwork, and optional advanced postures. And close the session with a soothing savasana and a grounding meditation. See you on the mat ;)

Duration: 1 hour

Sun 04 Aug 24: Athens by Night: Small Group Sightseeing

► Athens by Night: Small Group Sightseeing with Drinks and Food Tasting

Overview

Discover the best of Athens nightlife, food, and drinks on a 4-hour small-group tour. The well-rounded evening itinerary presents traditional food in a modern atmosphere. Follow your guide through Athens and into the hip Psirri neighborhood.

What's Included

Inclusions:

Local guide

Beverages

Food tasting

Snacks

Wine

Meeting and Pickup

Meeting Point

Pl. Monastirakiou 2

Pl. Monastirakiou 2, Athina 105 55, Greece

End Point

Pl. Monastirakiou 2

Pl. Monastirakiou 2, Athina 105 55, Greece

Monastiraki square in front of the little church on the square

What to Expect

Duration: 4 hours

Psirri

Vibrant Psirri centers on Iroon Square, whose surrounding streets have eateries offering meze and live music, including rebetika (Greek blues). Bars with DJs stay open late, as do tavernas serving traditional specialties like meatballs and Greek salad. Small artisan shops, often decorated with graffiti, sell handmade leather bags, indie fashions, and offbeat homewares.

30 mins - Admission Ticket Free

Cinque Wine Delights

It's a Wine & Deli Bar located in the picturesque neighborhood of Psyri.

15 mins - Admission Ticket Free

Monastiraki

Lively Monastiraki is known for iconic landmarks including the ruins of Hadrian Library, the Ancient Agora, and the rebuilt Stoa of Attalos, with a museum exhibiting Athenian artifacts. Monastiraki Flea Market is a jumble of shops selling artisanal soaps, handmade sandals, and souvenir T-shirts. The surrounding streets are crammed with traditional tavernas and restaurants, many with Acropolis views.

10 mins - Admission Ticket Free

Plaka

In the shadow of the Acropolis and its ancient temples, hillside Plaka has a village feel, with narrow cobblestone streets lined with tiny shops selling jewelry, clothes, and local ceramics. Sidewalk cafes and family-run tavernas stay open until late, and Cine Paris shows classic movies al fresco. Nearby, the whitewashed homes of the Anafiotika neighborhood give the small enclave a Greek island vibe.

10 mins - Admission Ticket Free

Feyrouz

Feyrouz is a hidden spot, in the historical Athen's center, next to Aioulou Street. Its aim is to present to the visitors the small, gastronomical family history

20 mins - Admission Ticket Free

Athens Walks Tour Company

Tour Company

2 mins - Admission Ticket Free

Mon 05 Aug 24: 1-Hour Greek Massage using Unique Techniques in Athens

► 1-Hour Greek Massage using Unique Techniques in Athens

Overview

Unique, traditional and interesting techniques. Cretan massage: A deep massage based on Cretan virgin olive oil, Cretan raki, orange extract strong>and cinnamon. Ancient Greek Massage: A Hippocratic massage, begins with the application of powder, this is followed by pure virgin olive oil, essential oils from the Greek land and massage with special silicone suction cups to deal with the muscular tensions of the body. Queen: Cleopatras key beauty secret was bathing in a mixture of donkey milk, honey, and almond oil. This is how she kept her skin clean, moisturized, shiny, soft and protected it from premature aging. Our main priority is to ensure our requality cleanliness criteria, we use branded disinfection products, adapted to the strict standards for the treatment of coronavirus, our equipment is thoroughly cleaned and disinfected after each use. In this way we ensure avoidance the transmission of germs and we succesfully prevent the coronavirus from spreading.

What's Included

Inclusions:

Unique types of massage: Cretan with raki / Queen with donkey milk / Ancient Greek with baby powder

You can schedule more than 1 hour

1 hour massage from those types of massage: Swedish / Sports / Deep Tissue /Antistress

Meeting and Pickup

Meeting Point

Prigkiponnison 4

Prigkiponnison 4, Nea Ionia 142 31, Greece

End Point

Prigkiponnison 4

Prigkiponnison 4, Nea Ionia 142 31, Greece

With feet our location is 7 minutes from the train station: St. Nea Ionia (Green line 1) By car you can get free Parking on the street Delkon and with feet 2 minutes (170 meters) You will find our shop on the ground floor with showcase with a big sign Pame Massage.

What to Expect

This is a Private Tour

At Pame Massage you can enjoy traditional unique techniques, and leave yourself in the hands of our well-trained partners for a highly massage session.

Duration: 1 hour

Tue 06 Aug 24: Departure

► Private Transfer Hotel to Airport

Prices & Departures:

Deposit: £125pp

► Y29190 Heathrow from £999pp

Terms & Conditions:

► Based on 2 Adults Sharing

