

THE
MEDITERRANEAN
RESET

A WELLNESS RETREAT IN MYKONOS



SEPTEMBER 7 – 12, 2026

6 DAY PROGRAM

Restore, rebalance
and renew.



RESTORE • REBALANCE • RENEW



DAY 1

Arrival & Grounding

Slow Down & Arrive

A TRANSFORMATIONAL WELLNESS EXPERIENCE INSPIRED BY
HEALING TRADITIONS OF THE MEDITERRANEAN.



2:00 PM – 4:00 PM | VIP ARRIVAL EXPERIENCE

- VIP Airport Transfers
- Welcome Herbal Elixir and Healthy Refreshments
- Check-in to luxury accommodation (hotel or Villa)
- Relaxation & Leisure time



4:00 PM – 5:30 PM | LEISURE & RELAXATION

- Sunset grounding meditation
- Opening Ceremony & Guest Introductions
- Intention-setting ritual



6:00 PM | SUNSET GROUNDING MEDITATION

A gentle guided meditation overlooking the sea to release travel fatigue and reconnect with the present moment, being under the stars.



6:45 PM | OPENING CEREMONY & GUEST INTRODUCTIONS

- Welcome by retreat hosts
- Intention-setting ritual
- Create a personal vision for the week



7:30 PM | FARM-TO-TABLE
MEDITERRANEAN DINNER

Organic gourmet dinner featuring locally sourced seasonal ingredients.



9:00 PM | SOUND HEALING UNDER THE STARS

Immersive sound journey using crystal bowls and therapeutic frequencies to encourage deep relaxation.



INCLUDED IN YOUR RETREAT



Luxury
Accommodation



Daily Wellness
Meals & Elixirs



Wellness Classes
& Workshops



Spa Experiences &
Therapies



Excursions &
Activities



Welcome
Gifts

SIX DAYS TO RESET YOUR BODY, CALM YOUR MIND
AND RECONNECT WITH WHAT MATTERS MOST.

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DAY 2

Nervous System Reset
Restore the Body

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7:00 AM | SUNRISE YOGA OR PILATES

Gentle movement to awaken the body
and improve circulation.



7:45 AM | GUIDED BREATHWORK SESSION

Techniques for nervous system regulation
and stress reduction.



8:30 AM | MEDITERRANEAN
ANTI-INFLAMMATORY BREAKFAST

Featuring fresh fruits, Greek yogurt, olive oil,
local honey, seasonal produce.



10:00 AM – 12:00 PM | SPA & RECOVERY TIME

- Signature massage treatments
- Poolside relaxation
- Hydrotherapy experiences
- Sauna and steam room access



12:30 PM | NOURISHING MEDITERRANEAN LUNCH



1:30 PM – 3:30 PM | POOLSIDE RELAXATION &
WELLNESS CONSULTATIONS

Optional one-on-one consultation
with wellness experts.



4:00 PM – 5:30 PM | SIGNATURE WORKSHOP
BODY RESET & NERVOUS SYSTEM RESTORATION

A restorative experience designed to release stored tension,
rebalance the nervous system, and reconnect the body
through therapeutic touch, movement, and mindful
recovery techniques.

by Mykonos Therapy



6:30 PM | SUNSET MOBILITY & STRETCHING



7:30 PM | HEALTHY GOURMET DINNER



9:00 PM | GUIDED SLEEP MEDITATION



FOCUS AREAS:

- Releasing stress & tension stored within body
- Nervous system regulation & deep relaxation
- Body tension reset
- Trigger point release & muscle recovery
- Lymphatic stimulation & detoxification support
- Improved Circulation & energy flow
- Posture alignment & enhanced mobility
- Emotional release & mind-body connection



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DAY 3

Ancient Greek Longevity Rituals

Wisdom of the Mediterranean

"Ancient wisdom. Natural healing. Timeless renewal."



7:00 AM | GENTLE SCULPT PILATES

Awaken the body through mindful movement designed to improve strength, posture, flexibility, and natural energy flow.



8:15 AM | MEDITERRANEAN GLOW BREAKFAST OVERLOOKING THE SEA

A nourishing breakfast inspired by the Mediterranean lifestyle, featuring antioxidant-rich ingredients, local flavors, and foods that support beauty and longevity from within.



10:00 AM – 12:00 PM | RESTORATION & PERSONAL WELLNESS TIME

Enjoy:

- Beach relaxation
- Spa Facilities
- Optional personalized wellness experiences



1:00 PM | MEDITERRANEAN WELLNESS LUNCH



2:00 PM – 4:00 PM | SIGNATURE WORKSHOP GREEK HEALING TRADITIONS

Including:

- Herbal Medicine & ancient Greek remedies
- Mediterranean Nutrition Class & longevity principles
- Group Cooking Experience
- Creating simple wellness rituals for everyday life



5:00 PM | FREE TIME & RELAXATION



6:30 PM | SUNSET TEA CEREMONY

A calming ritual featuring Mediterranean herbal infusions designed to encourage relaxation, mindfulness, and connection.



7:30 PM | ELEGANT MEDITERRANEAN DINNER

An intimate evening celebrating nourishing cuisine, meaningful connection, and the beauty of Mediterranean living.



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DAY 4

Aegean Nature & Soul Connection

The Healing Energy of the Aegean

A journey of movement, discovery, and connection — immersing yourself in the natural beauty, sacred history, and timeless energy of the Greek islands.



7:30 AM | HEALTHY BREAKFAST

Nourishing Mediterranean breakfast to energize your body for a day of adventure.



9:00 AM – 3:00 PM | LUXURY YACHT & NATURE EXCURSION

Journey to Delos Island

A private Aegean experience combining nature, movement, history, and the powerful energy of one of Greece's most sacred ancient islands.

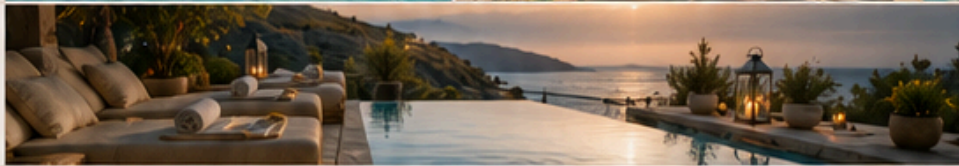
INCLUDING:

- Coastal exploration & mindful walking
- Ancient Greek history & cultural discovery
- Coastal hiking
- Local Cultural Discoveries (Delos Island)
- Sea Swimming therapy
- Snorkeling
- Paddleboarding
- Traditional Seaside Lunch



3:00 PM – 5:00 PM | RECOVERY & RELAXATION

- Pool time
- Signature Massage Therapies
- Quiet Rest



6:30 PM | JOURNALING & REFLECTION WORKSHOP

- Journaling workshop



7:15 PM | RESTORATIVE MEDITATION

A calming meditation practice to reconnect, restore balance, and prepare for a restful evening.



8:00 PM | FARM-TO-TABLE DINNER EXPERIENCE

A nourishing evening celebrating organic Mediterranean cuisine, local ingredients, and meaningful connection.



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DAY 5

Transformation + Vision
Renew Your Life

A TRANSFORMATIONAL WELLNESS EXPERIENCE INSPIRED BY
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7:00 AM | SUNRISE MEDITATION

A peaceful start to the day with guided meditation to center your mind and set your intentions.



7:45 AM | EMPOWERMENT MOVEMENT SESSION

Energizing movement to awaken your body, boost confidence, and elevate your energy.



8:30 AM | HEALTHY MEDITERRANEAN BREAKFAST

Nourishing Mediterranean breakfast with fresh, local ingredients to fuel your body and mind.



10:00 AM – 12:00 PM | TRANSFORMATION WORKSHOP

Designing Your Next Chapter

FOCUS AREAS:

- Wellness goals
- Emotional wellbeing
- Boundaries & balance
- Self-worth & confidence
- Longevity habits
- Future vision planning



12:30 PM | MEDITERRANEAN LUNCH



2:00 PM – 5:00 PM | POOL & BEACH RELAXATION

- Leisure time
- Optional Spa Experience
- Professional retreat photoshoot



6:30 PM | CELEBRATION SUNSET DINNER

A special sunset dinner to celebrate your journey, growth, and transformation.



7:30 PM | WHITE-THEMED ELEGANT EVENING

An elegant evening in white — embodying purity, new beginnings, and elevated celebration.



9:00 PM | GRATITUDE & TRANSFORMATION CEREMONY

A meaningful closing celebration honoring each guest's journey.



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LUXURY WELLNESS RESORTS

+
MYKONOS
THERAPY

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DAY 6

Integration & Departure *Return Renewed*

A GENTLE CLOSING TO YOUR TRANSFORMATIONAL JOURNEY.



7:30 AM | GENTLE STRETCHING & MINDFULNESS PRACTICE

Begin your day with gentle movement and mindful awareness to ground your body and center your mind.



8:30 AM | CLOSING REFLECTION CIRCLE

- Sharing insights and experiences
- Creating sustainable wellness routines for home



10:00 AM | FAREWELL MEDITERRANEAN BRUNCH

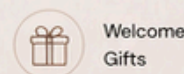
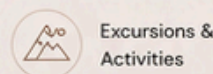
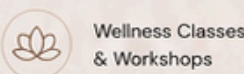


11:30 AM | DEPARTURE PREPARATION FROM 12:00 PM ONWARDS

- Private airport transfers
- Luxury wellness gift bags for guests
- Departure assistance



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