

Subscribe

well defined



BEAUTY FITNESS LIFESTYLE MINDFULNESS FINANCE TRAVEL & SPA GENERATIONAL WORKPLACE

TRAVEL & SPA, NEWS

## Greece's Euphoria Retreat Reopens, Debuts Feel Alive Again Program

Heather Mikesell



June 1, 2021



Located in Peloponnese, Greece, [Euphoria Retreat](#), a luxury destination spa, has reopened and launched a new program to help spa-goers negotiate a post-pandemic world. The Feel Alive Again program, focused on recovery and renewal, can be enjoyed two ways.

Throughout the summer, guests can opt to experience various components of the program scattered throughout the resort, such as sunset gatherings, breathwork classes by the pool, nutritional workshops, journaling, treasure hunts in the forest, and music and mandalas sessions. They can also take advantage of Five Elements meditations and expressive dance and performance work rooted in the Greek myths and tragedies. The program is designed for those who want to feel like themselves again.

A more immersive experience is also available with a four-night Feel Alive Again Group Retreat. Hosted and run by Euphoria Retreat advisor and consultant Mary Vadorou, it is ideal for those looking for a more intense program with more support. Able to accommodate up to nine participants, it involves emotional expression work, theatrical improvisation, and creating a personal mandala incorporating a vision of the future.

The group retreats are scheduled for the beginning of July, September, October, and November. The four-night retreat (starting at \$1,158 per person) includes a minimum of three-hour daily sessions with two mentors each morning. Accommodations and meals are extra.

Guests can also take advantage of the spa facilities and the legendary Sphere Pool, which was inspired by the iconic Hagia Sophia church. Inside the sphere, spa-goers enjoy the sounds of music, dolphins, and whales.

Surrounded by ancient forests, castles, churches, and the magical Byzantine village of Mystras, Euphoria Retreat is a place to rediscover your joy.

## Travel & Spa

Relax, retreat, escape.

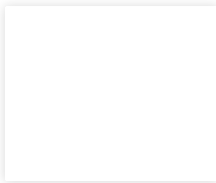
**Sign Up  
For Our Newsletter**

### About The Author

#### Heather Mikesell

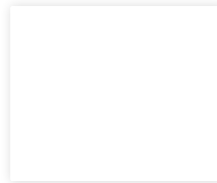
Heather, co-founder of *Well Defined* and the former editor-in-chief of *American Spa*, is an award-winning journalist and content strategist, skilled in writing, copyediting, and media relations. She is also a freelance writer and has contributed to *Elite Traveler*, *Islands*, *Kiwi*, *Luxury Travel Advisor*, *Organic Spa*, *Porthole Cruise*, *Travel Agent*, *abcnews.com*, *jetsetter.com*, *outside.com*, and *wellandgood.com*, in addition to various custom publications. She is frequently called upon to comment on various spa and wellness trends for various media outlets.

### Other Stories You Might Enjoy



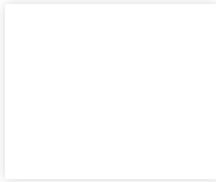
#### Get Your Wellness Fix with These Virtual Experiences and Retreats

By Heather Mikesell  
April 13, 2021



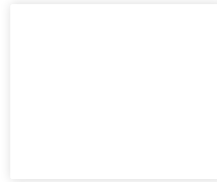
#### We Work Well Expands Global Footprint

By Julie Keller Callaghan  
March 23, 2021



#### Wellness at Home by KLAFS USA to Offer At-Home Sauna and Wellness Experiences

By Julie Keller Callaghan  
April 26, 2021



#### Rancho Valencia Debuts Stunning Spa Renovation

By Julie Keller Callaghan  
May 28, 2021

[ABOUT](#)[PRESS](#)[ADVERTISE](#)[CONTACT US](#)

Redefine wellness in your life.

ENJOY MINI DOSES OF WELLBEING IN YOUR INBOX.



© 2021 Well Defined | All Rights Reserved