How To Spend It Travel

Four retreats to reboot body and soul

Hiking, meditation, healing waters... and rest – where to rediscover your wellbeing mojo

Maria Shollenbarger 28 MINUTES AGO

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Get your post-pandemic groove back in Greece

The pool at Euphoria Retreat © Stavros Habakis

Covid wrought havoc on many of our bodies, but the sustained tension of the pandemic also did no small amount of damage to our spirits. Euphoria Retreat is here with a proposed antidote, offered at its mountainside Greek Peloponnese location. “Feel Alive Again” is a reboot for the body, but also for energy levels and mindset; the mixed itinerary of physical and emotional workshops and group sessions is calibrated to release residual and subconscious stress and anxiety – from your shoulders, and your thoughts.

The spa hammam at Euphoria Retreat © Stavros Habakis

The “Feel Alive Again” programme includes meditation, breathwork – and plenty of time in the outdoors © Stavros Habakis

It will combine meditation and breathwork, creative workshops and visualisation exercises, with tailored body work sessions and restorative exercises, some long walks in the surrounding hills, and lots of rest time built in. *17-20 March, 14-17 April and 19-22 May, from £1,800 full board; euphoriaretreat.com*

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