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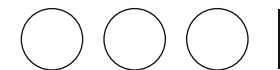
LIFESTYLE // HC MAGAZINE

# Greek wellness retreat mixes euphoria and ancient philosophy



**Melissa Aguilar**

Sep. 12, 2022





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Euphoria Retreat in the Peloponnese incorporates Greek philosophers' teachings in therapies for happiness and wellbeing.

Euphoria Retreat

Up in the hills of the Greek Peloponnese, the charming Byzantine village of Mystras is home to Euphoria Retreat, a holistic destination spa that incorporates the teachings of ancient Greek philosophers: Life should be a joyful, sensual journey of growth and discovery.

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Music Critic / Writer

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It was clear what she was referring to, and fans shouted expletives alongside Gov. Greg Abbott's name.

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Opening Sept. 16 on the Washington Corridor, this two-story, 23,000-square-foot venue offers bars, entertainment

This healing philosophy aims to give guests a sense of euphoria, that state where body, mind and soul find balance and happiness.

The setting is spectacular. The 13th-century town, is crowned by a fortress, a UNESCO World Heritage site that includes castles, a monastery and fresco-filled churches.

The resort is focusing on post-pandemic healing, offering yoga, breathwork, music and laughter to release negative thoughts and therapies to measure metabolic markers for holistic health.

A sense of tranquility permeates Euphoria's Byzantine architecture and monastic interiors. The resort is the passion of founder Marina Efraimoglou, an investment banker and cancer survivor who found solace and recovery in her own Greek heritage.

As Plato said, "Life should be lived as play."

100+ venue options bars, entertainment and three nine-hole putting courses

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ANDREW DANSBY  
Entertainment Writer



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Songwriter Rodney Crowell grew up in Houston and Jacinto City before finding success as a musician in Nashville. His albums have grown more...

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JOY SEWING  
Culture Columnist



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"The Little Mermaid" trailer has young Black girls excited about singer Halle Bailey, who stars as mermaid Ariel. But critics are slamming the new...

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*Room rates start at around \$450 per night.*



Written By  
**Melissa Aguilar**

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As Senior Editor for Features, Melissa Aguilar oversees the Zest, Renew, Preview and Flavor teams, as well as the Chronicle's niche products such as Luxury Life magazine and Houston Gives. In her years at the Chronicle, she has held many positions, from features editor and entertainment editor to fashion writer, copy editor and city hall reporter.

During her tenure, the features sections have won writing and design awards, as well as the prestigious Best Features Section award from the Society of Features Journalists.

Melissa has two adult children, Tessa and Dylan, and a white lab named Sunny. She has completed the Houston Marathon seven times, has ridden the MS 150 eight times and loves to travel, write and shoot pictures. She is a native Houstonian and a magna cum laude graduate of The University of Texas at Austin.

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**Sewing: Black parents share daughters' joy over "Little Mermaid"**

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