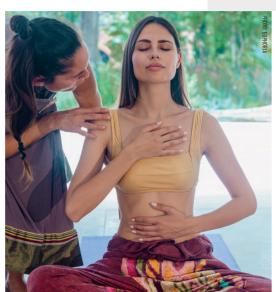
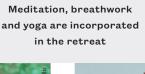
spa business









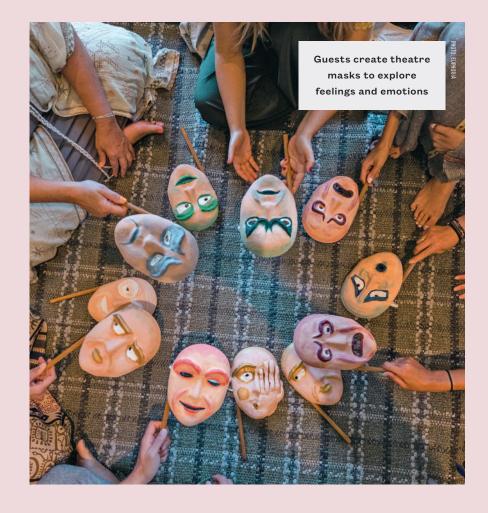
MYSTRAS, GREECE

n the Greek Peloponnese,
Euphoria Retreat has created
a Feel Alive Again programme,
specifically designed to bring
guests fresh energy and
vigour. The four-night programme
is described as "perfect for anyone
feeling exhausted, lethargic, bored,
confused, lost or numb" and offers
"an opportunity to process and
purge the effects of the pandemic".

The group retreats run for three hours each morning, leaving the afternoons free for guests to explore the resort's extensive spa, enjoy the natural and historical surroundings, or find quiet time alone. The programme can either be booked by itself and customised with additional treatments, or added to one of Euphoria's other programmes. Hosted by founder Marina Efraimoglou along with Euphoria's spiritual mentor, Mary Vandorou, the retreat is limited to nine participants to foster a sense of group connection and trust.

Meditation, breathwork, expressive dance, journaling, personal mandala making and even treasure hunts all are incorporated to help guests reconnect and re-energise. Performance work,









Marina Efraimoglou

"The Feel Alive
Again programme
is designed to help
people put everything
into perspective"

Marina Efraimoglou, Founder rooted in the Greek myths and tragedies, includes a session using traditional masks from Greek theatre to explore feelings and emotions.

Euphoria has built its philosophy around the five elements and the retreats make use of this, helping guests identify and connect with elements they're drawn to and offering ways to balance the elements they need more of in their lives.

Euphoria has a wealth of other holistic programmes offering personal journeys of transformation. The Odysseus Journey helps guests learn about themselves through the story of Homer's Odyssey. Incorporating group discussion and the five elements, the retreat is designed to be a fun, engaging way

for guests to reflect on life decisions and where they're leading them.

The Emotional and Physical
Transformation retreat offers an
intensive seven-day programme,
combining group sessions with
solo treatments, while a two-day
Self Awareness Through the Five
Elements is designed as a mini-retreat
to give a taste of Euphoria's core
philosophy of joyful transformation.

The Feel Alive Again retreat is running every month as it's so popular with guests, and Euphoria will soon reveal additional emotional healing retreats.

"The Feel Alive Again programme is designed to help people put everything into perspective, which is essential in these challenging times," says Efraimoglou.