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Euphoria Retreat announces second annual Wellbeing Festival

The longevity-focused event will run from June 19-28, 2026

Greece
By Mark Smith
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Building on the success of its inaugural edition in 2025, Euphoria Retreat in Greece has announced the return of its ten-day Wellbeing Festival.

The expanded programme will run from June 19-28, 2026 and feature more immersive elements, rooted in macrozoe – the Greek philosophy of living well, fully and with purpose.

More than a traditional retreat, the festival has been designed as a transformative exploration of longevity, bringing together world-leading practitioners.

The event invites attendees to explore a deeper and more meaningful question: what does it truly mean to live well?



“We were thrilled by the response to our inaugural Wellbeing Festival last year. It created a genuine sense of community - something we believe is fundamental to long-term health and longevity.”

Marina Efraimoglou
Founder, Euphoria Retreat

Immersive experiences

“This year, we go deeper, offering more space to connect, to practice,” said Marina Efraimoglou, founder of Euphoria Retreat. “And to truly embody the philosophy of macrozoe.”

Structured around key pillars – movement, mindfulness, nutrition, biohacking and human connection – the festival offers a programme of movement sessions, talks, workshops, treatments and immersive experiences.

Guests are invited not only to learn, but to practise, with dedicated time and space to integrate longevity rituals into everyday life.

Experiences include yoga, psychosomatic practices and expressive somatic movement to meditation.

Guests can also expect breathwork and sound healing, alongside science-led insights into nutrition, preventative health and advanced biohacking.

Access to diagnostic and therapeutic technologies – including metabolic testing, red light therapy and IV infusions – further supports a personalised approach to wellbeing.



Guest can enjoy a range of immersive healing experiences

Engaging speaker programme

The 2026 programme will feature a line-up of internationally recognised practitioners, including Dr Louise Newson, a leading voice in women's hormone health; Tiffany Cruikshank, founder of Yoga Medicine; and Meghan Currie, renowned for her intuitive approach to movement.

MC Yogi, known for his uplifting fusion of music and mindfulness, will appear as will acclaimed author and longevity expert Michael Clinton.

Suntara and Helena Houdova will offer sound healing and breathwork. Sanctum will present its unique immersive mind, sound and body sessions.

A cohort of leading Greek medical experts will also be present, reinforcing the retreat's commitment to bridging global expertise with local knowledge.



Euphoria Retreat Wellbeing Festival offers immersive experiences in the Greek landscape

Rooted in nature

Deeply rooted in its setting, the Euphoria Retreat festival draws on the richness of the Greek landscape and culture.

Guests will experience open-air meditation, forest bathing and the use of wild, native herbs. A defining highlight of the programme is an authentic Greek panigiri in the nearby village of Mystras. It will offer a vibrant celebration of music, community and shared joy.

This year, the festival will also introduce two complimentary events open to the local community, reinforcing its commitment to connection and cultural exchange.

Attendees can expect a more intimate and deeply human alternative to large-scale wellness events, a defining feature of the festival is its emphasis on presence, accessibility and meaningful interaction.

Practitioners and guests share meals, conversations and experiences throughout the programme, creating a collaborative environment where knowledge is not only taught, but lived and exchanged.