

# MENS WELLNESS RE-TREAT MAY 19-24, 2025 CRETE - GREECE

Escape to the captivating island of Crete for a transformative Men's Retreat in the picturesque city of Chania. Nestled in the embrace of the Mediterranean, this retreat offers a unique opportunity to rejuvenate the mind, body, and spirit while forging meaningful connections with like-minded individuals. Embrace the serenity of a private villa, indulge in daily yoga, fitness, and meditation classes, and immerse yourself in the rich culture of Chania for a holistic experience of self-discovery and genuine camaraderie.



# Mark Hudges - Workout with Pride

**INSTRUCTORS** 

Dimitris Gkioulos - Re-Treat Yoga Studio

# **LOCATION:**

Chania, Crete, Greece Closest Airport: Chania International Airport CHQ

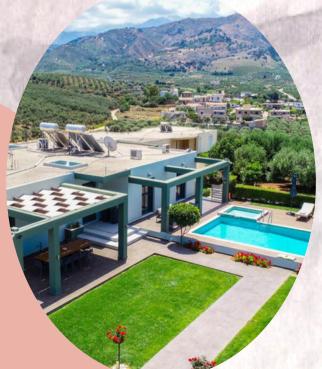
#### **DAILY CLASSES**

- Fitness & Mobility
- Yoga & Meditation

## **ACCOMODATION**

On the top of the hill only a few km from the city center of Chania, Mythic Olive Villa offers the luxuriant you need for your retreat! Amazing views of the Sunrise and the Sunset, incredible exteriors, amazing decoration and many amenities will make your stay Unique and Memorable!

Available Rooms: Shared Twin Rooms Single Rooms



## **EXCURSIONS**

- Beach of Agii Apostoli
- Chania Old City

#### **FOOD**

Daily Homemade Vegetarian Meals Breakfast - Snacks - Dinner



#### **PRICE INCLUDES**

- Accommodation in a private luxury villa
- Daily Classes
- Meals (Breakfast/Snacks/Dinner)
- Transfer for Excursions



Begin your wellness journey. Re-Treat your Body, Mind & Soul

#### **PRICES**

- Early Bird Until March 1st
- Shared Twin Room 1100€ per person
- Single Room 1350€ per person
- Prices After March 1st
- Shared Twin Room 1350€ per person
- Single Room 1600€

To secure your spot a 30% Deposit is required. Deposit is not refundable



