



Elemental Balance

Establish constitutional equilibrium through elemental balance!

24-31
OCT
2020

Basic Package

- A holistic mix of *ANASA holistic breathing*, *GAIA healing dance*, *GAIA ecotherapy*, *GONG sound healing* (Sun-Fri daily, 1 day off)
- 1 consultation "individual constitution"
- 2-8 participants
- € 475,00

Accommodation Package

- 7x overnight stays in a family-run hotel
- Additional stay possible at extra costs
- € 245 (DBL) and € 420 (SGL)

Travel Package

- Roundtrip from home airport to Crete
- Transfer to Chora Sfakion and airport
- Full CO₂ offsetting with Atmosfair
- Your individual travel package upon request

Final Booking Date 17 August 2020

HOLISTIC *healing retreat*

Organised around the four elements of earth, water, air, and fire are the four qualities of cold, hot, moist, and dry and along with them the four humours, creating our individual constitution.

The four humours are in continuous motion - always seeking balance. Health, according to Hippocrates, is the equilibrium and the harmony of these four qualities. Their imbalance and disharmony produce indisposition.

To achieve elemental balance we provide a holistic approach to health and wellness uniquely combining different elements of the ancient art of healing. Our aim is to meet individual needs through personal treatments and consultations, as well as safeguarding group practices to provide an overall relaxing and healing experience.