



# Retreat! Reset! Recreate!

Holistic overhaul to regain sovereignty over health and life

16-23  
MAY  
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

- 7 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 CO<sub>2</sub> offsetting with Atmosfair
- Your individual travel package upon request!

Final Booking Date 16 March 2020

## HOLISTIC healing retreat

In order to transform your life and become "the best yet" version of yourself, you first need to regain sovereignty over health and life. Sovereignty is achieved through catharsis, the most powerful healing, cleansing and transforming process since ancient times.

The treatments and practices we apply as cathartic tools help you to connect to your own rhythm and nature. By reinforcing this connection you will be able to step into a sovereignty much needed to feel happy, creative and fully alive.

This week's programme offers you a unique opportunity to explore your highest potential, reinvent yourself and create a new healthy self.

**Take charge of your life and open the door to happiness and deeper fulfilment!**

**ESTIA**  
Sfakiá

Holistic Healing Centre  
connecting people, cultures, body & soul

Chora Sfakion, Chania, Crete  
Savina & Thomas Chamalidis  
info@estia-sfakia.gr  
www.estia-sfakia.gr  
+30 6946447788