

5 STEPS TO LONGEVITY RETREAT

THE 7 - DAY LONGEVITY PROGRAM INCLUDES

- **MEDITATION** Half an hour meditation each morning
- **DIET** BREAKFAST with detox herbs, local honey and Greek coffee.
LUNCH/ DINNER with macrobiotic food, cooked the Ikarian way,
slow eating with company.
- **MILD MOVEMENT** Three aqua sessions: Aqua Yoga, Aqua Ai-Chi, Aqua Fitness.
- **SIESTA** (Midday rest)
- **CONNECTING** The therapeutic power of theatre: Open –up, trust, laugh, celebrate.
Three sessions of theatre techniques.
Special lesson: Celebrate with Ikarian dance.
- **TWO LECTURES** “On the Ikarian lifestyle of Longevity”, “On Longevity diet”.

SPECIAL ITINARIES

- Spa at the natural springs of “Therma”.
- Hiking across forest path to the beach and swimming in the sea.
- Drink, sing and dance at a local celebration with local people (“panygyri”).
- Visit to a local beekeeper, to an olive oil factory, to Afianes winery.

SPECIAL THANKFUL SUPPER

Harvesting from the vegetable garden, preparing the food, cooking all together, eating slowly and discussing well-being (according to Greek thinking). Let's call it “Greek Symposium”.

TIPS

- Free wine from our local wine at Ktima Spanos.
- Free meals at local tavernas and coffee shops.
- Free booklet on Longevity and the Ikarian life-style.
- Gift basket with local products.
- Free CD with fotos from this unforgettable Longevity Retreat.
- Tickets for Spa “Therma” springs.

SERVICES

- 6 Night accommodation at a first class Resort
- Free transportation for the whole 7-Day Longevity Retreat (including from and to the airport).