

THE WEEKLY PROGRAM

The 5 Steps Program of the Ikaria Longevity Retreat, unfolds during a week and combines the Program with guided visits to certain places and activities that shed light to the Ikarian Longevity.

MORNING

The morning daily classes take place in a wonderful place up the hill of the Profitis Elias village (Ktima Spanos). They include **four morning classes** (the **fifth morning is a late wake-up** because it follows an Ikarian nightly celebration- panigyri).

Each morning class includes:

Meditation: Silence session or nidra yoga (By Angeliki Douka or Kyriaki Spanou)

Mild movement: Hatha Yoga or Aqua Fitness or Ai-chi (By Angeliki Douka)

Connecting (relating and empowerment through theatre techniques: 1. My own voice 2. The Wonderful other (trust) 3. Open-up myself 4. Laughter and dance (By Kyriaki Spanou).

AFTERNOON - Five visits

1. Visit to Winery – Lecture on the qualities of Ikarian wine and wine tasting.
2. Trekking and introduction to the plantation of Ikaria and their medical characteristics.
3. Ikarian nightly (religious) celebration – panigyri.
4. Cooking class - Ikarian local food.

Visit to Nas, and watching the wonderful sunset in Aegean Sea.

SPECIAL TIPS

The day of pick-up from the airport we visit the famous and therapeutic **thermal springs** of Ikaria.

Lecture on Ikarian Longevity

For Ikaria Longevity Retreat
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