

MYKONOS
THEOXENIA

EST. 1960



BE MINDFUL

MINDFUL WEEKS

There is no greater journey, than the journey within.

Immerse yourself in our signature experiences for the mind, body, and soul. Our curated Theoxenia wellbeing treatments and sessions, enhance getting in synch with the slower and more fulfilling pace of Greek island life. Whether through sound, sensation, movement or mindfulness, we offer multiple pathways for tuning into yourself and boosting your state of mind and being.

Featuring highly-respected and gifted healers, teachers, specialists and experts, our in-house wellbeing programs provide the space for you to grow and to let go.

Bathe your soul in the sound healing frequencies of Nikos Unalome - the wellness alchemist, boost your wellbeing and awaken your spirit with Kundalini teacher Louise Delestre, experience the healing embrace of Elena Kurten's Ayurvedic medicine and enhance your thinking and choices with clinical hypnotherapist and health coach Stella Savvidou.

The haven of our property with its tranquil natural environs, offers an ideal setting for voyages of healing. Serenity, self-discovery, vibrant energy, peace of mind and a balanced body can be achieved with these profound holistic therapies and practices.

THE ALCHEMY OF SOUND

Nikos Unalome, Sound healer and wellness alchemist
From June 7 to 11, 2023

Vibrate on a different frequency with the healing sounds and sacred treatments of Nikos Unalome. Named by Forbes magazine as: "the best healer in Athens," we are welcoming him to share his many gifts in private, or group sessions with you.

From the 7th to the 11th of June. With a combination of blessed oil massages and the high, vibrational frequency of his Bilas flat bells, Nikola's treatments unblock energy chakras, restore the connection to the soul and allow for transformational healing.

"Let's travel together in the Sacred Dance of Thai massage, through the meditative touch and movement method, blended in a therapeutic choreography along the meridians, that will reunite body, mind and spirit. Chi Nei Tsang is also part of Thai massage, the main targets of which are detoxification, restructuring, strengthening and balancing emotions." *Nikolaos Unalome*

To book your experience please contact our concierge
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NIKOLAOS UNALOME
Sound healer and wellness alchemist



LOUISE DELESTRE
Kundalini, Yin Yoga, & Sound Massage

RAISE YOUR CONSCIOUSNESS, AWAKEN YOUR KUNDALINI

Louise Delestre, Kundalini, Yin Yoga, & Sound Massage

From July 4 to 11, 2023

Louise's multiple practices and healing techniques allow for the total reboot of your physical and energetic body.

Of French origin, after a career in the art world, Louise chose a nomadic life dedicated to the art of living with awareness.

Louise practices dynamic or gentle yoga, with Kundalini Yoga kriyas or Yin Yoga postures. She uses different meditation techniques, breathing exercises, free dancing and mantras chanting, to invite you on a spiritual journey within yourself.

In individual sessions, Louise practices holistic therapy (from the ancient Greek *therapeia* which means "care" and *holos* "whole") to address the body, mind and spirit at the same time. With Reiki, Louise channels universal life energy and transmits it through her palms. Initiated in sound therapy, her sound massage vibrations harmonize the body's cells and organs.

"The awakening of conscience, our capacity for self-healing, our power of transformation, is what I wish to transmit through my therapies" *Louise Delestre*

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HEALING VIA AYUVERDIC MEDICINE

Elena Beurdeley, Ayurvedic nutritionist,
Ayurvedic massage practitioner
From 28 August - 3 September 2023

Elena empowers with Ayurvedic counselling, treatments and practices for overall health and wellbeing that promote a natural and holistic approach to physical and mental health.

Sharing the ancient Indian wisdom of Ayurveda, she promotes true wellbeing and a peaceful mind by balancing digestive systems and reconnecting the natural bodily rhythms. Elena creates a personalised Ayurvedic health plan for you, aimed at enhancing your digestive and detoxification system and guiding you back to an optimal balance of mind and body. These goals are supported with nutritional advice, plant-based supplements, massage therapies and lifestyle practices.

"A healthy body is the key to a peaceful mind. A peaceful mind is the key to a joyful life. As a natural health practitioner, I explore and share ancient medicinal practices that have a positive impact on our health, the way we feel and our immediate capacity to enjoy life"

Elena Beurdeley

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ELENA KURTEN
Ayurvedic nutritionist, Ayurvedic massage



STELLA SAVVIDOU
Mindfulness accredited teacher,
systemic and couples therapist

MIND MATTERS

Stella Savvidou, Clinical Hypnotherapist
From October 2 to 10, 2023

With her multi-disciplinary background as a health coach, clinical hypnotherapist and systemic psychotherapist, Stella promotes mindfulness, leadership and unlocking your thinking.

Her continual fascination with people, their everyday lives and problems is expressed in her coaching, focusing on mindfulness and its holistic importance in wellbeing. As a public speaker for global organisations, Stella harnesses the power of our thoughts to change our realities.

The benefits of her mindfulness sessions for couples include reducing stress, finding inner peace, improving focus and concentration, enhancing self-awareness and forging healthy relationships. Within the workshops, she provides a plethora of psychoeducational tools for interpersonal relationships; assisting couples with reconnection, finding compromises, building trust, rekindling intimacy, and understanding the root causes of issues.

Immersed in Stella's coaching in mindfulness, mindful walking, dealing with difficult emotions and thoughts, you will build the mental framework to face everyday challenges with more understanding.

"Mindfulness means paying attention in a certain way, in the present moment, without criticism" John Kabat Zinn.

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