



PROGRAM

DATE	TIME	SESSION	PARTICIPATION FEE	
			MEMBERS	GUESTS
FRIDAY 6TH OCTOBER <i>HP Athens Café</i>	17:00-19:00	Abundant Life Journey (DA, SP) <i>Get to know our guests visiting from India!</i>	Complimentary	
SPARK YOUR RELATIONS			198€/Day 284€/2 Days	222€/Day 334€/2 Days
SATURDAY 7TH OCTOBER <i>HP Athens</i>	08:00-09:00	Pranayama (SA) / Tree Mirroring (DA)	36 €	49 €
	09:00-10:00	Fruits & Smoothies		
	10:00-12:00	Relation with Self (SA, DA)	74 €	86 €
	12:00-13:00	Relation with Nature (SA)	Complimentary	
	13:00-14:30	Lively Lunch		
	14:30-15:30	Relation with Food	74 €	86 €
	15:30-17:00	Sounds of Nature (SA)	Complimentary	
	17:00-17:30	Lively Snacks		
	17:30-19:30	Cacao Ceremony (SP)	74 €	86 €
	19:30-21:00	Lively Dinner		
SUNDAY 8TH OCTOBER <i>HP Athens</i>	08:00-09:00	Hatha Yoga (SA) / New is Born (DA)	36 €	49 €
	09:00-10:00	Fruits & Smoothies		
	10:00-11:30	Relation with Partner (DA, SP)	74 €	86 €
	11:30-13:30	Art of Raw Food (SA) / Relation with Water (DA)	74€	86€
	13:30-15:00	Lively Lunch		
	15:00-17:00	The Life You Wish (SA)	74 €	86 €
	17:00-17:30	Lively Snacks		
	17:30-19:30	Sacred Imagination (SP)	74 €	86 €
19:30-21:00	Lively Dinner			
DETOX CHALLENGE				
MONDAY 9TH OCTOBER <i>HP Glyfada</i>	08:00-09:00	Sun Gazing (DA) / Voice of the Heart (SP)	36 €	49 €
	11:00-14:00	Dialogue: Detox Your Body (DA) / Finding La Loba Within (SP) - 3 hrs with meal	74 €	86 €
	16:00-19:00	Detox Your Mind (DA, SA) - 3 hrs with meal	74 €	86 €
	20:00-21:00	Theatre Healing (SP, DA)	Complimentary	
TUESDAY 10TH OCTOBER <i>HP Glyfada</i>	08:00-09:00	New is Born (DA) / Voice of the Heart (SP)	36 €	49 €
	11:00-14:00	Dialogue: Detox Your Body (DA) / Finding La Loba Within (SP) - 3 hrs with meal	74 €	86 €
	16:00-19:00	Detox Your Mind (DA, SA) - 3 hrs with meal	74 €	86 €
WEDNESDAY 11TH OCTOBER <i>HP Glyfada</i>	08:00-09:00	Laughing Yoga (DA) / Voice of the Heart (SP)	36 €	49 €
	11:00-14:00	Dialogue: Detox Your Body (DA) / Finding La Loba Within (SP) - 3 hrs with meal	74 €	86 €
	15:30-19:00	MirrorMate (SP, DA)	123 €	148 €
	19:00-20:00	Lively Dinner		
	20:00-21:30	Embrace the River Within (DA, SP)	36 €	49 €
MIRRORMATE				
FRIDAY 13TH OCTOBER <i>HP Glyfada</i>	08:00-09:00	Heart Opening Yoga (SP)	36 €	49 €
	10:00-12:30	MirrorMate (SP, DA)	123 €	148 €
	14:00-17:00	MirrorMate (SP, DA)	123 €	148 €
	18:00-21:00	Rose Healing (SP) / Workplace Group Relations (DA) - 3 hrs with meal	74 €	86 €
I AM JOY			198€/ Day 284€/2 Days	222€/ Day 334€/2 Days
SATURDAY 14TH OCTOBER <i>HP Athens</i>	09:30-10:00	Lively Snacks		
	10:00-12:00	I am Laughter (SP, DA)	74 €	86 €
	12:00-13:30	Lively Lunch		
	13:30-14:30	Dance / Energizer Activity	Complimentary with "I am Laughter"	
	14:30-16:00	I am Laughter (SP, DA)	74 €	86 €
	16:00-17:00	Lively Snacks + Sharing		
	18:00-21:00	Rose Healing (SP) / Relation with Money (DA)	74 €	86 €
SUNDAY 15TH OCTOBER <i>HP Athens</i>	09:30-10:00	Lively Snacks		
	10:00-12:00	I am Tears (SP, DA)	74 €	86 €
	12:00-13:30	Lively Lunch		
	13:30-14:30	Mirroring Activity	Complimentary with "I am Tears"	
	14:30-16:00	I am Tears (SP, DA)	74 €	86 €
	16:00-17:00	Lively Snacks		
WORKSHOP				
MONDAY 16TH OCTOBER <i>HP Glyfada</i>	10:00-14:00	Learning Sound Bath (SP) - 4 hrs with meal	74€/Session 198€/All 3 Sessions	86€/Session 235€/All 3 Sessions
	11:00-14:00	Design Food Forests & Treehouse (DA) - 3 hrs with meal	74 €	86 €
	15:30-17:30	MirrorMate (DA)	123 €	148 €
	18:00-21:00	Wild & Wise Within / Eat, Play, Love (DA) - 3 hrs with meal	74€/Session 198€/All 3 Sessions	86€/Session 235€/All 3 Sessions
TUESDAY 17TH OCTOBER <i>HP Glyfada</i>	08:00-09:00	New is Born (DA)	36 €	49 €
	10:00-14:00	Learning Sound Bath (SP) - 4 hrs with meal / MirrorMate (DA)	74€/Session 198€/All 3 Sessions	86€/Session 235€/All 3 Sessions
	15:30-17:30	MirrorMate (DA)	123 €	148 €
	18:00-21:00	Wild & Wise Within / Eat, Play, Love (DA) - 3 hrs with meal	74€/Session 198€/All 3 Sessions	86€/Session 235€/All 3 Sessions
WEDNESDAY 18TH OCTOBER <i>HP Glyfada</i>	08:00-09:00	Laughing Yoga (DA)	36 €	49 €
	10:00-14:00	Learning Sound Bath (SP) - 4 hrs with meal / MirrorMate (DA)	74€/Session 198€/All 3 Sessions	86€/Session 235€/All 3 Sessions
	15:30-17:30	MirrorMate (DA)	123 €	148 €
	18:00-21:00	Wild & Wise Within / Eat, Play, Love (DA) - 3 hrs with meal	74€/Session 198€/All 3 Sessions	86€/Session 235€/All 3 Sessions



SESSION	DESCRIPTION
Abundant Life Journey	Take a Sneak Peek of whole month long activities & retreats with our guests visiting from India. Join Us to deep dive in this journey from limited life to abundance.
Spark Your Relations	Enhance self-love and spark lively relations with your partner, parents, children, food & nature. Know yourself, your values, your inner child, your relation with Nature: 5 elements - Earth, Water, Sound, Food etc and create a meaningful life the way you wish
Pranayama	Learn to master the vital force of our breath. Resource to connect with your body, breath and to slow down in your life. Cleanse your 72000 vital energy channels inside body to detox holistically.
Tree Mirroring (on popular demand)	Tree can be your perfect mate to mirror you, hold you and inspire you. Tree Mirroring includes Breath-work, Barefoot walking, Tree Hugging and melting in Nature. A tree is a silent buddy and it truly feels like home-coming when paired with reflection and healing.
Relation with Self	Self-love is the foundation. All other relations depends on Relation with self. Join Us to Join Your Self.
Relation with Nature	Connect with 5 elements of Universe - Earth, water, air, fire, space
Relation with Food	What we eat is what we become. Let us create our bodies a healthy & pure adobe to reside in
Sounds of Nature	Learn about universal sounds of nature. How these sounds impact you? How these sound vibrations can make my life blissful.
Cacao Ceremony	Open up your heart to truly feel alive with the ceremonial Mama Cacao.
Hatha Yoga	Align your body in alignment with universe and upscale your energy
New is Born	Let go of old by acceptance, contentment & celebration of the present moment. Transform yourself by leaving the old and welcoming the NEW.
Relation with Partner	Men and women are built different and it's not just biological difference. Let us explore what does it mean being a men or women? How can you experience your partner being a mirrormate.
Art of Raw Food	Learn the art of Raw food, recipes, lively food, fruits, smoothies, salads and how to combine foods.
Relation with Water	Our body is 99% water molecules - are you experiencing it's flow? Learn the benefits of drinking structured water.
The Life You Wish	Create a life you wish by enhancing to the best of your potential. Tap into the abundance energy within to flow freely in your life.
Sacred Imagination	Explore tips and tricks to create your space for inviting self-love, Relaxation & Positive Mindset
Sun Gazing	Our Body, Mind & energy system gets nourished al-together by gazing sun for few mins every day during sunrise or sunset. Join Us to know the process & its benefits along with barefoot walk and forest bathing.
Voice of the Heart	Voice is a powerful tool to authentically express yourself and stand up for yourself. Explore your authentic voice from your heart to reach a space of rhythmic melody within, which is raw, real and further symbolises pure expression brining mind clarity and confidence.
Detox Your Body	We make choices everyday. Some choices are more life altering than others. We have a detox challenge for you with a choice of altering your life. You can choose your own combination of detox each day from the options given to you. Experience the benefits of your detox journey with the support of our wellness specialist.
Finding La Loba Within	Look for your hidden pieces and let the knower of all find you. Deep dive into your hidden gifts via this storytelling activity.
Detox Your Mind	Detox, de-clutter and drain out all that no longer serves you. Power detox is a set of powerful tools to rejuvenate yourself, to energise you when you are low, and protect your peace when you are in high spirits. Learn to self-heal yourself with 5 elements of nature. Experience to coach yourself to heal from your own confusions. Let the clarity comes by vanishing the fog within you.
Theatre Healing	Effective theatre tools can help facilitate healing. Join us to heal with theatre. Express Yourself with diverse prespective in life to heal & grow.
Laughing Yoga	Gather, Laugh, Silence, Share. 5 mins Intro, 25 mins Laugh, 15 mins Silence, 15 mins Sharing. Experience the vitality in your body by the simple act of laughing & sitting in Silence.
MirrorMate	Experience an unbiased & non-judgemental space to find the solutions within for your life challenges via our MirrorMate Coaches. A mirror is a powerful and mind bending practice to sense your impulses and mark your growth. Participants can deep dive within themselves with the help of their mirror-mates, who will assist them one-on-one to reflect on solutions from within.
Embrace the River Within	What qualities of River would you like to bring in your life to experience the free flow within? Learn to embrace the River within through creative healing arts.
Heart Opening Yoga	Join us for slow unrushed movements that feels like hugging your heart from inwards, and opening it wide open.
Rose Healing	Explore how rose can bring healing to all levels of your existence. Rose Healing is a portal to the Divine Feminine and wild woman embodiment. A women's unique beauty and power is unleashed and her orgasmic potential is liberated. Rose Healing is a deeply enriched practice to tantalise your journey towards sensual mastery, opening your heart, voice and purity portals. Feminine energy is welcomed, cherished and cultivated through sacred rituals, ceremonies and sensual practices. It is a safe circle where Divine Feminine awakens, participants bring healing to their divorce wounds, sexual trauma, change their life programming to clarity and blossom to the rose within. Rose Healing is open to all men & women, in which everyone will experience their feminine awakening.
Workplace Group Relations	Do you know, 85% of the employees are disengaged from their work? How can we mimicking Ants to enhance Sense of Ownership for all? How can we practice self-management to become more effective instead of loosing employees ideas it to bureaucracy? How can collective intelligence within team members flourish to the best of your potential?
I AM JOY	We have been suppressed to laugh or cry since our childhood. I AM JOY is a safe space for you to express your emotions to its fullest. Free flow your laughter, tears, body movements and silence to experience the deepest form of bliss within you.
I am Laughter	Gather, Laugh, Silence, Share. 15 mins Intro, 15 mins body movement, 45 mins Laugh, 20 mins Silence, 20 mins Sharing. Experience the vitality in your body by the simple act of laughing & sitting in Silence.
Relation with Money	You will have a dialogue with a Banyan Tree about your path to Financial Freedom. These techniques will help you enhance to the best of your potential. As an outcome, You will have smoother relation with money and learn various techniques how financial energy can help enhance yourself.
I am Tears	Gather, Tears, Silence, Share. 15 mins Intro, 15 mins body movement, 45 mins Tears, 20 mins Silence, 20 mins Sharing. Experience the vitality in your body by the simple act of crying & sitting in Silence. Tears can melt your ego, eliminate your sadness, increase your happiness and express yourself in gratitude.
Design Food Forest & Treehouse	Present day food production is chemical intense, consumes more resources and degrades the soil. Join Us to explore rejuvenating benefits of food forests & treehouse to transform your health and lifestyle. This is a practical workshop to learn to design your food forest & treehouse or how to get access to them even if you do not have resources.
Learning Sound Bath	Practice to hold sound journey for yourself & others to tune-in the sound within. Learn how to facilitate sound healing workshop for others to heal your near & dear ones or earn an extra income.
Wild & Wise Within	Trust our instinctual traits, connect to the wild and free spirit within through movement, breath and flow. You will feel afresh, lively & get changed prespective in a way of looking to the world.
Eat, Play, Love (Transform Your Health, Wealth & Relations)	We are opening you to the secrets of health, wealth & relations that you will realise within yourself in this space. Unlock the secrets of effortless flow, just like a river. As a takeaway, flourish yourself to the best of your potential and unleash your hidden gifts to transition from limited life to abundance.