

Adrakos mini retreats

Allow yourself to rest, being pampered and recharged with new energy and vitality. Embrace the feeling of well being in your life.

Visiting hidden places in the surround area and experiencing the ancient wellness of Cretan vibration, enjoying a healing touch, meeting Cretan tradition and enjoying Cretan nutrition during a short journey Adrakos Team is organizing just for you. A small group of visitors, a good feeling and a friendly reconnection with our self and the others is the recipe for a getaway in Crete.

First Day

- A well taken care of homemade breakfast, with the magnificent view of Elounda gulf right on your feet. An interesting and detox mix of local herbs will be served too.
- A walk or short trip in hidden places around with special interest. (You will need a car for this) A healthy traditional snack will be served.
- An original and healthy meal in our restaurant “Terrassa”
- Medical consultation
- A wellness treatment of your choice
- Special detox herbal tea or smoothie

Second day

- A well taken care of homemade breakfast, with the magnificent view of Elounda gulf right on your feet. An interesting and detox mix of local herbs will be served too.
- **Lecture:** Ancient Greek Mythology and Philosophy. A journey in the past full of “tools” to support our present and our future. A step closer to our inner self.
- An original and healthy meal in our restaurant “Terrassa”
- A wellness treatment of your choice
- Special detox herbal tea or smoothie

Third Day

- A well taken care of homemade breakfast, with the magnificent view of Elounda gulf right on your feet. An interesting and detox mix of local herbs will be served too.
- A walk or short trip in hidden places around with special interest. (You will need a car for this). A healthy traditional snack will be served.
- An original and healthy meal in our restaurant “Terrassa”
- A wellness treatment of your choice
- Special detox herbal tea or smoothie

Forth Day

- A well taken care of homemade breakfast, with the magnificent view of Elounda gulf right on your feet. An interesting and detox mix of local herbs will be served too.
- Cooking lesson: Preparing and tasting local recipes, in Adrakos.
- A wellness treatment of your choice
- Special detox herbal tea or smoothie

Fifth Day

- A well taken care of homemade breakfast, with the magnificent view of Elounda gulf right on your feet. An interesting and detox mix of local herbs will be served too.
- A walk or short trip in hidden places around with special interest. (You will need a car for this). A healthy traditional snack will be served.
- An original and healthy meal in our restaurant "Terrassa"
- A wellness treatment of your choice
- Special detox herbal tea or smoothie

Those retreats can be organized for you, minimum for 2 days. It can happen in group or individually. Group can be no more than 8 people and no less than 3.