

SYMI • GREECE

YOGA & WELLBEING RETREATS



εὐ ζῆν

WELLBEING CENTRE



The Eú Zήv Wellbeing Centre is a space that provides alternative, transformative methods of health and healing for the mind, body and spirit, located on the island of Symi in Greece.

The centre offers yoga, pilates, reiki, meditation and massage all year round.

The main room is warm and inviting, providing a comfortable, private space for classes. Massage and reiki therapies are conducted in separate therapy rooms throughout the building.

An outdoor terrace overlooking the main harbour is frequently used during warmer months for evening meditation and yoga classes.

RATES

€50 per class

For use of the main room on the lower level and the terrace. Suitable for groups of 10-12 people.

For use of the main treatment room or the upstairs apartment, please contact us by email for availability and pricing.



The ground floor of the Eú Zήν Wellbeing Centre consists of two spaces; one large room where classes are conducted, and one smaller treatment room.

The main room is where yoga, pilates, meditation and special events take place. The room is fully equipped with mats, balls, blankets, elastics and belts. This year the centre will also be offering Aerial Yoga, with equipment for suspension provided as well.

A smaller therapy room provides a professional massage table, large fouton, blankets and towels for those wishing to use the space to offer treatments themselves or wishing to book treatments with the Centre's therapists.

THERAPIES

€40 Massage

€30 Reiki

Above rates are for treatments conducted by the Centre's therapists.

CLASSES

€10 per class

Yoga & Pilates classes conducted by the Centre's teachers.



The upper level of the *Eú Zήν Wellbeing Centre* is a warm, spacious, two bedroom apartment, with a sitting room that opens out to a terrace overlooking the harbour.

This apartment can be booked on application at an extra charge per day, depending on availability. It can be used by retreat planners as either live-in accommodation (providing two double bedrooms, kitchen, bathroom and lounge room) or as an additional level for meditation, classes, group discussions etc.

RATES

POA

Please email us for rates and availability.



Symi is part of the Dodecanese islands of Greece, located in the Southern Aegean Sea. It is an idyllic, peaceful location, rich in natural beauty.

The island is famed for its picturesque, neoclassical architecture and colours, known and loved by travellers around the world. When approaching the main harbour by boat, a sense of magic arises at first sight - a memory that remains with you long after your visit is over, and something that keeps people coming back year after year.

Symi boasts breathtaking beaches, raw landscape and a laid back, relaxed atmosphere... an ideal location for your retreat!



ACCOMMODATION

Rates and availability vary depending on the dates of your retreat and your accommodation preference. Please contact us by email on info@symiwellbeingcentre.com for more information.



The Old Markets

An exquisite, centuries-old national monument with enthralling views over Symi's historic harbour, this quietly opulent boutique hotel offers the most luxurious lodgings on the island.

The hotel prides itself in it's impeccable service, thoughtful details and delicious cuisine in an intimate and atmospheric setting. Hotel features include a swimming pool and open roof terrace overlooking the harbour.

theoldmarkets.com

Iapetos Village

An oasis of traditional, neoclassical houses framing exotic gardens, and a swimming pool shaded by a stone gazebo. Iapetos Village offers excellent service in a quiet, convenient location, set back from the bustle of the main town yet only a few minutes walk away. A pool bar offers various drinks and snacks for guests to enjoy amidst the lush garden landscape and pool.

iapetos-village.gr



Thea Apartments

These newly built apartments are perched amongst the cascading buildings of the harbour that the island is renowned for, giving them both a privileged, convenient location and spectacular views of the vast blue sea and astonishing architecture.

Warm, inviting hospitality and high quality services compliment the comfortable, traditional interiors of these apartments.

symi-thea.gr



Nireus Hotel

The superb, recently renovated hotel enjoys an unrivalled position on the waterfront, with commanding views across the entrance to Symi harbour.

The hotel offers a restaurant and indoor-outdoor bar on a spacious and sunny terrace by the seaside. Close to Nos beach and the main town, although sunbeds are provided for guests preferring to enjoy a dip on their doorstep!

nireus-hotel.gr



Eos Studios

A small, family run group of studios and maisonettes. Located only ten minutes walk from Symi's main port and five minutes from the Wellbeing Center.

All rooms have private terraces from where you can enjoy the superb view of the harbour and surrounding architecture, and the Turkish coast in the distance.

Friendly, warm atmosphere and service.

symiaccommodation.gr

Symi Center

These studios are ideally located in the main town of Symi, right behind the Wellbeing Centre. Housed in a two storey, neoclassical building, the hotel offers six self-contained double rooms and two communal kitchens for guests to prepare their own meals.

symicenter.gr



Hike to the Historic Castle

The Kali Strata is the main walking route between the harbour and village, and is one of the most historically rich walking routes on the island. The walk commences from the main town and up the renowned Kali Strata steps, into the winding streets of the village and ending at the ancient castle at the very top of the mountain overlooking Symi. The Olive Tree, an organic cafe, makes for a welcome stop on the return route to the harbour, providing healthy, organic brunch and beverages.

RATES

€5 per person

Cost includes a guided hiking tour of the Kali Strata and the Village.

Brunch and beverages are an additional charge. Choose from an array of freshly made snacks, coffee, tea and fresh juices.



Hike to Toli Bay

A long hike up through the village and over the rugged, mountainous inner island, ending at a quiet bay for a refreshing swim and healthy mediterranean lunch at Dafnes Taverna. The group will be transported back to the harbour by car for the return trip.

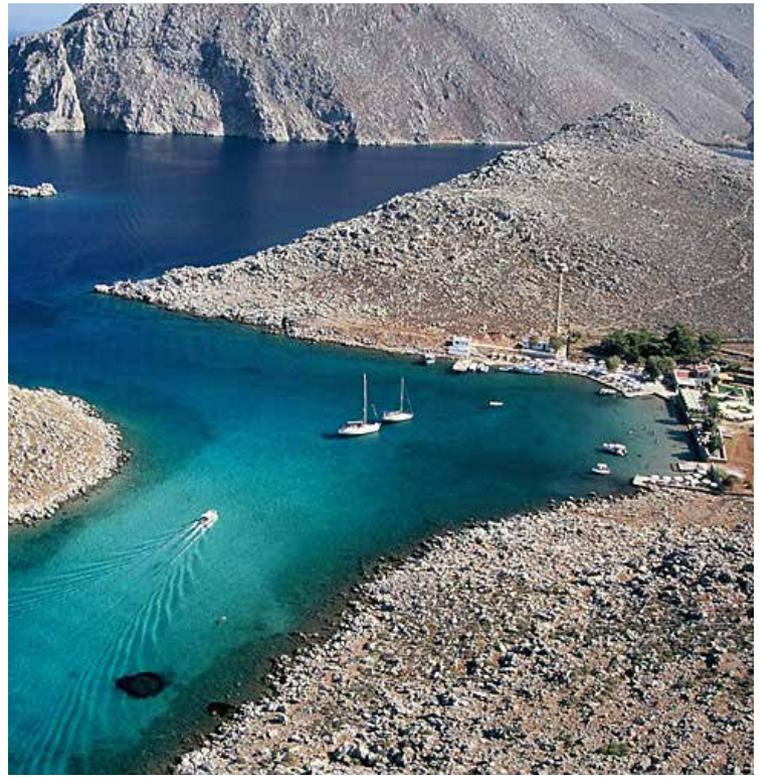
RATES

€10 per person

Cost includes a guided hiking tour to Toli Bay and transfer back to the harbour.

Lunch and beverages are an additional charge. Choose from an open menu of traditional, healthy mediterranean dishes.

HIKING EXCURSIONS



Boat Tour Around the Island

A traditional sailing boat takes you on a tour of the island's most magnificent bays and sites. The first stop is a hidden beach within a cave, then on to St. Basil Bay, Panormitis Bay (the Monastery of the Patron Saint of the island, Archangel Michael) and a three hour break for lunch at Seskli, a quiet, secluded, islet. The tour ends at St. George Bay, where afternoon coffee and a snack is offered after a refreshing swim.

symi-excursions.gr

RATES

€30 per person

Price includes boat tour around the island, BBQ lunch, snacks and beverages.

Private Boat Excursion

Reap the benefits of having a traditional sailing boat exclusively for the day, for your private group (max. 10 passengers). Sail to 3 or more bays of your choice and create a tailor-made, unique excursion, which could include yoga, meditation etc. stops on the beaches of your preference. A BBQ lunch, snacks and refreshments are provided.

symiboatexcursion.com

RATES

€380 per day
Price is for a group of up to 10 people, from 10am - 6pm, with a BBQ lunch, snacks and beverages included, and maximum of 3 bays of your choice.

€500 per day
Price is for a group of up to 10 people, from 10am - 6pm, with a BBQ lunch, snacks and beverages included, for around the island; your choice of 4 or more bays.



Bus Tour to Panormitis Monastery

Enjoy a tour through the inner island by bus, witnessing the forest regions of Symi, with photo stops on the way to Panormitis Monastery. Here, the group has time to explore this historic, renowned Monastery of Archangel Michael. The bus then takes the group to Marathounda Bay for lunch and a swim, and is picked up and returned to the main harbour.

panormitistravel.gr

RATES

€6 per person

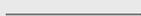
For a group of 12 people or more.

Cost includes the bus trip to and from Panormitis and Marathounda Bay, departing from the main harbour.

An a-la-carte menu of traditional Greek dishes and beverages provided by the taverna at Marathounda Bay are at an additional charge.

BUS EXCURSIONS

ADDITIONAL SERVICES





Pre-arranged Meals

Pre-planned menus can be arranged as part of our Retreat Service for the duration of your retreat.

Feel free to discuss your menu preference in detail with us, after which we make necessary arrangements with venues that best suit your specifications.

RATES

POA per pax / day

Prices depend on menu preference. Please contact us by email for a quote.

Administration Fees

The Εύ Ζήν Wellbeing Centre offers administration services to retreat planners who prefer to have bookings and details arranged locally.

Services include:

- Booking accommodation & transfers
- Booking island excursions
- Booking pre-planned menus & meals
- Booking services of the Centre (massage and reiki treatments) with the Centre's therapists
- Assisting with all of the above throughout the duration of the retreat.

RATES

€1400 per retreat

ADDITIONAL SERVICES

WE LOOK FORWARD TO HOSTING YOUR RETREAT!

- NAMASTE -



εὐ ζήν

WELLBEING CENTRE

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