

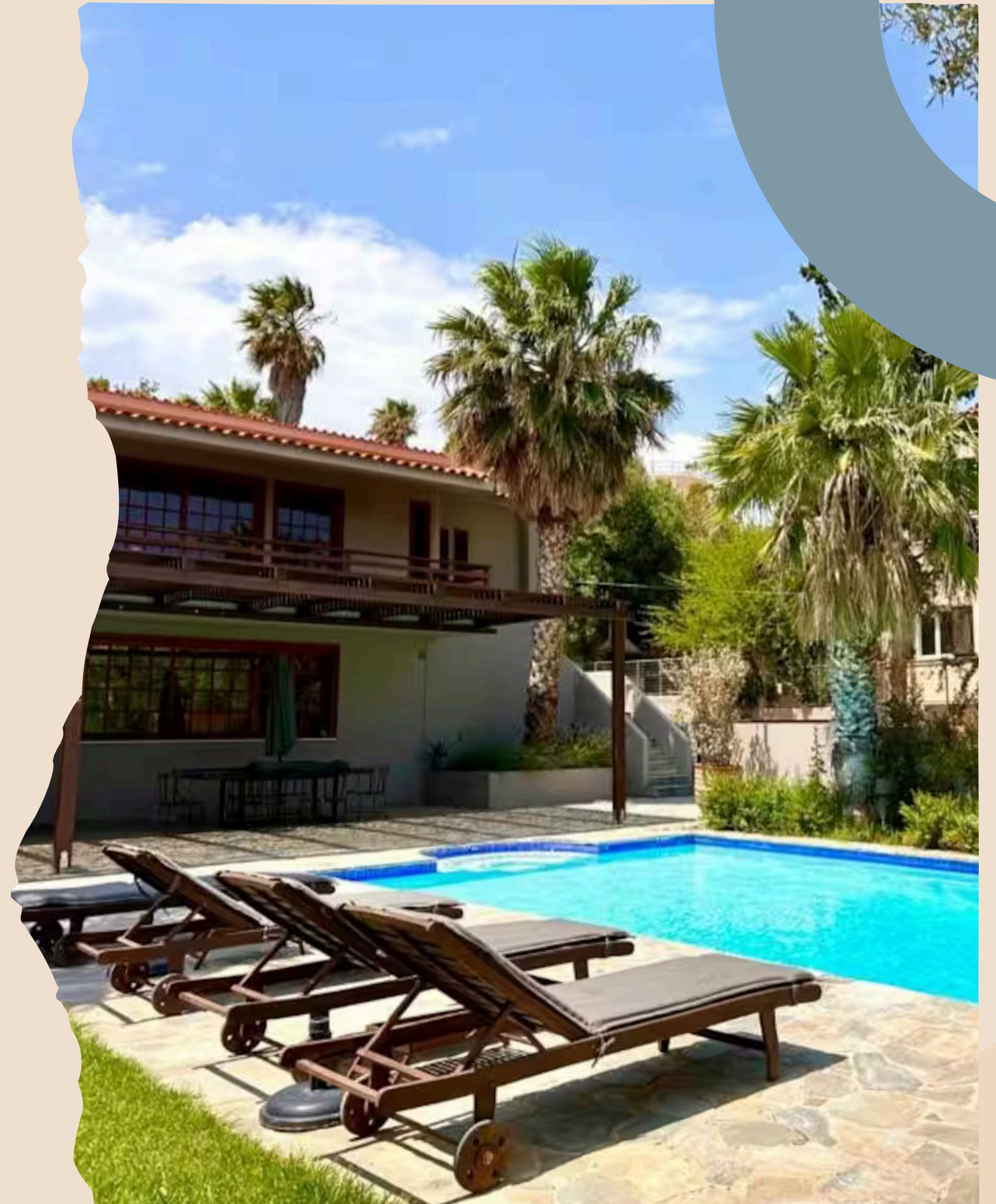


The Saronida Sanctuary Retreat

The Most Confident Sanctuary Retreat



100%
Satisfaction Or Your
Investment Returned





Dates and Location

Date: July 28–31, 2026

Location: Private mansion in Saronida, Athenian Riviera

A private, fully inclusive retreat designed for deep reset.

Set on the Athens Riviera, this is space to step away, slow down, and recalibrate in a refined coastal environment.

Purpose of the Retreat

Disconnect to reconnect.

Step away from constant demand and into a space designed to restore clarity, energy, and focus.

Set on the Athens Riviera, this retreat allows you to slow down, recalibrate, and return feeling sharper, lighter, and fully reset. ✨





What's Included

- Private Chef Catering to Your Needs
- Talk Therapy / Counseling
- Professional Life Coach
- Massage / Physio Therapy
- Traditional Chinese Medicine Acupuncturist
- Aesthetician
- Yoga & Pilates
- Psychologist
- Stretching & Breathwork Classes
- Nail Technician

Private Chef

Tailored To Your Needs.

With over 30 years of experience, our private chef has dedicated his life to the craft of cooking. Having worked as Head Chef at the Imperial Hotel in the United Kingdom, he brings a level of precision, creativity, and consistency expected at the highest standard. His approach is simple - exceptional ingredients, thoughtfully prepared, and tailored to each guest. Every meal is designed not just to nourish, but to complement the overall retreat experience.



Talk Therapy / Counseling

Our talk therapy team offers calm, supportive 1:1 sessions, available whenever you feel it would be helpful. Support from experienced therapists and psychologists is there if needed, always entirely optional, allowing you to talk and reflect at your own pace.





Life Coaching

Clarity Beyond Limits.

Our life coaching team offers focused 1:1 sessions, designed to bring clarity, direction, and perspective across all areas of life. Whether you're refining goals or navigating change, support is there if needed — always entirely optional, and tailored to you.



Massage / ✨ Physio:Therapy

Tailored To Your Needs.

Our massage and physiotherapy team offers restorative 1:1 sessions focused on recovery, release, and overall physical wellbeing. Combining experience with a calm, intuitive approach, each session is designed to ease tension and support the body naturally.

Support is available whenever you feel it would be beneficial - always entirely optional, and delivered at your own pace.



Traditional Chinese Medicine Acupuncturist

With over 16 years of experience, our practitioner has developed a refined and intuitive approach to Traditional Chinese Medicine, including acupuncture, cupping, and moxa. Known for consistently delivering results, each session works to restore balance, relieve discomfort, and reset the body at a deeper level. Available as 1:1 sessions, always optional and tailored to you.



Esthetician

- Our esthetician offers personalised 1:1 treatments focused on skin health, relaxation, and overall self-care. With a calm, detail-oriented approach, each session is designed to refresh and restore, using high-quality products and techniques.

Treatments are available whenever you feel they would be beneficial - always entirely optional, and delivered in a way that feels effortless and unhurried.



Yoga & Pilates

Our yoga and Pilates instructors offer guided 1:1 or small group sessions designed to support strength, flexibility, and overall balance. With a calm and considered approach, each session focuses on mindful movement and connection between body and mind. Sessions are available throughout your stay - always entirely optional, and designed to fit your pace and energy.



Psychologist

Our psychologist offers calm, supportive 1:1 sessions for those who want a slightly deeper level of insight and understanding. The approach is thoughtful and relaxed, creating space to reflect, gain perspective, and make sense of things in your own way. Available throughout your stay - always entirely optional, and at your own pace.



Assisted Stretching & Breathwork

Our breathwork and stretching coach offers guided 1:1 and small group sessions designed to release tension, improve mobility, and restore a natural sense of calm.

With an experienced and intuitive approach, each session focuses on breathing patterns, gentle movement, and overall balance.

Sessions are available throughout your stay - always entirely optional, and designed to fit your pace and energy.



Nail Technician ✨

Our nail technician offers clean, detail-focused 1:1 treatments designed to complement your overall self-care and sense of ease. Each session is calm, unhurried, and thoughtfully done, adding a subtle finishing touch to your time at the retreat. Available throughout your stay - always entirely optional, and at your own pace.





Why Join?

- Gain clarity, focus, and a stronger sense of direction
- Step away from constant demand and fully reset
- Experience a private, all-inclusive retreat - no hidden extras
- Access a full team of specialists, all in one place
- Move at your own pace with complete flexibility
- Leave with practical tools you can carry into daily life
- Be part of a limited, high-quality experience (8-10 guests only)
- One of a kind - not a typical retreat, but a fully personalised reset



Book Your Spot

Spaces are limited. Reserve today!



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