



Re - Treat - Me
Chania, Crete

Sunday 2nd - Saturday 8th September 2018 in Chania Crete

Whats Included:-

- Airport transfers
- 6 night luxury accommodation
- 6 evening meals
- 6 Breakfasts
- 5 lunch meals

All activities, inside and outside the villa throughout the week

2 treatments. 30 minute treatment & 45 minute treatment

This package does not include Flights

Luxury Villa Facilities: Outdoor BBQ area, 3 Shared Bathrooms, Shared Kitchen, Outdoor Private Pool, Balconies, Outdoor & Indoor table seating

Details

Re - Treat - Me brings you to a beautiful retreat in Chania, Crete. Full of sunset, sand, great people, good food and wine! Focus on self - discovery, reconnect, learn and grow spiritually and mentally. Learn skills that you can use within your daily life at home. Each day has a new focus around YOU.

As well as having lots of fun and learning, we want you to relax in the way 'YOU' wish to and have time to soak up the sun allowing this to be a great holiday!



What we have to offer.....



We often have problems and situations that we find difficult to find answers to on our own. We cannot always work things out for ourselves. Our aim is to reach and be assessable to everyone at this time in our troubled world. To help you feel peace within your own world. These are the type of questions we often ask ourselves at different times in our life, how can I:

- solve my relationship problems?
- find the right direction at this moment?
- change the difficulties I am experiencing in my working life?
- make parenting more easier?
- confirm if I am on my right soul's pathway?
- Feel more control in my life?
- feel more decisive and less fearful with the decisions I need to make in life

On our retreat, we will be covering different aspects to enable you to discover your full potential .When we view life's challenges as a growing process it helps us to deal and react with a different mind-set.

We will help you to view life in a completely different way by facing up to life and facing your fears. We are often so bogged down with guilt, expectations, hurt, fear, and anger that this blocks us from seeing things clearly. This is done in a relaxed but honest way. We are totally honest about our life experiences, mistakes and how we have learnt to see situations and trials in a more positive way. Spiritual philosophy can help you release so many negative aspects of your life. It is a non-judgemental philosophy as none of us are perfect. We are all in the same boat learning, growing and trying our best to live our life in the best way. There will be lots of laughter and fun on your way to self -discovery.

Check- In

Check in 4pm on Sunday 2nd • Depart at 11am on Saturday 8th.

Additional Group Activities

Sunset boat trip • Greek dance lesson for 2 hour session • Greek dinner out • Chania Old • Harbour Evening • Afternoon rural walk • Beach Afternoon

Treatments to choose from

Indian head • Head Shiatsu • Tailored Massage: Deep tissue detox massage • Facial reflexology • Foot reflexology

Food

We cater for vegans/vegetarians. All food sourced locally, Made by a wonderful local Chef.
Breakfast continental buffet, lunch buffet with traditional salads, fish and Greek food, Evening meals: Varied mediterranean dishes.

Prices and Rooms



2 Single Rooms

Rooms include double bed (non-sharing room)

Price per person £750



2 Twin Rooms

1st Room includes 2 Single Beds (shared room)

Price per person £600

2nd room includes double bed/balcony £650

single bed/balcony £615

If booking 2 or more spaces 5% discount



Triple/ Quadruple room

Room includes 3/4 Single Beds (shared room)

Price per person £450

If booking 2 or more spaces 5% discount

Booking Terms and Conditions: Please note that at present we have a substantial backlog of people waiting to come on retreats. If you are not able to make the retreat please give us a minimum of 4 weeks notice for cancellation otherwise your fee will be forfeited in full due to retreat costs

We require £150 non refundable deposit to book and the final amount to be paid by 1st August 2018.

All courses are subject to change or cancellation up to 4 weeks before the event. This will be at the discretion of the Re -Treat- Me Team and in the unlikely event of a cancellation you will be notified and offered alternative dates if not suitable refunds will be issued.

How to Book Flights



Flight information

Direct flights from Bristol Airport Ryanair sun-sun

Direct flights from Stansted Airport Ryanair sat-sat

Direct flight Gatwick Airport Easyjet sun- sat

Direct flights Gatwick Airport Norwegian Airlines sun-sun

Check Sky-scanner for more information www.skyscanner.com

Agent Contact Details

We have an agent that specialises in Greece Travel we have arranged them to give you a discount. Estimated flight price £115-160 return depending on luggage.

About Greece and Cyprus Travel (+44) 0121 355 6955

Ask for Anna or Mike skyfare@greece-cyprus.co.uk

Greece and Cyprus Travel Centre (established 1985) can book your flights and accommodation and put all your travel arrangements through Financial Protection as they are members of ABTA (Association of British Travel Agents) and fully bonded by the Civil Aviation Authority. Therefore anything you book with them will be ATOL protected which is important when you make a booking so far in advance and very often is not clear when you book online. You can also pay a deposit so the total amount would not be due upfront.

Ideal Packing List

Swimwear.

Comfortable clothes for stretch/yoga.

Musical instrument optional.

Different colours clothes or accessories for each coloured themed days (see colours below)

Activity Schedule

Sunday 2nd September

Dinner and welcome evening
Cleanse aura
Introductions

Every day there will be a 2 hour break at midday for lunch, siesta or to relax around the pool.

Monday 3rd September. Focus: Divine order/Zeal

Colours: yellow or red

Meditation

Self Nurture session

Self worth workshop: visual boards and manifestation
Sharing Circle: Making your own lip balm and water spritz's
Local Walk
Greek BBQ
Greek Dance lesson entertainment till late

Tuesday 4th September. Focus: Love/Power

Colours: green, pink or turquoise

Morning body stretch

Self Nurture session: Mind Powers part 2
Sharing Circle: Inner Child Cards
Meditation
Harbour Visit (cafes, shops, bars)

Wednesday 5th September. Focus: Change Colour: Orange

Meditation

Self Nurture session; Philosophy, learn to say no
Beach Afternoon
Greek dinner and wine evening in Chania Town Centre

Thursday 6th September. Focus: Health Colour: Blue

Yoga

Self Nurture session: Nutrition and health
Effects of water, Emotions and Bodycare
Sharing Circle: Mindful exercise with flowers
Meditation
Freestyle music night

Friday 6th September. Focus: Overall well being

Colours: Indigo and white

Morning Pilates

Self Nurture session: Self Healing body points workshop
Self healing - Chakras, dowsers and sound healing
Sharing Circle: Art Session and mediation
Sunset Boat Trip

Saturday 8th September

Closing ceremony



Your Re -Treat - Me Team



My name is Jemma Cooper. After training at Cardiff University in BSC Hons Complementary Therapies in 2010 I have owned and run a 7 roomed holistic beauty salon offering many holistic therapies. Under my new company JemmaCo I train other therapists in Massage therapy from pregnancy to detox massage focusing on a tailored approach allowing the client to really benefit from a treatment. Alongside this I make my own natural massage products. I am really passionate about spiritual growth. I have been on my own self discovery journey for many years learning many techniques to support the mind body and soul. I wanted to create Re - Treat - Me with a great friend and very experienced teacher after I recently moved to Chania. I love the locals, the energy of the area and of course the Greek food. I wanted to share this beautiful place with many others. I hope you all love it as much as me.



My name is Sue Johnson-Hewitt.
I qualified as a teacher in spiritual philosophy nearly 23 years ago. This has helped me to mentor many people on their pathway either on a one to one basis or by attending my courses, talks or workshops I run throughout the year. I put on a free monthly event with speakers on all varied holistic and spiritual subjects. To share information out to all and to give an awareness of what talents are available. I also run weekly meditation circles. I am a foot/face reflexologist/shiatsu therapist and have been practising successfully for 23 years. As a therapist I always treat the person as a whole, the physical, mental, emotional and spiritual as all is linked together to bring balance.



We hope to see you there!

To enquiry or book please
email suejhewitt@gmail.com

www.f-a-c-e-life.com

or call on 01202 421100