

RETREAT PROGRAM

“Return to Ithaca –24 to 28 October 2025 - Corfu”

A five-day retreat dedicated to returning to oneself.

Day 1 – Friday, October 24

Arrival & Sacred Welcome

- **15:00 –18:00: Arrival at the accommodation and guidance to the rooms**
- **18:00 –19:00: Time for rest and integration**
- **19:00 –20:30: Introductory meeting, introduction circle & Puja ceremony**
- **20:30: Vegetarian dinner at the accommodation**

Day 2 – Saturday, October 25

Earth & Contact with the Landscape

- **08:00 –09:30: Morning yoga – Flow of empowerment and inner awakening**
- **09:30 –10:30: Breakfast at the accommodation**
- **11:30 –15:30: Hiking on a selected nature trail, ending at a local tavern**
- **15:30 –18:30: Time to rest**
- **19:30 –21:00: Evening yoga – Gentle practice and recovery**

Day 3 – Sunday 26 October

The Journey to Ithaca

- **08:00 –09:30: Morning yoga – Cultivation of presence & breathing**
- **09:30 –10:30: Breakfast at the accommodation**
- **11:30 –13:30: Workshop: “Write Your Inner Odyssey” Guided Self-Awareness Writing Cycle**
- **14:00 –16:00: Walk and dinner at a traditional tavern in the village**
- **16:00 –18:30: Rest time**
- **19:30 –21:00: Evening Yoga – Flow of Integration**

Day 4 – Monday 27 October

Silence as Return

- **08:00 –09:30: Morning Yoga – Contact with our center**
- **09:30 –10:30: Breakfast at the accommodation**
- **11:00 –13:00: Workshop A: “The Moment of Penelope” Silence Ritual & Guided Meditation**
- **13:00 –13:30: Workshop B: Ritual of Liberation – we write and burn what no longer serves us**

- **14:30 –18:00: Excursion to the old town of Corfu, lunch & free time**
- **19:30 –21:00: Evening Yoga – Body & heart in synchrony**

Day 5 – Tuesday, October 28

Departure with Light

- **08:00 –09:30: Morning Yoga – Closing the circle with gratitude**
- **09:30 –10:30: Breakfast at the accommodation**
- **11:30 –12:30: Experience Review & Closing the Retreat**
- **Until 15:00: Check-out & transfer to the airport**

WORKSHOPS

1) A Guided Self-Inquiry Writing Circle Inspired by Odysseus' Journey

“Every person is an Ithaca that has not yet arrived”

In this unique workshop we combine creative writing with physical experience and philosophy, embarking on a personal journey of self-discovery, guided by Odysseus.

What it includes:

- **Guided writing in thematic cycles such as:**
 - **The Island of Ego – What do I believe I am?**
 - **The Sirens of Self-Criticism – What distracts me from my true self?**
 - **Ithaca – What is my inner homeland?**
- **Mini physical practice (gentle movement / breathwork) before each cycle**
- **Closing with a visualization meditation of Ithaca**

No writing experience is necessary – only a willingness for honesty, openness and inner wandering. Ideal for those in transition or wishing to deepen their relationship with themselves.

2) Silent Space of Return | Ritual of Silence & Meditation

In the middle of the Odyssean journey, we stand like Penelope: without rush, without answers, with trust in the Return.

In this unique workshop:

- **You retreat for half a day in complete silence, disconnecting speech and gaze.**
- **You are guided in meditation, which invites you to observe not to solve**
- **Through gentle breathing and guidance, you cultivate presence**

Purpose: To experience how silence is not absence, but space. A port like Ithaca, which does not judge you or call you, it simply awaits you.

3) Ritual of Liberation

“Say goodbye to your burdens like Odysseus did to the ports – with respect, but without return”

On our journey to Ithaca – the true self – Odysseus does not simply return; he leaves behind illusions, fears and bonds that no longer express him. In this ritual, we walk in his footsteps, transforming everything that weighs us down.

- We write our own “bindings”**

Like Odysseus in the Sirens, we too recognize the patterns, voices and inner symphonies that keep us away from our Ithaca. On paper, we give them form and words.

- The Fire – the Passage**

In a circle, with holiness and awareness, we burn what we have written. The flame becomes a ship and a fire at the same time: it transports and disintegrates. What once defined us is now liberated.

- The Meditation of Return**

We visualize our Ithaca – who are we without the burdens? What lightness is born in the void they leave behind?

The Ritual of Liberation is the inner departure – where the Odysseus within us bids farewell to the islands of procrastination, the Sirens of self-criticism, the shadows of attachment... and returns.

THE PROGRAM MAY BE SUBJECT TO CHANGES DUE TO WEATHER AND NECESSITIES THAT MAY ARRIVE.

Your experience is our top priority. If you have any questions, concerns, or need clarification about the retreat, accommodation, schedule, or transportation, we're here for you!

Feel free to reach out to us via email at any time — we'll do our best to respond promptly. Whether you're seeking practical information or just want to feel more prepared, we're happy to offer you our personal support and guidance.

Your journey begins the moment you reach out — and we'll be right here with you every step of the way.