

Women's Mastermind & Self-Care Adventure

Greece

Athens & the Greek Islands

With Women's Leadership Coach Karen Benz of Benz Strategic Group and Holistic Wellness Expert Tina Walsh of Lighten-Up Wellness

**9 DAYS/
8 NIGHTS**

\$3895

Land Rate
Double Room
per Person
Single Room addl. \$750

2018 Travel Date

June 15th - 24th

A Holistic Approach to Personal and Professional Development

Greece - Land of many Goddesses: Athena, Aphrodite, Hera and Demeter! What better place to explore the powerful Sacred Feminine? This experience will take us out of our routine and the familiar, which provides space for adventure and community with like-minded women. Our focus will be on Self-Care and Self-Development. We will visit the mythological islands of Santorini and Crete, the lands of muses, gods and goddesses. Visit the historical sites, enjoy daily yoga and meditation with Tina and participate in Mastermind Sessions on topics of group choice with Karen! We will learn Greek dance, cook with a local Greek Yia Yia (grandmother), a community service project and so much more!!

Itinerary

DAY 1 Arrival in Athens

DAY 2 Athens, Cape Sounion, Temple of Poseidon

DAY 3 Athens, Santorini

DAY 4 Santorini, Volcano Boat Experience in the Caldera

DAY 5 Santorini, Dance Class

DAY 6 Santorini, Cruise to Crete

DAY 7 Crete, Community Service Project at Angel's House

DAY 8 Mystical Crete, Temple of Knossos and Arolithos, Traditional Village with Cooking Demonstration and Lunch.

DAY 9 Departure for Home

Includes:

2 night accommodations at the Amalia Hotel or similar in Athens (dinner included)

3 night accommodations at the El Greco Hotel or similar in Santorini (breakfast included).

3 night accommodations at the Silva Beach hotel or similar in Crete on All Inclusive basis (Breakfast, lunch and dinner – all days).

Dinner at Dionysus Restaurant, including roundtrip transfer.

Half-day Athens city tour, with air-conditioned coach & English-speaking guide, including entrance fees to Acropolis site & Acropolis museum.

Cape Sounion tour, with air-conditioned coach & English-speaking guide, including entrance fees and dinner at local restaurant.

Half-day catamaran tour in Santorini, including roundtrip transfers and lunch with drinks on board.

Full-day tour to Knossos & Arolithos, with air-conditioned coach & English-speaking guide, including entrance fees to Knossos and cooking class in Arolithos followed by lunch.

Roundtrip transfer to community service project.

3 dinners at local restaurants in Santorini.

Dance lesson in Santorini. Arrival and Departure transfers in Athens, Santorini and Crete. Daily yoga and meditation.

Ferry tickets Piraeus-Santorini and Santorini-Heraklion in economy class.

MasterMind Sessions. Personal and Professional Development Discussions.

BOOK TODAY!!

Karen Benz (401-475-3152) or Tina Walsh (508-208-8037)
karen@benzstrategicgroup.com | tina@lighten-upwellness.com

PACKAGE PRICING

for Land only

\$3895 per person

Based on Double Occupancy
Single Rooms addl.: \$750.00

GROUP AIR IS AVAILABLE AND SUGGESTED

\$1,510 Addl. to land package price

Lufthansa Airlines

6/15 #425 depart BOS 820p arrive Munich 945a on16t

6/16 #756 depart Munich 1125a arrive Athens 245p

Swiss Airlines

6/24 LX# 8349 depart Heraklion 1105a arrive Zurich 105p

6/24 LX#52 depart Zurich 530p arrive BOS 755p

ITINERARY DETAILS

DAY 1: ARRIVE IN ATHENS

Namaste and Yiasou. Welcome to Greece! Your Learning Journeys representative will greet you upon arrival at Athens International Airport where you'll transfer to your hotel in downtown Athens. Afternoon yoga class. Evening welcome dinner overlooking the Acropolis tonight! PM-Meditation and overnight. Tonight, we will select professional development topics to discuss throughout our journey (Examples: Women in Leadership; Self-Limiting Beliefs; Time Management; Management vs. Leadership; DISC and more). (D)

DAY 2: ATHENS, CAPE SOUNION, TEMPLE OF POSEIDON

Morning yoga class. After breakfast we start off on a half day Athens city tour with a local historian guide, including a panoramic city tour and, of course, a visit to the Acropolis and the incredible Acropolis Museum. Our expert guide takes you to see the center of the city, Constitution Square (Syntagma), the House of Parliament, the Memorial to the Unknown Soldier and the National Library. In the afternoon drive along the coastal road, to the most Southern point of Attica, Cape Sounion, where the white marble pillars of the Temple of Poseidon stand. On the way, you have a splendid view of the Saronic Gulf and the little islands offshore. After visiting the Temple of Poseidon, we will have a meditation near the rocky promontory of Sounion. Tonight, we will enjoy dinner at local seaside restaurant. Discussion during dinner of a selected professional development topic of interest. (B,D)

DAY 3: ATHENS, SANTORINI

Early morning departure for Piraeus port and board the ferry boat heading towards Santorini Island. Arrival at the port of Santorini and transfer to hotel. The volcanic island of the Cyclades, Santorini, is known world wide as the most mythical Island. Afternoon free to explore the village walking along the cobble-stone streets and the white washed houses with blue shutters. Later afternoon yoga and meditation. Tonight enjoy your dinner at a local restaurant followed by a MasterMind1 session. (B,D)

DAY 4: SANTORINI, VOLCANO BOAT EXPERIENCE IN THE CALDERA

AM Yoga. Morning departure to the old port of Santorini for a tour in Caldera with a catamaran including visit of the Volcano and Oia village sunset. Admire the spectacular caldera, created by the eruption of the islands volcano in the ancient times and the white washed houses perched on the edge in Santorini. First stop at the red beach for swimming and snorkeling. Make a second stop at the white beach for more swimming and snorkeling and lunch. The last stop for swimming will be at hot springs created thousand years ago by the underwater power of the volcano! Return back to hotel. Meditation. Tonight enjoy your dinner at a local restaurant. (B, L, D)



DAY 5: SANTORINI, DANCE CLASS

AM Yoga. Free day for spa, massage or for immersing in the local culture. This evening, get ready to learn the meaning of OPA! We will learn a traditional Greek dance followed by dinner at a local taverna. Discussion after dinner of a selected professional development topic of interest. Overnight in Santorini. (B, D)

DAY 6: SANTORINI, CRUISE TO CRETE

AM Yoga. Morning and early afternoon free. In the late afternoon, we will head to the main port of Santorini to board the high-speed boat going toward Crete. Arrival at Heraklion port and transfer to the hotel. PM Meditation followed by MasterMind Session. Group reflection on highlights of the trip thus far. Dinner & Overnight at hotel in Crete. (B, D)

DAY 7: CRETE, COMMUNITY SERVICE AT ANGELS HOUSE

AM yoga. Morning to relax and reflect. This afternoon, we will visit "Angel's House" which occupies, protects and helps the abused women, orphans and the homeless. At the moment there is only one structure which provides housing for abused women, orphans and the homeless. We will help the community by painting, working in the gardens and other projects as needed. Return to the hotel for meditation and reflection on the day's activities. Open discussion of selected professional development topic of interest. (B, L, D)

DAY 8: MYSTICAL CRETE, TEMPLE, COOKING DEMONSTRATION

AM Yoga. After breakfast, depart for one of the most mystical sites of Crete: The famous Knossos archaeological site. Knossos is the site of the palace of Minoan civilization. According to tradition, it was the seat of the legendary King Minos. The Palace is also connected with thrilling legends, such as the myth of the Labyrinth with the Minotaur, and the story of Daidalus, Ariadne and Theseus. This place will render you breathless as you wonder over the technology and facilities of that period. Here you will have the chance to cook with a Greek Yia Yia and learn to make tzatziki and Cretan dakos. Lunch will follow and then you will learn how to make loukoumades (Greek donuts). Free time to wander through the tree-lined narrow streets; take a look inside a typical Cretan village house for a snapshot of traditional Cretan life. Browse around the museum which contains items depicting the rural history and local handicrafts. Farewell dinner, final group reflection on our travel experience. Final MasterMind Session and overnight. (B, L, D)

DAY 9: DEPART FOR HOME

Breakfast at hotel. Depart from Greece, taking with you the magic and energy of the land. Until we meet again another great journey.