



MINDFUL WEEK IN ISTORIA HOTEL SANTORINI



**OCTOBER
2020**



MINDFUL WEEK WITH NICOLE WOYAK

Dates

October 2-8, 2020

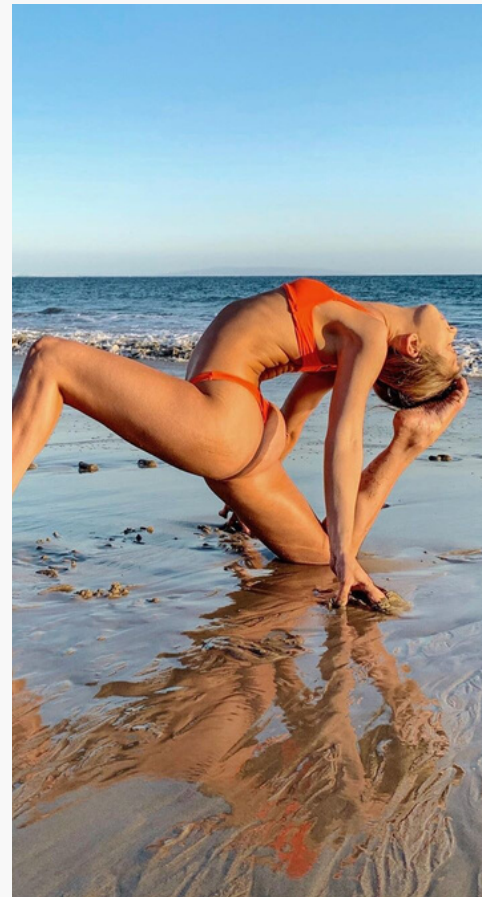
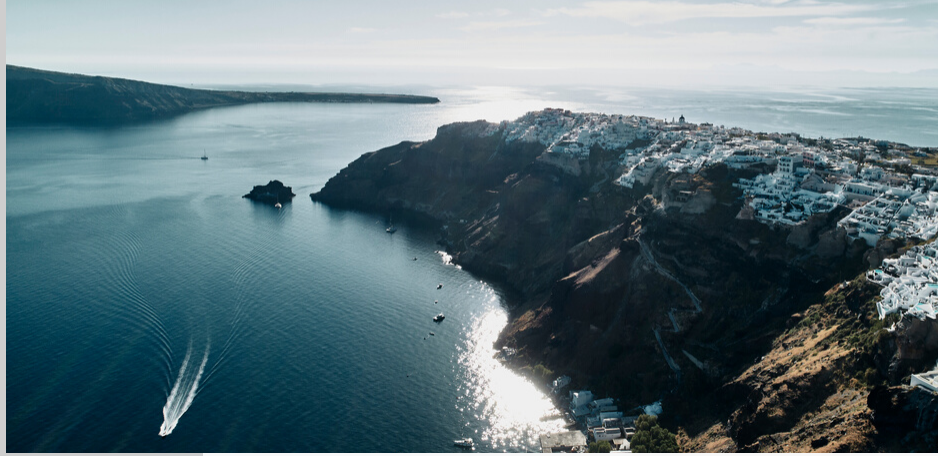
Destination

Santorini island

Description of the Event

A holistic 7-day mindful retreat which includes daily morning and evening yoga sessions, combined with two days Mediterranean diet workshops and two days of holistic workout sessions.

All sessions are led by famous experts on their field.



THE TREND



Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing and not overly reactive or overwhelmed by what's going on around us.

People are looking for ways to cope with challenges, complications and ambiguity in their lives. With mental health problems on the rise and stress topping the list of reasons for long term absence, people are turning to mindfulness as an antidote to all the multitasking, thinking and struggling.



ABOUT SANTORINI

An immense volcanic eruption over 3,500 years ago, around 1645 BC, formed what are now Santorini's beautiful trademarks: striking cliffs and dramatic coasts. Some say that this was the eruption that led to the demise of the lost city of Atlantis. The island openhandedly offers some of the most magical sunsets in the world. Santorini, is the island of ultra premium, highly niche boutique hotels, which place it firmly at the top of Conde Nast Traveller's lists yearly.

However, it is much more than sunsets. It is also a culinary paradise, where exciting flavors arise from unique combinations of the freshest ingredients that have grown in the volcanic soil, just like its grapes that are transformed into exceptional indigenous wines. This Cycladic island also boasts exalted architecture, great history and unparalleled romance.



ISTORIA HOTEL

At the sublime junction where the black volcanic sand of Perivolos Beach meets the midnight blue waters of the Aegean Sea, one finds Santorini's most anticipated addition, Istorya. The 12-suite retreat constitutes a new kind of hospitality for the island, where a stripped down contemporary aesthetic animates a next generation social hub for sophisticated travelers.

Istorya is inspired by storytelling, deriving its name from the ancient Greek word for story. Here, the simplicity of the spaces blends harmoniously with the island's traditional building materials of volcanic stones and colored plaster and a few well-chosen pieces of wooden furniture and handcrafted textiles.



YOUR ACCOMMODATION



Accommodation in a Suite at Istoria, a Member of Design Hotels or
at Vedema, a Luxury Collection Resort.

RATES PER PERSON

SINGLE OCCUPANCY

3.120 €

DOUBLE OCCUPANCY

2.140 €

Above rates include

6-night accommodation in
Istoria or Vedema Resort

Airport pick up and drop off transfer

Daily à la carte breakfast

Daily buffet dinner

Daily yoga sessions with Nicole Woyak

Two holistic workout sessions with
Marianne Chrysikakou

Two Mediterranean diet workshops
with Alex Tsiotinis

Transfer to the volcano

WiFi internet access

Above rates exclude

Airfare tickets

Optional activities

Drinks

Stayover tax that is calculated based on
the number of overnight stays at 4 euro
per room, per night and is payable by
guests upon checkout.

INDICATIVE DAILY PROGRAM



Day 1

Arrival / Check in

Day 2

7:45am - 8:30am
Morning yoga practice

11am - 2pm
Mediterranean diet

6:30pm - 7:30pm
Evening yoga practice
& meditation

Day 3

7:45am - 8:30am
Morning yoga practice

11am - 2pm
Mediterranean diet

6:30pm - 7:30pm
Evening yoga practice
and meditation

Day 4

7:45am - 8:30am
Morning yoga practice at
the volcano

11am - 2pm
Holistic workout session

6:30pm - 7:30pm
Evening yoga practice
and meditation

Schedule is subject to change

INDICATIVE DAILY PROGRAM



Day 5

7:45am - 8:30am
Morning yoga practice

11am - 2pm
Holistic workout session

6:30pm - 7:30pm
Evening yoga practice
and meditation

Day 6

7:45am - 8:30am
Morning yoga practice

11am - 2pm
Excursion at the volcano

6:30pm - 7:30pm
Evening yoga practice
and meditation

Day 7

7:45am - 8:30am
Morning yoga practice

Departure / Check out

Schedule is subject to change

NICOLE WOYAK

Nicole is a yoga instructor and wellness advocate. She is most passionate about helping others let go of fear and the limiting beliefs holding them back from manifesting their highest potential.

Nicole has always had a strong interest in health and a desire to heal. She has degrees in International Development and Neuroscience from UCLA and a Master of Public Health from the University of Southern California. She completed her first yoga teacher training while in graduate school and realized soon after that her true Dharma was to heal others through yoga.

She has since completed over 900 hours of teacher training and has studied Hatha Yoga, yogic philosophy, restorative and Yin yoga, Acro Yoga, yoga barre, breathing techniques, meditation and mindfulness.



MEET OUR INSTRUCTORS

ALEX TSIOTINIS

Albeit his young age, Alex has enjoyed right from the dawn of his career a spectacular run in some of the most celebrated cuisines of the world. There, he had the chance to work alongside with legendary figures of the french gastronomy, like Alain Passard, Hellenne Darroze, Eric Frechon and Pascal Barbot; “My great teachers”, as Alex humbly chooses to call them.

Upon his return to Greece, he took over the restaurant Perivoli and then for 3 years he worked as the Executive Chef of Elounda Peninsula in Crete. In 2015, Alex’s signature dish “Cretan Salad in a Pot” gave him the #1 position for the Mediterranean region, in the S. Pellegrino Young Chef of the Year competition and a ticket to the final stage competition.



MEET OUR INSTRUCTORS

MARIANNE CHRYSIKAKOU

Graduate of the departments of Physical Education and Sports of the University of Athens and the Université Claude Bernard Lyon I. She has worked in the field of Sports Olympic Marketing for more than 10 years, and since 2008 she has focused her education on the sector of Nutrition, Healing and Exercise.

Certified by the following International educational institutions: The Macrobiotic Institute of Portugal, The Kushi Institute of Europe, Sivananda Yoga Vedanta Center, Institute of Inner Studies.



RESERVATIONS



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