



Andronis

3-DAY EMPOWER RETREAT

ANDRONIS CONCEPT WELLNESS RESORT



AUGUST 16-18, 2024 by ANDRONIS WELLNESS



**3-DAY
EMPOWER RETREAT**

Introducing the EMPOWER Retreat 2024 by Andronis Resorts: a transformative three-day experience crafted to reignite your connection with life's essence, blending somatic, subconscious, and spiritual exploration.

Set amidst an unparalleled natural landscape at the recently renovated Andronis Concept, we invite you to rejuvenate your inner strength and cultivate a profound bond with a fulfilling existence.

NOTHING HOLDS YOU BACK FROM EMPOWERING YOURSELF

Nothing holds you back from enjoying the moment.
Andronis Hotels invites you to reclaim your power through:

Guided activities by renowned performers
Spa therapies by top practitioners
Inspirational daily workshops by celebrated experts

Yes, This is a Retreat Meant For You!

We **empower** you

SANCTUM's powerful & transformative exercise in order for everyone to explore energy frequencies through mindful movement. Meet a radical self-discovery & move to new frequencies.

We welcome **acclaimed life coaches and a heartist**

Experience what is the code of your birth chart through astrology, and which numbers empower you to achieve utmost success in life. Free your soul through heart opening gatherings and transformative meditation sessions. Meet renowned wellbeing experts and introduce yourself to the most authentic community of like-minded individuals.

We manifest **wellbeing** in all its forms

Enjoy active and passive moments in the divine surroundings of the island of Santorini.
Reconnect with power & love that lies within.
Enjoy earthy-style suites featuring your own private pool.

THE ACTIVITIES



DAY 1 - FRIDAY

16th AUGUST 2024

Embrace Liberation and Relaxation

Free yourself from anything impeding your progress and relinquish the obstacles that hinder your growth. Dedicate a day to purify your body, mind, and soul. Utilize this time to emancipate yourself in anticipation of a transformative voyage.

The Significance of 'Letting Go'.

Letting go of the past serves as a powerful act of self-liberation. It allows us to shed the weight of previous experiences, creating space for development, healing, and new opportunities.

Embarking on change requires acknowledging and releasing what no longer serves us. As you embark on this journey, approach it with an open heart and a commitment to your personal wellness.

The day begins with a rejuvenating session of **YOGA and Breathwork**. Following breakfast, everyone convenes at **11:00 AM** for the commencement of the day's activities with the **OPENING CEREMONY**.

The theme of "**Break free and let go**" delves into releasing shadows and scarcity mindsets, embracing abundance, and stepping into personal power and purpose, all viewed through the **lens of astrology**. **Cato Vermeulen** will lead a somatic grounding session with meditation to explore this concept.

You can schedule an **acupuncture session** with **Ross J. Barr** or indulge in a luxurious Spa treatment at Kallos Spa.

For lunch, savor our "Eat Well" option and take leisurely moments to unwind either by the Pool area or in the seclusion of your Suite.

At 5:30 PM, prepare for the exhilarating **SANCTUM experience - a captivating hike** along the Volcano cliff side, culminating at the church of Prophet Elias. This journey revolves around "**Accepting and letting go**", featuring a dynamic moving sequence to challenge the body and expand the mind.

Following the community dinner at Throubi restaurant, join **Jess Magic for a transformative "Free Yourself"** session. You'll craft a farewell letter to your past, culminating in a fire ritual to symbolize letting go. Allow the guidance of our heartist to immerse yourself in this profound releasing ceremony.

DAY 2 - SATURDAY

17th AUGUST 2024

Craft Your Vision

Give yourself permission to let your imagination roam freely, vividly illustrating the specifics of your dream life. As you do, immerse yourself in the feeling of it already unfolding. We encourage you to record your aspirations, trusting your heart and intuition as your guides. Here, your visions find unwavering support, regardless of their scale or boldness.

The Significance of 'Believing In'.

You wield the control over your life, empowered to thrive. Take a moment to precisely articulate your ambitions. **Be clear about the manifestations you aim for in your life.** Your subconscious mind can be nurtured to bring forth the life you crave! Today marks the day you seize command of your future self!

Join us bright and early as we embark on a journey to greet the **sunrise**, beginning with a tranquil **SANCTUM session focused on "Attracting abundance"**. Witness the breathtaking dawn at 6:30 AM from the serene Andronis Concept Wellness Pool area, offering panoramic views of the sun ascending.

Following this enchanting start, our chefs will craft a nutritious breakfast to fuel your body for the day ahead. Take pleasure in indulging at the Spa or by the Pool, and seize the opportunity to reserve a **personalized 1:1 Astrology session with Cato Vermeulen** (limited availability).

Delve into a rejuvenating **"Skincare workshop"** hosted by our esteemed brand partner **ESPA**, designed to enhance your radiant glow.

In the afternoon, opt for a hands-on **Cooking class** with our chef or embark on a **private Boat tour** (optional with a fee) for a memorable experience on the water.

As the day draws to a close, immerse yourself in a serene **Meditation and Sound bath session** led by **Jess Magic** and our Yoga trainer at our tranquil Yoga Platform. Allow the soothing vibrations to resonate through your heart and body, transporting your mind to a state of blissful serenity.

Conclude this magical day with a communal dinner at Throubi restaurant, offering our "Eat Well" option for a delectable culinary experience shared amongst friends and fellow travelers.

DAY 3 - SUNDAY

18th AUGUST 2024

Embrace the Influence of Love

Love embodies the highest vibrational energy, with the power to draw in everything you seek. Throughout your journey of transformation, this day equips you with the essential tools for fulfillment and empowerment!

The Significance of 'Heart Energizing'!

Studies by the HeartMath Institute reveal that different patterns of heart activity, linked to various emotional states, have distinct effects on cognitive and emotional functions.

When we experience positive emotions such as **gratitude, joy, compassion and love**, our heart rhythm becomes coherent, resembling a smooth, harmonious wave - aiding us in attracting our desires in life.

Join us for a refreshing start to your day with a rejuvenating **Pilates session**, designed to engage your core muscles and enhance your overall strength.

The morning is dedicated to your **personal well-being**, offering exclusive sessions with our skilled practitioners and Spa professionals.

At noon, delve into an enlightening **keynote by Cato Vermeulen titled "Unlocking Life's Potential through Numerology"**. Gain insights into personal year numbers, discovering opportune moments for love, financial success and much more.

At 5:00 PM, embark on the second **SANCTUM hike** to the awe-inspiring Skaros Rock. Embrace the theme of "**Open Your Heart**" as we believe that an open heart attracts the life you desire. Cultivate a sense of community and love for holistic well-being.

Cap off your day with a communal dinner featuring an extraordinary experience led by **Jess Magic – the SOUL SALON**. Release your inhibitions, find your voice, and embrace the enlightenment of an open heart. This marks the official conclusion of your transformative journey.

We eagerly await your arrival!



THE PACKAGE

Experience a 4-night getaway at the exquisite Andronis Concept Wellness Resort. Dive into the full array of activities outlined in the 2024 Retreat Schedule. Enjoy a complimentary Acupuncture session led by the renowned Ross J. Barr. Delight in the "Kosmos Box," a thoughtfully curated package brimming with treasures. Indulge in all meals during your stay, including luxurious breakfasts, lunches, and communal dinners, accompanied by complimentary water, tea, and coffee.

The Rates

3 Days Activities & Accommodation

€5.550 Cozy Suite | Single Occupancy

€6.850 Cozy Suite | Double Occupancy

For other room options please contact us.

Early Bird Offer

10% discount for bookings made until end of April 2024

**CLICK HERE
TO MAKE IT HAPPEN**

BOOK YOUR STAY
BY USING THE VOUCHER CODE 'WERETREAT'

Shall you wish to purchase solely Activities

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to purchase the Voucher of your exclusive preference

THE PEOPLE





Luuk Melisse

A spiritual capitalist with flaws

Luuk Melisse conceptualised the Sanctum brand in June 2020, developing an unmatched sequence to empower the body and expand the mind. Following huge investment in his personal spiritual development; having spent time living with monks in silence, fasting in solitude in Mexican tradition on vision quests and an intensive exploration of Kundalini yoga in Sri Lanka and Bali, Luuk masterminded the technique of altering body frequencies within a class.

The Dutchman identified a deep lack of purpose within the fitness industry, led by the mindset of reinvention Luuk blended Eastern well-being practices with the world of Western modern fitness methods. He unveiled a means to restore balance to your mental, spiritual, and physical body by combining multidisciplinary forms of physical, spiritual and mental conditioning.

A heady mix of Kundalini yoga, martial arts, animalistic flow, breath work and modern fitness with elements of HIIT, garnished with powerful, carefully curated music inspired by Amsterdam's electronic scene.

Taking influence from the world of modern dance and theatre where he began and gaining experience from New York and LA, Luuk is continuously developing his spiritual practices such as breathwork and reiki, as well as partnering with wellbeing summits to remain inspired by other artists, curators, and business leaders.



Gab Olszewski

Brand Builder, Marketeer & Innovator

Gabriel Olszewski, founder and CEO of Sanctum, a cathartic, high intensity mindful movement that empowers the body and expands the mind.

With the release and reconnection approaches, we restore balance to the mental, spiritual, and physical body.

Gab is brand marketeer and innovator with nearly 20 years of international experience as Global Head of communications and Global head of Marketing for brands like (Johnnie Walker, L'Oréal, Milka, Apple) , who decided to quit his corporate career for a social wellbeing impact start-up called Sanctum.

His impact has led to grow the brand to a well known global movement passion, building a network with high profile institutions like the Global Wellness Summit or the iconic Journaling Intelligent Change.

The Sanctum Frequency festival in its third edition brought together more than 1000 souls to embrace the power of a likeminded community around the world.



Jess Magic

Heartist, Soul-stirring Songstress, Lifestyle Artist & Embodiment Coach

Jess Magic is a soul-stirring songstress, lifestyle artist and embodiment coach. She creates compelling invitations for people to interact with life from an open heart through the power, courage and vulnerability that come along with authentic expression. As a story-teller, facilitator and mistress of ceremony, Jess Magic has been guiding intimate immersions and 1000 person audiences alike, using her voice and her "Heartistry" to empower a shift from "consumer" to "creator" culture by breaking down the barrier between the artist and the audience and giving people permission to be raw, real, and deliciously imperfect.

Jess has been touring internationally through 5 continents and over 20 countries, invited onto stages at the Women Economic Forum, United Nations, Mind Valley's AFest, COPP 22 International Climate Summit and was featured in The New York Times. Her signature program, "Free Your Voice" has been a pioneering body of work in the world of feminine embodiment in the virtual space, transforming ordinary zoom rooms into multi-dimensional ceremonies.

She has supported thousands of men and women from all walks of life in overcoming shame, fear, and self-judgment that have inhibited their ability to discover, experience and express their feelings and create intimacy with themselves and others as they come into full communion with their souls.

Her favorite saying is "We don't sing to be good. We sing to be free."

As a song-writer, singer, sorceress and facilitator, she illuminates a path for people who are craving deeper levels of authenticity, intimacy, connection and personal freedom. Her goal with music is to bring more mindfulness (and "heartfulness") into the lives of game-changing businesses and organizations to catalyze a shift that creates more unity on the planet by facilitating a form of communication that transcends language, culture, age, social status and other ways we compartmentalize ourselves and others.



Ross J. Barr

Acupuncturist & Fertility Expert

Ross J. Barr (BSc Hons, MBAcC) is a registered acupuncturist and widely recognised as one of the leading health and wellness experts. With specialities ranging from women's health and fertility to stress management and grief support, he has over the past fifteen years become known as one of the foremost practitioners in his field.

One of clients say: "I felt like my post-summer brain wasn't at full capacity so the other day he "Frankenstein-ed me and put needles in my head. The next day, I swear to God, I had too many ideas."

Celebrated for both his warm approach and the results he achieves, his work is regularly featured in the national press and has made him the acupuncturist of choice in both the fashion and beauty industries. It was Ross' own personal experience that first drew him to acupuncture.

Following his father's sudden passing, his mother, herself an advocate of alternative medicine, persuaded Ross that acupuncture might help him deal with the debilitating grief of losing a parent.

"After my initial session, I remember it vividly even now, I walked out of the clinic with the feeling that despite everything it was going to be okay. With every passing week I felt better, and gradually, I began to fall in love with the medicine more and more."

Soon after, Ross took the decision to switch careers and retrained to become an acupuncture practitioner himself.



Cato Vermeulen

Astrologer, Numerologist & Business Mentor

Cato's journey into entrepreneurship was marked by a deep exploration of her own astrological blueprint. Raised by a mother well-versed in astrology, she was guided to recognize her unique talents and gifts from a young age.

This self-awareness unlocked a profound sense of confidence, strength, and purpose, setting her on a path of authenticity and fulfillment. In her approach to business, Cato challenges the conventional notions of success that often lead to burnout and depletion. Instead, she harmonizes the masculine and feminine pillars, believing that operating from feminine magnetism doesn't imply weakness but rather a sustainable and intentional way of achieving goals.

For her, business is not a sprint but a marathon, and she is here to support her clients for the long run. Astrology plays a pivotal role in Cato's work, serving as a guiding compass for herself and her clients. By tapping into her clients' astrological blueprints, she helps them gain clarity on their essence, purpose, and the best ways to activate their potential.

Armed with this knowledge, Cato's clients discover their niche, align their business strategy, and create offerings that resonate with their ideal audience. While astrology is the foundation of her approach, Cato doesn't rely on fortune-telling or exact predictions. Instead, she emphasizes understanding energies and tendencies, harnessing the power of divine timing to make strategic business decisions.

A close-up portrait of Andrea Bohlheim, a woman with long, wavy blonde hair, smiling warmly. She is wearing a white button-down shirt. The background is a soft, out-of-focus landscape under a warm, golden light, suggesting a sunset or sunrise.

Andrea Bohlheim

Andronis Group Director of Spa & Wellness

Throughout her lifetime, Andrea has been always dedicated to a wellbeing lifestyle. She is a holistic therapist, beautician, hairstylist, make-up artist as well a dedicated movement & lifestyle coach (Yoga, Pilates, Mind-Body-Dance etc.).

In her international career she has been working for luxury hotel brands (Kempinski Hotels, Marriott, Dorint, IHG) as well as for private investors and luxury brands (Ferragamo family, Puro Group, Finca Cortesin, Dornbracht). Today, she is the Group Director Spa & Wellness for all Andronis hotels.

Her mission is to emphasize that Santorini is more than a beautiful greek island destination, its also a place to recharge in the illuminating surroundings of the volcanic energy. Wellness with the transformative power of a retreat experience, beside of her creation of a holistic concept of "eat-well", "feel-well" and "sleep-well", set along Andronis heartfelt hospitality for our guests wellbeing.

She commits to a lifestyle with energy work, a healing self-care routine and plant based nutrition that gives her power and enlightenment. Being young hearted and spiritually aligned, means she is a role model of how to feel well in your mind, heart and in your body.

She is your Retreat host and she is looking forward to welcoming you!

SPONSORED ALSO BY



ESPA

Natural Beauty
Inner Calm



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