



*"The way to Health is to have an aromatic bath and scented massage every day."*  
**Hippocrates**

**PERSONAL ENRICHMENT AND WELLNESS THROUGH HIPPOCRATES**

**MAINLAND GREECE**

**Land Only Package Price: Starting from: USD \$ 1850 /\$2350 CAD per person double occ. 8 DAYS / 7 NIGHTS**

*The Tour is accompanied in English and French by a Nextep Tours Representative*

**ON THIS JOURNEY**

*Discover and learn the principles required to build a healthy lifestyle while we visit places of interest on our way to rejuvenate and relax in a remarkable unique undiscovered setting escorted by your Nextep Tour Representative.*

*This health-conscious trip promises harmony for the mind, body and soul.*

*Our interactive sessions will enlighten us about the Hippocrates philosophy whose central idea is the principle of wholeness: In order to keep our mind, body and soul in harmony it is necessary to look at all components of our daily life. Whether they are physical, environmental, or nutritional, Hippocrates believed that **health** was the natural human state and that sickness was the anomaly. It was his belief that a person could leverage all that was available in nature to assist the body to achieve its natural state of health. The concept of just treating or covering up the symptoms of illness was foreign to Hippocrates and the people of the time. He insisted that prevention of disease was the primary focus of healthcare and this was achieved through a diet of nutritional food and exercise to prevent sickness and improve one's overall health.*

**Nextep Tours has exclusively arranged for a professional, Greek certified wellness coach, who has worked and studied in Florida, to accompany us through this thematic journey on the Hippocrates practices to provide us with seminar instruction, guidance and individual attention.**

*Our wellness coach has vast experience in Craniosacral Therapy, Lymph Drainage, Deep Tissue Massage, Aromatherapy, Healing Codes, Hatha yoga, E.F. Techniques, Breathing Techniques, Nutrition, and much more.*

*She has prepared a personalized program for our enrichment. We have enhanced this program with cultural and culinary local happenings. Along with quality services provided by our local hosts this inclusive package is one of a kind, rarely found and offered at an introductory special price in September 2017. We will keep the group small to allow for a personalized ambience.*

**INCLUDED IN THIS JOURNEY**



*Carefully selected Hotel Accommodations (7 nights)*



*All Greek Breakfasts*



*All Mediterranean Dinners with Wine*

- Transportation by private air conditioned motor coach
- Entrances to ancient sites
- Professional guided tours at ancient sites
- Cooking class, massage
- Wellness seminars and daily workshops in Mouzaki
- Personal session with certified wellness coach
- Hotel taxes and service charges
- Accompanied by Nextep Tours representative
- B - Breakfast, D -Dinner



*Not included: Insurance and Personal Expenses, Gratuities, anything not indicated in "Included in your Journey"*

## ITINERARY FOR 8 DAYS:

**Day 1-** Athens, Sounio

**Day 2-** Delphi, Galaxidi

**Day 3-** Meteora, Mouzaki

**Day 4 through Day 8 -** Mouzaki

**Day 8 -** Return to Athens



## YOUR DAILY EXPERIENCES

### Day 1. ATHENS - SOUNIO



Meet at Athens International Airport. Transfer to our seaside hotel. Enjoy a welcome drink with Greek meze snack. We settle into an information session and thematic start to our journey. Our discussion includes the importance of a Mediterranean diet in our everyday lifestyle.

In the afternoon we inspire our souls by visiting Cape Sounio to witness the magnificent sunset next to the three sea sides governed by the Temple of Poseidon. On site, our private wellness coach teaches us the necessary breathing techniques to be able to absorb the energy from the landscape. Return to hotel.

A delicious Greek dinner, wine included with music. (L,D)



## **Day 2. DELPHI - GALAXIDI**

*Right after our healthy breakfast and exercises we depart for our visit to Delphi where the Gods still reign.*

*Upon arrival at the “navel of the Earth” we will absorb the divine energy from the magnificence of the landscape and the serene, breathless views.*

*We will walk up the Sacred Way, to the majestic Temple of Apollo and be met by our expert local guide at this UNESCO World Heritage Monument, who will enrich our visit with priceless knowledge of the importance of this ancient spiritual and religious centre.*



*After a therapeutic walk we depart for nearby Galaxidi, the picturesque seaside fishing village, where we have arranged at an excellence awarded taverna, a luxurious seafood dinner with steamed mussels and crawfish alongside local delicacies and wine. We overnight at a 4 star hotel near Delphi and continue our seminars in a group evening session. Return to hotel (B,D)*

## **Day 3. METEORA- MOUZAKI**



*We depart for Meteora.*

*This is the natural conglomerate formation of pillars housed by monasteries which have been characterized by UNESCO as a **unique phenomenon of cultural heritage**.*

*An inspirational and magical setting, our expert local guide will aid us in deciphering the path to spiritual elevation through the history and details of the nature’s grandeur.*

*En route to Mouzaki, our next stop, we contemplate what we have absorbed through our picturesque ride.*

*This is a small comopoly nestled in the Thessalian plain which offers the natural environment required for our tranquility. Our hilltop hotel and spa in a unique setting, will greet us in comfort and essence.*

*A Mediterranean dinner awaits us at our hotel restaurant with local wine and delicacies. Return to hotel. (B,D)*



## **Day 4 - Day 7. MOUZAKI**



*During these three full days we rediscover ourselves.*

*At our hilltop resort and spa, time stops and all our points of reference vanish to give way to a new personal truth.*

*We use our powers and wisdom of silence to rediscover our inner self. As our journey integrates the whims of Mother Nature, the package has been structured to include daily interaction in our surrounding natural environment.*

*We will engage in group walks, exercises, meditation and reflection to balance our physical and mental state that will inspire our soul.*

*A holistic rejuvenation of our five senses will be cultivated.*

*Sight,  
Taste,  
Smell,  
Sound and  
Touch.*



*“The natural healing force within each one  
of us is the greatest force in getting well.  
Our food should be our medicine.  
Our medicine should be our food.”  
- Hippocrates*

*We will engage in healthy cooking techniques and use rich organic ointments to pamper our body.*

*Our coach will provide us with personal treatments and therapies  
dependent on each person's needs.*



*We will have the opportunity for discussions on what are some important elements  
required to maintain a healthy lifestyle*

*During the day we will interact with the wonderful people that cultivate the land.  
In the evenings we will engage with the stars and enjoy our sleep and wake up rejuvenated.*

**Day 7. MOUZAKI**



*After our morning exercises and breakfast we will reflect and discuss in a group session what we have learned.*

*We will commit to adopt a healthier lifestyle and motivate ourselves to keep our vision. We then depart for Athens and tonight we dance our way through dinner and relaxing sleep for tomorrow's departure.*



**Day 8. ATHENS**

*After breakfast our program ends. Transfers to the airport for departing members.*

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8 Days / 7 Nights**

**Single Supplement: \$ 590.00**

**DEPOSIT \$500 per person**

**OPTION FOR GREEK ISLAND EXTENSION**

*An opportunity to visit the Greek islands and extend your stay in Greece for any length of time is possible. We will arrange for you to experience the splendours of Santorini and Mykonos, marvel at the culture in Syros or enjoy the pristine beaches in Sifnos and Naxos.*

*Whatever your choice, from an abundance of islands, leave it in our hands to organize your dream.*

**WELCOME TO**

**NEXTEP TOURS**  
— connect to your senses —