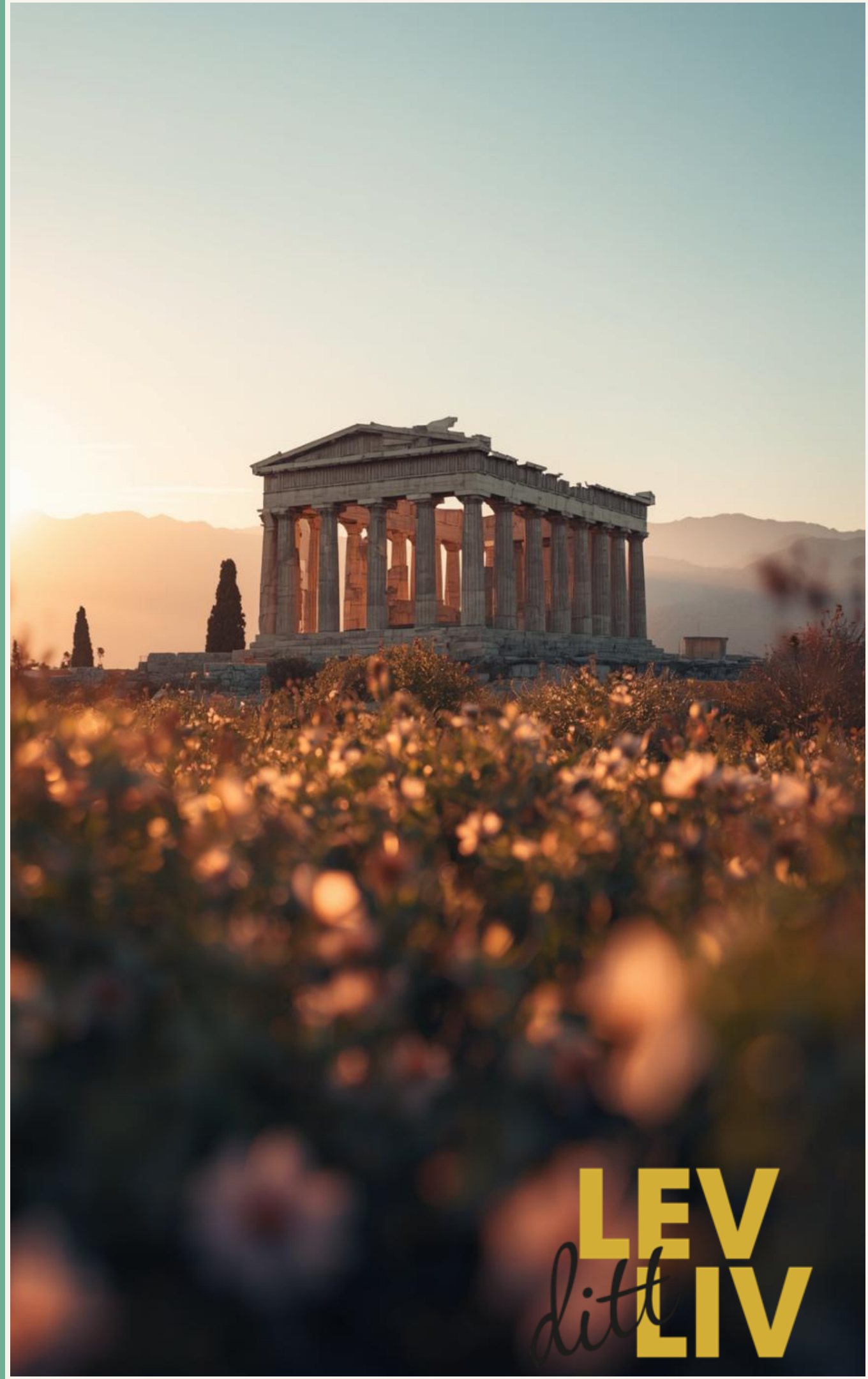


Sacred Pilgrimage in Greece

10 Days | Athens · Delphi · Mycenae · Epidaurus · Aegina |
5/6–14/15 May 2027



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Day 1-2 | Athens

The Opening

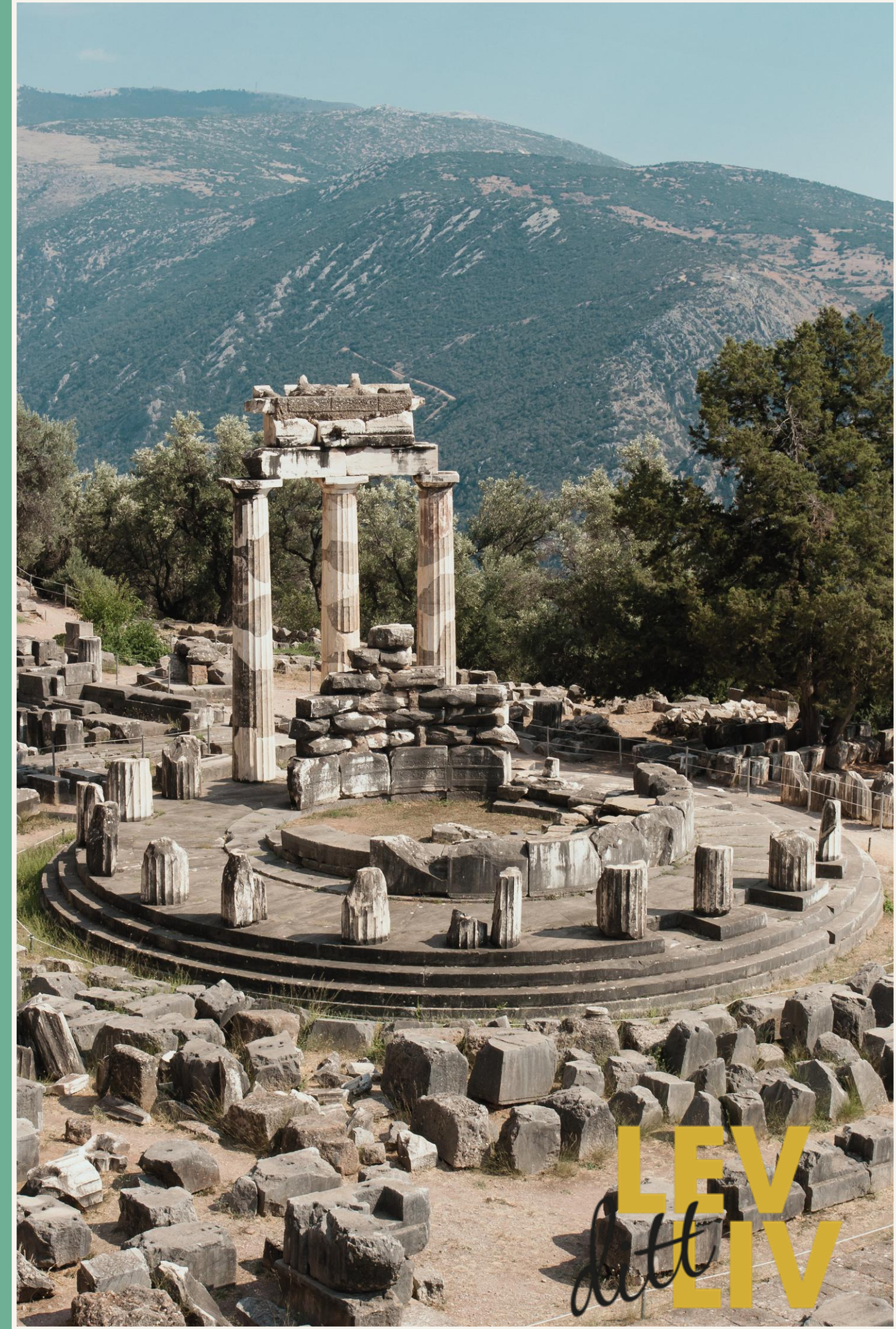
- Two gods, two days: **Poseidon at Sounion** by the sea, then **Athena on the Acropolis**, whose olive tree won the city and gave it her name.
- **The Acropolis Museum:** Discover how mythology, sculpture, and artistic expression have preserved humanity's deepest questions about beauty, identity, and the feminine.
- **The Ancient Agora & the Pnyx:** where philosophy, civic dialogue and democracy were born. Reflect on authentic leadership, conscious communication and the courage to let your voice shape the world.
- **Plaka & Anafiotika:** Slowly wander the neighbourhoods beneath the Acropolis, discovering artisan shops, hidden courtyards, local cafés and the timeless rhythm of Athenian life.



Day 3 | Delphi

The Question | Inner knowing, prophecy, silence

- One day at **the navel of the world**: Omphalos. Before Apollo, Delphi was believed to belong to Gaia, the primordial Earth Mother and the first prophetic deity at Delphi.
- Invitation to slow down, quiet external noise, and cultivate the courage to trust our own inner knowing.
- The **Temple of Apollo**, discovering the mythology of prophecy, illumination, and the pursuit of truth.
- **Tholos of Athena Pronaia**: an iconic sacred monument, often regarded as a symbol of balance, harmony, and transition before entering the sanctuary.



Day 4-5 | Argolis

The Healing Sanctuary

- Two days in **the Argolid**, the oldest inhabited corner of Greece, where myth and history intertwine - from the **Lion Gate of Mycenae** to the **healing sanctuary of Epidauros**, the landscape carries the deep themes of lineage, power, and transformation.
- **Epidauros:** The sanctuary of Asclepius did not treat symptoms; it created conditions. Purification, sleep in the abaton, then whatever came in the dream - healing through the power of the unconscious.
- The **Ancient theatre of Epidauros** seats fourteen thousand and carries a whisper from the stage to the back row. Standing in it, in silence, before anyone speaks, continues to embody the relationship among sound, presence, and collective healing.



Day 6-9 | Aegina

The Island | Beauty, embodiment & integration

- Three to four (tentative) nights to soften and receive. **Aegina** is where the work settles: unhurried mornings, the sea, and time simply to be. Forty minutes from Piraeus and overlooked by nearly everyone; still lived rather than curated, with pistachio groves and working fishing boats.
- The **Temple of Aphaia**: a sanctuary to a local goddess older than the Olympians, standing quiet above the pines. A place to integrate what the week has opened.
- The closing circle: on the final evening, each person names what they carry home. The journey ends where it began, but changed.



Athens & Delphi | The Schedule

May be subject to some changes – Price will be available to those interested shortly

Day 1 | Athens

Hestia: arriving and becoming present. Check in (Athens centre or a hotel by the sea to the south), with lunch arranged and time to rest - optional yoga nidra to land. In the late afternoon, we drive to Sounion and the Temple of Poseidon to open the circle, then dinner and back to the hotel.

Day 2 | Athens

Athena, wisdom and clear seeing. Breakfast at the hotel, then the Acropolis in the morning with the surrounding sites and slopes. Lunch together, then a free evening to choose your own adventure.

Day 3 | Delphi

Gaia & Apollo, inner knowing. Early departure at 7am toward Delphi, with a stop for breakfast or brunch on the way. The Sacred Way, the Temple of Apollo, the ancient theatre and stadium, then the museum. Check in nearby, with dinner at the hotel or close by.

Are you interested? Pls. Click here to be on the list for more information and possibly attending
<https://form.jotform.com/MariannMariann/info-Sjelereise-til-hellas>



Argolid & Aegina | The Schedule

Day 4 | **Mycenae**

The Crossing: an early departure. We visit Mycenae, the Lion Gate and the Bronze-Age citadel, with lunch included, then continue down to the seaside base near Epidaurus and check in early in the afternoon, with dinner arranged.

Day 5 | **Epidaurus**

Asclepius, healing and the dream. Epidaurus in the morning at first light, the theatre in silence, then a small workshop held in the quiet of the day. Optional activities in the afternoon - wine tasting in local wineries, or what the area offers, or rest (TBD).

Days 6-9 | **Aegina**

Aphrodite, beauty and the sea. Across to Piraeus and over to Aegina for 3-4 nights of integration, with breakfast and lunch included. The Temple of Aphaia, the sea, the pistachio groves. On the last evening, a closing dinner all together to reflect and close the retreat.

Day 10 | **Departure**

The threshold, carrying it home. Breakfast, the morning ferry from Aegina to Piraeus, then the transfer to Athens airport for flights home. Whatever was planted has roots now.

