Your Joy-Full Reset

6-day inner journey to:

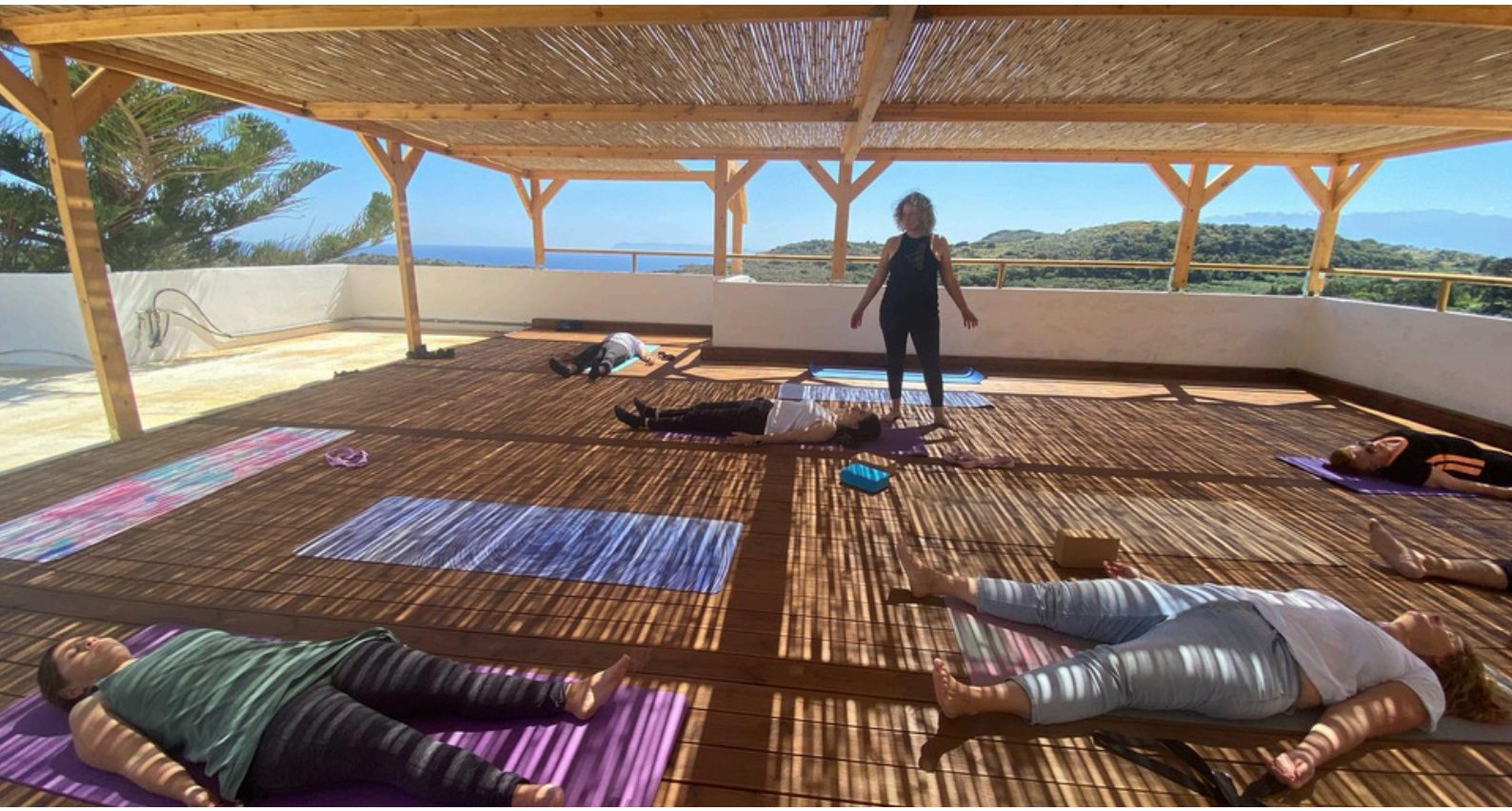
realign, recharge, and reimagine your happiness

October 7-12, 2025



YOUR HAPPINESS
STARTS HERE ››

https://creteretreat.com/happiness
Infinity Wellness Retreat Center, Crete



Arrival & Welcome

07.10.2025

Settle in & setup...

- Settle into your new home at Infinity Wellness Retreat Center
- Enjoy healthy drinks, snacks & fresh fruit
- Registration & room check-in

16:00 – Gentle yoga & grounding meditation
17:45 – Opening Ceremony: stepping into your journey
20:00 – Nourishing dinner
21:30 – NLP session: Creating your rich outcome –
setting intentions for a meaningful life



Magical Beach

08.10.2025

Elafoniss - Pinkish Sand Beach...

08:00 – Morning Pilates session
09:00 – Breakfast with love
11:00 – Driving to Elafonissi Beach - one of Crete's magical Beaches
12:30 – Enjoying the beauty of Elafonissi
14:30 – Yoga & guided meditation on the beach
17:00 – Return to Infinity
18:00 – Dinner at a traditional Cretan taverna in Afrata village
20:00 – Sound healing: start feeling the shift in your body and soul





A taste of the magic

Elafonissi Beach



Just getting to Elafonissi Beach feels like a treat... The road flows through olive groves, mountain views, and traditional villages, slowly opening up to one of Crete's most breathtaking treasures. With soft pink sands, crystal-clear waters, and a peaceful lagoon that invites you to pause and breathe, Elafonissi is more than a beach- it's a place where time slows down, as your senses come alive. Practicing yoga and meditation here, surrounded by nature's beauty, feels like touching something sacred.



Relax, Nourishment & Connection

09.10.2025

Nutrition Guidelines to happiness...

07:00 – Meditative walk to Afrata Beach
10:00 – Breakfast at the view terrace
12:30 – Free time by the pool or at the beach

17:00 – Evening yoga & meditation
18:30 – A special session: Your Happiness & Wellbeing Nutrition Guidelines
20:00 – Dinner inspired by our wellness principles
21:00 – Sharing circle: real talk, real hearts



Vision & Flow

10.10.2025

Balos - one of Crete's magics...

07:00 – Morning Pilates to awaken body & mind
08:00 – Breakfast with love
09:00 - Driving to Kissamos port (25 minutes drive)
10:00 – Beautiful boat trip to the most famous & loved Balos Beach
13:30 – NLP at Balos magic: The perfect spot to design your happy, fulfilling life
16:00 – Soft Yoga & guided meditation on the beach
17:00 – Return to Infinity
18:00 – Dinner at a traditional Cretan taverna in Afrata Village
21:00 – Rebirthing session – reconnect to your breath, release & renew





A taste of the magic

Balos Beach



Balos Beach, located on the northwestern coast of Crete near Kissamos, is one of the island's most breathtaking natural wonders. Known for its shallow turquoise waters, white-pink sand, and wild, untouched beauty, Balos is a dream destination for nature lovers and photographers alike. The beach is actually a stunning lagoon, where the sea blends with the land in soft waves and spectacular colors. Accessible by boat or a bampy hike, We will take the boat. Protected under the Natura 2000 program, Balos remains unspoiled and serene, offering visitors a rare sense of paradise in its purest form.



Sunrise, City vibes, Ecstatic Dance

11.10.2025

Pick experience...

Sunrise – Sun Salutations as the day begins
08:30 Breakfast
10:00 – Road trip to Chania (with a scenic stop in Platanias)

- Walk the alleys of the old city, feel the local charm, enjoy some shopping
- Learn a few beautiful stories about this ancient place

13:00 – Lunch at Chania – a taste of Crete
15:00 – Relax & Rewind at Infinity Wellness
18:30 – Dinner
20:00 – Ecstatic Dance – move freely, feel fully, express yourself


The journey isn't about becoming more...
it's about becoming you



Gratitude & Closing circle

12.10.2025

Your Hapiness & joy jurney starts now>>

09:00 – Pilates + closing meditation
10:00 – Breakfast
11:00 – Closing Ceremony – wrapping up with intention
12:30 – One-on-one closure meetings
14:30 – Final lunch
Heartfelt goodbyes & soulful gifts – you'll leave lighter, clearer, and more connected to your path.


You're not here to push through life.
You're here to feel it, live it, love it

ABOUT US:

about your retreat leaders

Motty Davidson





Irit Davidson

PILATES INSTRUCTOR & NLP MASTER TRAINER

YOGA TEACHER & NLP MASTER TRAINER

We're a couple who chose to live the wellness way—body, mind, and soul. Irit is a certified yoga teacher and NLP Master Trainer, and Motty is a certified Pilates instructor. Together, they live what they teach.

They move daily: yoga, Pilates, walking, swimming, lifting—because that's their way to keep connected to life. They eat mindfully, think consciously, and believe in being kind. They've both studied the full path of NLP and embraced it as a way of living, just like they embrace the depth of yoga philosophy. their focus? To grow as humans, help others do the same, and live a life that feels joyful, powerful, and meaningful.

Our Team:

The Team That Makes the Magic Happen

Afrodithy



SOUND HEALING

Afrodithy is a certified yoga teacher and sound healer, creating spaces of deep rest and inner connection. Trained in Vinyasa, Yoga Nidra, Prenatal, Acro, and Kids Yoga, she brings emotional sensitivity to every session. Her sound healing journeys blend Tibetan bowls, gongs, koshi chimes, and ocean drums to calm the nervous system and restore energy flow. With a presence that's both gentle and grounding, Afrodithy guides participants into a peaceful state where the body can let go and the mind can quiet. Her sessions invite you to reconnect—with breath, stillness, and your most authentic self.

Iris Patrizia Giannoulake



THE BODY RENEWAL WHISPERER...

Iris Patrizia is a seasoned wellness educator and founder of Live Essences, with over 25 years of experience guiding women through menopause, hormonal shifts, gut imbalances, and detoxification. Inspired by a blend of German precision and Cretan herbal wisdom, she turned a personal health crisis into a lifelong mission: empowering others to heal through food, herbs, and mindful living. Iris bridges ancient traditions with modern science, specializing in the gut-microbiome connection and dietary awareness. Her workshops and detox programs are known for their depth, clarity, and life-changing results—helping women reclaim their energy, balance, and inner glow at every stage of life.

Our Team:

The Team That Makes the Magic Happen

Liz Robinson



RE-BIRTHING

Liz Robbins Tzur is a seasoned Rebirthing therapist, energy healer, and QHHT practitioner. With deep presence and sensitivity, she guides breathwork that helps release what no longer serves and reconnect to your inner truth.

About the Session:

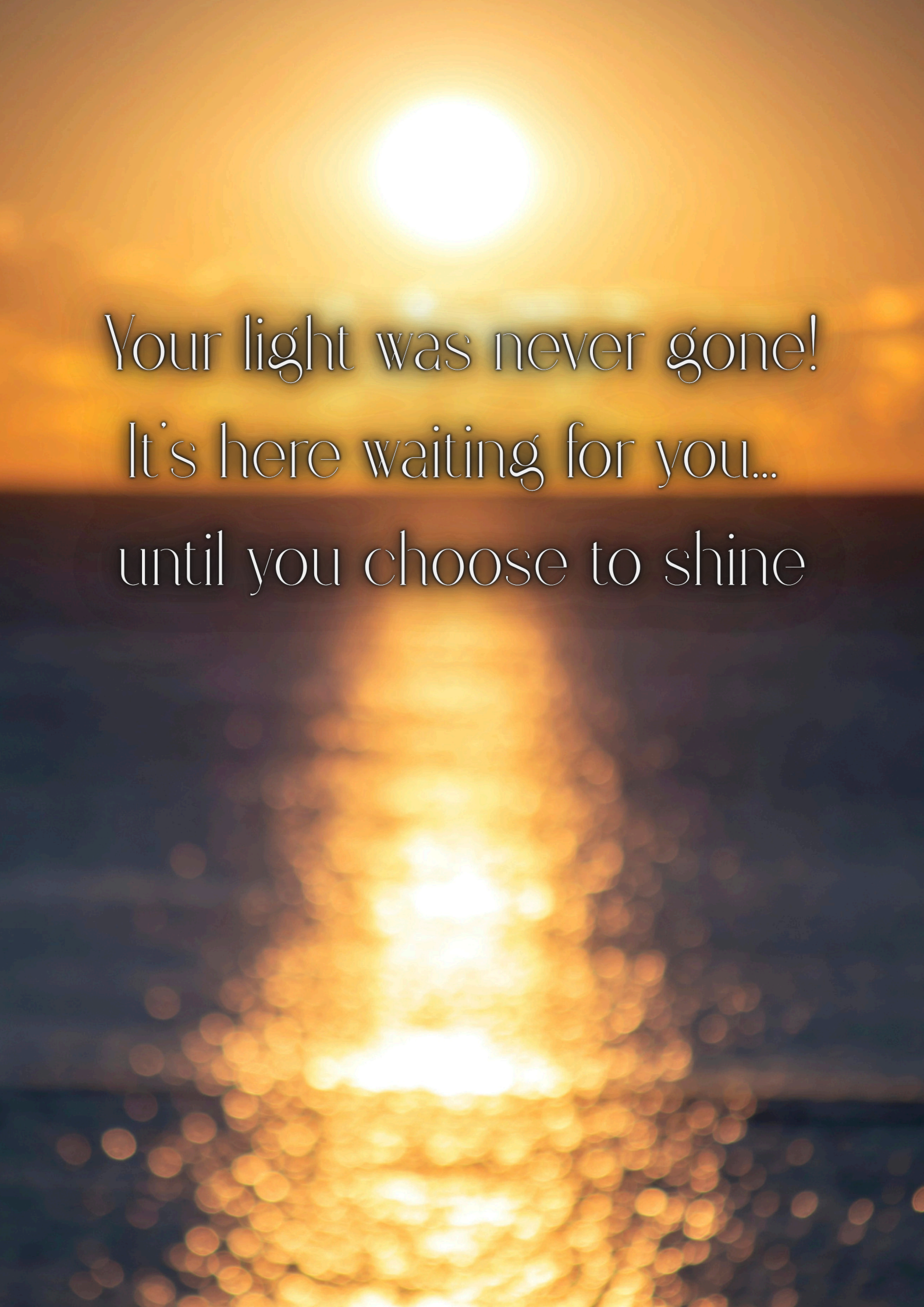
A powerful Rebirthing journey to release old patterns, awaken life force, and access deep clarity. In a safe, sacred space, you'll be guided into expanded awareness and gentle emotional renewal. No experience needed—just an open heart.

Kamila Hortyńska



ECSTETIC DANCE

With over 24 years of experience, Dr Kamila Hortynska blends deep clinical psychology, CBT, mindfulness, functional medicine, and psychedelic integration into a truly holistic approach. She draws from both science and spirit- integrating transpersonal psychology, Ayurveda, somatic meditation, chakra therapy, shamanic practices, ancestral healing, and energy medicine. As a registered Clinical Psychologist (HCPC), CBT therapist, mindfulness teacher, and pioneering holistic clinician, she brings both evidence-based knowledge and profound intuitive insight. Leading our ecstatic dance session, Kamila holds space with compassion, authenticity, and a rare depth- inviting you to move, feel, heal, and reconnect with your inner rhythm. Her integrative training ensures every movement becomes a doorway to healing, joy, and self-discovery.


Your light was never gone!
It's here waiting for you...
until you choose to shine



Inclussions:

- Yoga, meditation & Pilates sessions, Breath work sessions, Prana Yama session, NLP techniques sessions
- Activities: Visit to Elafonissi, Visit to Agia lake, Visit to the Botanical Gardens of Crete, Visit to Palatanias & Chania, Sound Healing session, Nutrition guidance session, Re-Birthing session, Ecstatic dance session.
- Meals: 4 breakfasts, 4 light Lunch (snacks or picnic), 4 Dinners, Herbal Tea all day
- Shuttle to & From Chania airport (all arrivals before 16:00/Departing 3:00 PM
- Transport when visiting surroundings



Exclussions

- Flights
- Alcohol, beverages & extras from the bar

Booking & reservation:

- Comfi sofa bed 1,295€ (in 1 or 2 bedroom apartment)
- single bed in bedroom 1,425€ (in 1 or 2 bedroom apartment)
- double bed room in apartment 1,595€ (in 1-2 bedroom apartment)
- double bed in private studio 1,800€ (studio apartment)

Shared bathroom in apartments. each apartment accommodates 1-4 participants

Available accommodations in the Retreat center:

- 1 two Bedroom apartment (accommodates up to 4 participants)
- 3 one bedroom apartments (accommodates 2 participants in each)
- 1 Studio apartment (accommodates 1 participant)

🧳 1. What to pack?

We've got you covered with all the essentials!
You just need to bring: comfy clothes, walking shoes, beach shoes, swimsuit, fitness wear, and something light and breezy for dinners out. It's mostly summer weather, but the evenings can get cooler—so pack a light cardigan or a pareo to wrap yourself in.

💫 2. Come open

Arrive with an **open heart and mind**. Be ready to try new things, learn fresh ways of thinking, and plant the seeds of a lighter, freer, more fulfilling life. This space is for you.

HEAVY → LIGHT

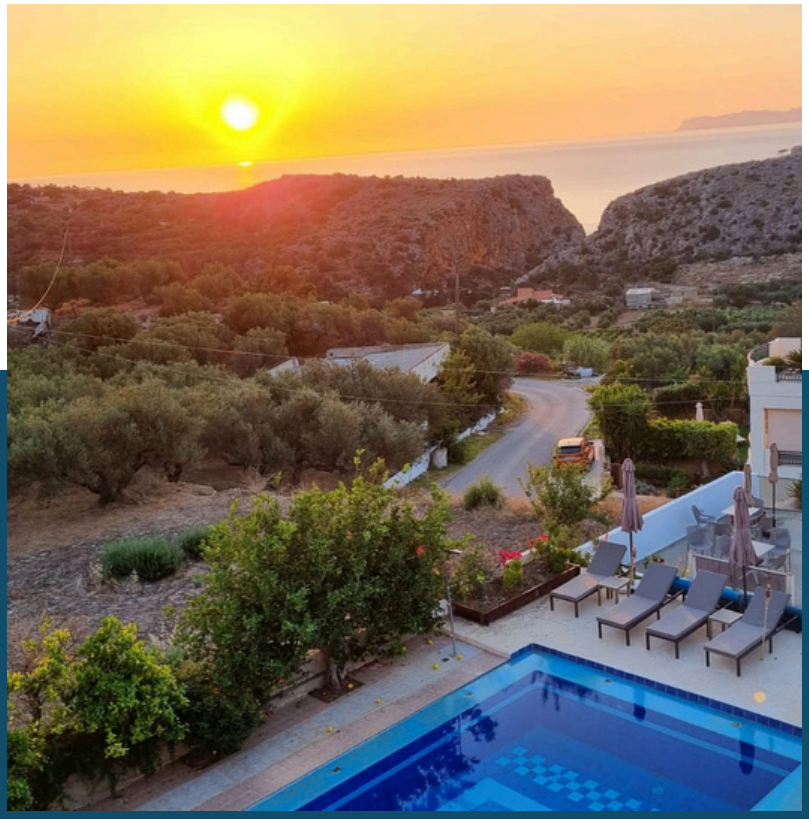
From carrying life → to living it

🫶 3. Let go of judgment

Leave behind the inner critic—toward yourself or others. Come as you are, and allow everyone else to do the same. We grow best in kindness, compassion, and real connection.

🔥 4. Keep the spark alive

- When the retreat ends, your journey doesn't. Take your journal with you—and every now and then, open it. Breathe into the pages, into your dreams, and into that energy you touched here. Let it keep guiding you forward.



Infinity Wellness

If you feel it’s for you?
If your heart whispers yes… follow it!
We’re here, to welcome you with open arms