

# High Life

MARCH / APRIL 2024

Picture

perfect

THE RISE AND RISE OF CUSH JUMBO

SOUTH AFRICAN HOUSE MUSIC GOES GLOBAL  
CAN A GREEK HOLIDAY HELP YOU LEAD?  
WHAT BRITAIN'S GOLDEN GIRL DID NEXT  
FIX YOUR SLEEP IN PARTY CITY MIAMI

THE PERFORMANCE ISSUE





### Healing hands

An energetic massage. Below: the view from a balcony



## TRENDING

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Can a holiday help you to lead?

The phrase 'leadership retreat' doesn't usually go hand in hand with R&R, but one resort in Greece is teaching a new way to be the boss. **Annabel Heseltine** checks in

**P**ink clouds hover over the gentle mountains of the Peloponnese. It's November, but sitting out on the terrace of Euphoria Retreat overlooking the Unesco-protected village of Mystras, I need only a light jumper to warm me in the sunny breeze.

There's a legion of tempting treatments offered at one of the few world-class holistic wellness centres in Europe but, on this trip, the pampering comes interspersed with (soft) business.

Twice a survivor of cancer as well as banker-burnout, Euphoria founder Marina Efraimoglou is holding a leadership initiative, teaching a different style of management with her best friend and business partner, Mary Vandorou, a former ballerina and spiritual teacher. I am one of six women drawn from New York, Paris, Milan, Athens and London: writers, entrepreneurs, humanitarian leaders, tech gurus and sustainability experts, to join their four-day programme embracing the feminine (yin) traits of compassion, intuition and empathy. Efraimoglou and Vandorou feel these are greatly needed in the modern management world, where leadership has historically been more buttoned up and masculine (yang).

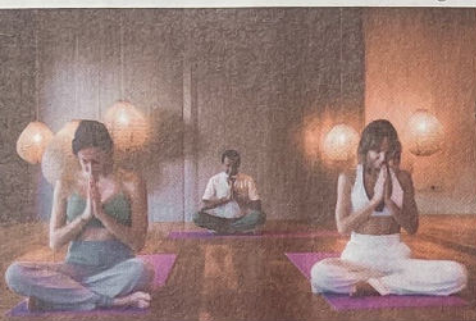
We start the next morning when Hrysanthi, a drama therapist, dives for the jugular, stripping away generations of female conditioning asking us to be nice and demure at the expense of our inner voice. We do this by learning to move our breath from our chest into our belly, standing ●





## STAY IN STYLE

and breathing more confidently from a deeper place. It makes us cry. Releasing old pain, we scream in a high-pitched, child-like voice, a scratchy sound stifled when we were girls because it was noisy and unattractive.



We are led down an ancient spiritual path to explore the five elements of Chinese medicine: water, wood, fire, earth and metal. Using forest walks and improvisation, we explore what leadership means and how we relate to others. Kneeling in circles, standing side by side, walking through labyrinths, we discover our leadership style on three fluid levels. The first level is self – self-awareness. “You cannot talk about leadership if you are not authentic,”

says Efraimoglou.

The second level investigates our interaction with friends, family, and work colleagues with awareness – so we neither allow our ego to take over nor become pleasers.

Not everyone aspires to the third level of leadership, which is for those who feel a calling to share a message on a global level. “But,” argues Efraimoglou, “all of us have a responsibility to explore what it means so that

you can choose authentic leaders with awareness and are not sheep.”

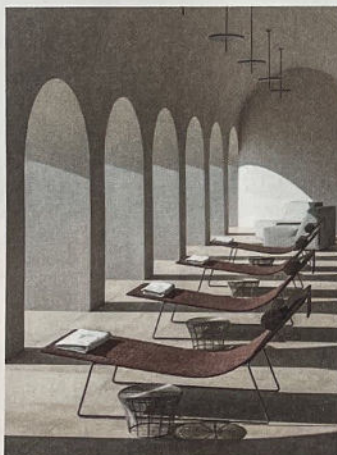
Over the four days, we discover which of the elements we relate to most. Are we nurturing and maternal, burning brightly, visionary, spiritual or in the flow of our own intuition? Usually, we find ourselves to be a blend of two or three, and work on connecting with the others through massage, meditation and somatic movement.

To my surprise, I find myself to be an intuitive and connected leader through my human tableau. In turn, each of us creates a living picture using the bodies of the group, with ourselves as leader. I create a concentric circle of connection, asking each woman to lie on the ground, her head towards the inner circle, touching hands. But, then uncomfortable at the idea of setting myself apart, I place myself inside the circle. Turning constantly, low like a cat, I discover a confidence and strength in my gentleness that I hadn't known to be there before, as well as a sense that Euphoria is its name.

[ba.com/euphoria-retreat](http://ba.com/euphoria-retreat)



BA flies direct to Kalamata from London Heathrow from May to September. [ba.com/kalamata](http://ba.com/kalamata)



### Open minds

Clockwise from left: fitness in nature; sun-loungers by the outdoor infinity pool; a yoga session; Kneipp Therapy at the 25m Waterwell