

Euphoria Retreat, Greece – best for healing and transformation



Euphoria Retreat is a standout holistic wellness resort, offering one of the world's ultimate healthy holidays. With a focus on transformation, it guides guests on a journey to self-discovery and restoration. The ultimate goal? Achieving a state of euphoria.

Steeped in Mediterranean history, Euphoria Retreat embraces the ancient Hellenic concept of a blissful life. Personalised to each guest, you'll enjoy experiences based on the principles of Asclepia and Hippocratic medicine coupled with modern techniques. Founder Marina Efraimoglou has created a series of programmes and retreats inspired by Greek and Chinese healing philosophies and enriched by the concept of the five elements – water, wood, fire, earth and metal.

The three, five or seven-day Yoga Retreat at Euphoria promises mindfulness through movement, meditation and healing practices. The programme blends daily private yoga sessions with outdoor movement meditation, Pranayama breathing techniques and healing practices, with the goals of personal empowerment, improved physical strength, better energy levels and spiritual balance.

Euphoria Retreat also has a world-class spa offering ancient healing traditions, energy healing, homeopathic consultations, acupuncture and a range of bodywork. The aim is to nourish, strengthen and inspire each guest so you leave feeling well and ready to continue living well.

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