



POSEIDONION  
*Grand Hotel*  
EST. 1914

# Mediterranean Retreat - Spetses

29 September - 4 October 2019





## Live well - eat well - be well

Discover the positive benefits of the Greek diet & lifestyle in a unique 5 day workshop



The most important thing is not life, but the good life

*Plato, The Trial and Death of Socrates*



The five days retreat will take place on the island of Spetses, a cosmopolitan heaven just a few hours away from Athens, once the home of the great ancient philosophers themselves. It will take you on a culinary and philosophical journey, during which the wise old premise of 'healthy body, healthy mind' will be explained in a series of workshops, culinary experiences and talks in the home of the great thinkers themselves.

Your stay will be at the iconic Poseidonion Grand Hotel, which was the first of its kind in Greece to offer guests spa facilities in 1900.

The Hotel's continuous commitment to providing an elevated level of hospitality based on wellbeing makes it the perfect venue for the exploration of the ancient Greek philosophies concerning the secret of a harmonious existence and ageless longevity.

Enjoy 5 days learning about how the Epicurean perspective for a pleasant life can be instrumental in restoring harmony to mind, body and spirit, in which the choice between various pleasures is not one of quantity but of quality.

Through understanding why what we eat impacts our physical being and how that connects to our mental and spiritual state, we can apply a healthy, holistic approach based on the Mediterranean diet and hence increase our performance and achieve more goals.

## Brief Description

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Why do we age?

Why do we feel tiredness?

Why does disappointment seem to weigh us down?

- A week dedicated to examining why our low energy levels lead to stress, illness and a shorter life span. We will learn about Hippocrates and his ideas on the importance of healthy eating, thought and exercise, which boost the immune system and lead to increased wellness. The Platonic philosophy on the soul will also be explained and how meditation can lead to realignment and functionality.

- A series of cookery classes in the Bostani, the hotel's organic farm, will include a discussion of the Greek notion of Ev Zin and how it can be achieved through healthy eating. The nutritional benefits of the Mediterranean diet and lifestyle will also be presented; a fact widely known but not fully understood.

- Various activities will be ongoing throughout the five days workshop such as group discussions, private sessions with the team of professional mentors, private Naturopathic consultations, massages and walking & breathing exercises. In addition, there will be a talk on how to re-programme our mind in order to achieve greater success and happiness.

- The workshop is open to those seeking to explore ways in which they can realign their inner balance and learn the secrets of achieving greater wellness through the Mediterranean lifestyle and diet. If you are interested in improving your health and performance, no matter what walk of life you come from or profession, then this is the perfect opportunity to examine the possibilities.

“  
Mens sana in  
corpore sano  
Juvenal



# Programme



Welcome drink and introduction to the programme



09:00 – 09:30 Walking and breathing exercises  
09:30 – 10:30 Breakfast with the group mentors  
11:00 – 12:30 Workshop “The 4 Hippocratic Humours – 4 Behavioural Traits – 4 Basic Fears”

12:30 – 14:00 Snack and Free Time  
(beach, private session, massage)  
14:00 – 15:00 Lunch with the group mentors  
15:00 – 17:00 Break and Relax  
17:00 – 18:00 Talk: “What is the best diet for humans?”

18:00 – 20:00 Free Time and Private appointments  
20:30 Dinner with the group mentors



09:00 – 09:30 Walking and breathing exercises  
9.30 – 10.30 Breakfast  
11:00 Cooking workshop and talk  
Group cooking lessons at the ‘Bostani’ organic farm with nutritional advices on the Mediterranean diet, followed by lunch  
15:30 – 16:30 Relax time

16:30 – 19:30 Free time and private appointments  
20:30 Dinner with the group mentors



09:00 – 09:30 Walking and breathing exercises  
09:30 – 10:30 Breakfast with the group mentors  
10:30 – 12:30 Talk “Greek Mythology - Symbols and Archetypes: Plato’s myth of the Cave” and “Greek Mythology - Symbols and Archetypes: Theseus and the Minotaur”

12:30 Snack  
14:00 Lunch with the group mentors Break & Relax

17:00 – 20:00 Free time and private appointments  
20:30 Dinner with the group mentors



09:00 – 09:30 Walking and breathing exercises  
09:30 – 10:30 Breakfast with the group mentors  
11.00 – 14:00 Group cooking lessons with nutritional advices on the Mediterranean food at the ‘Bostani’ organic farm

Lunch at the ‘Bostani’  
14:00 – 16:00 Relax  
16:00 – 18:30 Talk “Introduction to reprogramming our mind to achieve our greatest potential and live a quality life”  
18:30 – 20:30 Free Time and Private appointments



09:30 – 10:30 Breakfast with the group mentors  
10:30 Follow-up  
12:30 END



## About us

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**Criterione** is made up of a team of passionate professionals who adhere to the belief that the Mediterranean diet and the Epicurean Prospective for a Pleasant Life provide a sustainable way of living. We will not only introduce you to the flavourful Mediterranean diet and the magical landscapes of Greece, but also to the ancient principles of what it means to live the good life according to the Ancient Greek Philosophers like Plato and Aristotle, Thales, Epicurus and Hippocrates, who believed and put forth the idea that our minds and souls require as much nourishment as do our bodies and only in the harmonious balance between the mind and the body can man enjoy a continuous state of success, prosperity and well being. At Criterione we believe in reinventing the ways Mediterranean life was lived thousands of years ago by our ancestors.



# Meet our mentors



**THEANO MANTOUVALOU**  
Founder of Criterione

Theano holds a degree in Business Administration from the University of Fribourg and a Certificate in Health Coaching from the Dr. Sears Wellness Institute. She has over 20 years of experience in the events services industry. She is the founder of Criterione since its inception in 2017.

Prior to founding Criterione, Theano worked with several Greek and international companies, including being an editor for French Vogue in Paris and Members magazine in Munich, where she also managed part of the promotion and advertising. Later, as country manager for Club of Clubs in Greece and the Junior International Club in Munich, Theano developed and introduced the concept of top-quality, high-society international event organization in Greece. From there, she organized numerous events, including parties in top Greek venues and long weekends in Greece, Austria, Switzerland, Monte Carlo and Germany.

After taking a professional leave to raise her three children, Theano has recently been involved in a few independent ventures including: Innatus, a personal coaching company for professional athletes and top managers; and Event-pro, a Swiss event-planning company.

Theano has been a Member of the Board of the Greek Chapter of MDA (Muscular Dystrophy Association) since 2001.



In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together. With these means, man can attain perfection.

*Plato*



# Meet our mentors



**TINA ARCHONTIKI**

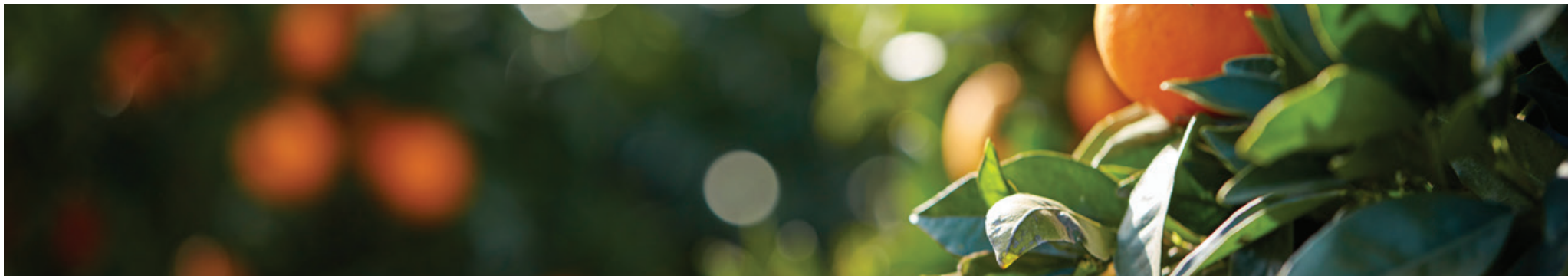
Archontiki Tina has 24 years of Corporate experience including 9 years in Marketing, Trade Marketing and Human Resources Line Management positions in companies as Unilever, Warner-Lambert / Cadbury and Neptune Lines Shipping Enterprises, and 15 years of Consulting experience in the areas of People Assessment, Development, Coaching and Training as a Managing Partner of the Greek Affiliate of Extended DISC International.

Tina is an MBA Graduate from the State University of New York - USA with scholarship from the Alexander Onassis Public Benefit Foundation. She has completed Graduate studies in Japanese Management in Sanno College, Tokyo-Japan, holds a B.Sc. in Marketing Management from the American College of Greece in Athens and she has also completed the following Certification seminars:

- “NeuroChangeSolutions Certification Training” – NeuroChangeSolutions
- “HeartMath Certified Coach” – HeartMath Institute
- “Neurofeedback Training” - Institute for EEG-Neurofeedback IFEN
- “Extended DISC International System Certified Trainer” - Extended DISC International
- “NLP Practitioner Certification” - The Performance Partnership
- “Quality Management Systems (QMS) Auditor/Lead Auditor Training” - TUV Rheinland
- “Competency Based Assessment and Development Centers Practitioner” - Assessment and Development Consultants Ltd.
- “Thomas International System Trainer” - Thomas International Ltd.

Tina became a NeuroChangeSolutions Certified Consultant in 2017 and now, through proven techniques based on Neuroscience, she focuses on guiding individuals and teams towards personal transformation, increased resilience, upgraded team performance and organizational change for sustainable growth.

# Meet our mentors



OLIANNA GOURLI

Olianna Gourli studied Biomedical Sciences (BSc Honours) in University College London, with a focus on Anatomy and Physiology. The complexity of the human body and its numerous metabolic pathways intrigued her into researching more about the individual needs, unique constitution and metabolic/ biochemical distinctiveness of the individual and how they can influence prevention and treatment of illnesses.

While working as a researcher and biomedical scientist in the haematology department of diagnostic health care centers, she noted the importance of prevention in health and disease. Following these years in the conventional medical setting and some health challenges of her own, she reflected upon the need for integrative therapy provision in the medical sector. She strongly believes that the key to good health lies in a preventative and holistic multimodal approach, which takes into account the body as a whole, views each individual as absolutely unique, addresses the root of illness rather than just its symptoms, and in which nutrition plays an essential role. In an effort to combine orthodox and alternative medicine, she went on to study Human Metabolism, Nutrition and Naturopathic Medicine. She graduated from a two-year course in Holistic Energetic Nutrition and Traditional Greek Medicine in NHS, Athens, as well as a three-year course in Biomedicine, Nutrition and Naturopathy from College of Naturopathic Medicine in London, a world leader in the field of Nutritional and other Complementary therapies. She is currently undertaking post-graduate courses in Metabolic Typing, Kinesiology and Nutrigenomics (the scientific study of the interaction of nutrition and genes, with regard to prevention or treatment). The combination of the two formerly conflicting fields gives her a rounded, holistic education, which provides the patients with first class health care. She is currently doing her post-doctoral degree in Natural Medicine (PhD).

As a Scientist and Nutritional Therapist, she helps people with all sorts of chronic complaints and illnesses to change their diet and lifestyle so that they can optimize their health. Given her background in scientific research and systematic reviews, she is an advocate of evidence-based medicine and will only use recommendations for which there is sound scientific evidence. She is a qualified Nutritional Therapist and Naturopath, fully registered with the British Association of Applied Nutrition and Nutritional Therapy (BANT) and with the Complementary and Natural Healthcare Council (CNHC), the UK voluntary regulator for complementary therapies. She is also an Assistant Clinical Supervisor at the College of Naturopathic Medicine in London. She has been trained as a Reiki and Neuro-Linguistic Programming Practitioner (NLP), in an effort to address emotional, mental and spiritual health, writes for Natural Medicine Press and is a translator of Nutritional Medicine books. She is also a certified first-aider. Olianna sees clients in London and Athens, as well as through Skype or telephone, on occasion.



# Meet our mentors



## THE ASIAN SPA

The Asian Spa Ayurvedic & City Retreat Group is a successful partnership between Aliko Vatidi, a Greek entrepreneur with an international background in hospitality and tourism, and Alexandra Mantzouki, a former executive of the stockbroking sector of the Bank of Piraeus and passionate follower of the tourism and spa industry.

The hope and intention was to create spa locations in Greece which would incorporate the very best of both Asian and Western treatments, in surroundings equivalent to those found in the most luxurious spas and resorts throughout the world.

The first spa was a pilot project in the Gouvia premises, a suburb of Corfu in 2008, where the directors created a luxurious spa environment with individually designed Ayurvedic treatment suites. Its success led to the launch of new Asian Spas at other top Greek luxury travel destinations. In addition, they introduced the Home & Yacht service, which provides 5\* spa treatments in the privacy of guests' accommodation or onboard their luxury yachts.

Today, the Asian Spa Group holds a leading position in the Greek Spa and Wellness Market, successfully operating high quality spas in individual locations in Athens and Corfu as well as in collaboration with the distinguished international 5\* hotel chains Intercontinental and Hyatt, Marriott throughout Greece.

### The Philosophy

The Asian Spa Group has developed and embraced a philosophy that combines Eastern therapies with modern Western techniques, brought together in a harmonious environment for the benefit of all their guests. The Asian Spa Group is dedicated to providing high quality, tailor-made services to each guest in order to ensure the delivery of a unique spa experience.

### The Therapist

The Asian Spa Group's priority is to offer the highest quality treatments provided by exceptionally skilled staff. The experienced therapists, have all been extensively educated and trained in prestigious Universities such as the Ananda Himalaya, and have gathered a wealth of experience throughout their professional life. Additionally, ongoing training and education are a priority even for the most senior therapists, building on their existing knowledge.



# Mediterranean Lifestyle.

## Discover the bright side of life

### **Booking:**

Please note that places are limited and will be allocated on a first come first served basis.

### **The package includes:**

- 5 nights / 6 days in Deluxe Side Sea View and Deluxe Sea View room (types subject to availability)
  - All meals mentioned in the programme
- 2 Cooking workshops at the 'Bostani' organic farm mentioned in the programme (transfer included)
- 5 SPA treatments "Traditional Greek Body and Soul Deep Revival" mentioned in the programme
  - Residence taxes
  - Talks and private sessions mentioned in the programme
  - Luggage delivery from the port of Dapia
  - WIFI in guest rooms and public areas
- Use of the Asian spa area, pool, sauna, hammam and gym

### **The package does not include:**

- Transfers from/to the island of Spetses and the ground transportations
  - Tourism tax per room/per night
- Beverages and refreshments during lunches and dinners, apart from wine at the cooking workshop
- Additional charges of hotel's services (mini bar, laundry, etc.) which are covered by each guest individually

### **Reservations:**

For reservations please contact [res@poseidonion.com](mailto:res@poseidonion.com)

### **Deposit & Payment terms:**

50% deposit is required at the time of booking to secure participation.

The remaining amount to be settled 2 weeks prior the arrival in September 16th, 2019.

### **Cancellation policy:**

In the event of cancellation the 1st deposit will be retained as cancellation fee, regardless of the time of cancellation.

In case of cancellation of the event, the hotel will return any payments received in advance.



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