

## Magic ZENses retreat, Kos Griekenland



### *A magical journey*

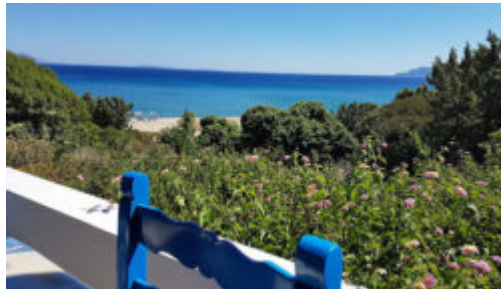
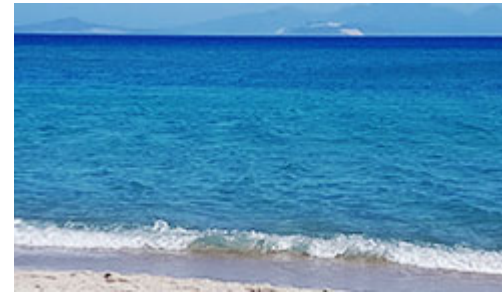
Do you remember ... the last time that you were fully relaxed, your head was quite & empty and your body felt completely relaxed?  
So relaxed that you experience space and freedom in every moment, every thought, every single breath you take?  
Feeling deeply connected with yourself, knowing everything is perfect ... just as it is!

This special week does exactly that ... it brings you back inside.

By moving into yourself you will discover enormous freedom and experience the infinitive space that IS inside you. Step by step... from inside to insight, into your own space, opening your heart and your deepest self... the infinitive source that's inside of you. This program is specially designed to relax, recharge and to (re)discover yourself.

We will spoil you, but we will also give you all the space you want or desire in the most loving way. What is it that you need? Everything is possible. There is space, relaxation, meditation, peace, fun, connection and so much more.

Add to that the sun, the most beautiful beaches of Kefalos, the most delicious food and multiple options to walk, ride a bike and swim in the sea and your vacation is more than complete.



## Kos, in general

The island of Kos is familiar as a biking island and is also known for its friendly population, the fantastic weather and the enjoyable atmosphere. The island Kos is just a couple kilometers away from Turkey and exists mainly out of lowland, with just one high mountain on the east coast close to Kefalos.

Kos is the birthplace of Hippocrates, the inventor of the medical science. The tree under which he did his teachings you will still find downtown the city center of Kos. It is one of the oldest trees alive in the world. It had been estimated to be around 2.000 years old.

### ***A couple sights to see;***

*The Asklepion* is the sacred place of Hippocrates, who was born on Kos around 460 years B.C. Hippocrated, the inventor of medical science as we know it now days.

*Hippocrates Garden*

*The Thermen* The natural warm water sources on Kos

Several *Archeology founding's* spread around Kos, they are definitely worth your time, Mosaic, Ruins of different sizes and they are most of the time accessible.

### **Our program**

You start your day by greeting it with meditation, enjoying the sight on the immense sea from the roof terrace. While you meditate you will feel the first sunshine of the day warm you up. After this joyful morning meditation you can enjoy and extent your own peace and quiet while you're staring out over the Aegean Sea. After the meditation there will be an extensive and healthy breakfast waiting for you.

The day is yours to fill, you'll have all the time and space to do what you want or feel like doing.

After a delicious dinner is it yet again Zen inspired time with the a meditation under the falling night and a sight that looks out to an endless sky filled with stars.

830 AM Morning Meditation

930 AM Breakfast on the terrace

700 PM Dinner on the terrace

830 PM Evening Meditation

The singing bowl meditation at the temple ruin right at the sea is a unique experience. This meditation is in the morning on the still quite beach. The energy from this beautiful serene place and the soothing sound of the waves strengthens the sound, the vibration and the effect of the singing bowls. It will be a experience you will store in your heart.



## When

June 9th until June 16th 2019

## Where

Kefalos, Kos, Greece

Kefalos is about 20 minutes from the airport and on the small part of the island. In some areas you can see the sea on both sides of the land. You can sunbathe, swim and enjoy several water sports, biking and there are multiple beautiful places to visit. Kefalos has crystal clear water, a small haven, a cozy boulevard with many food options, bars and a couple of the prettiest sand beaches of Kos.

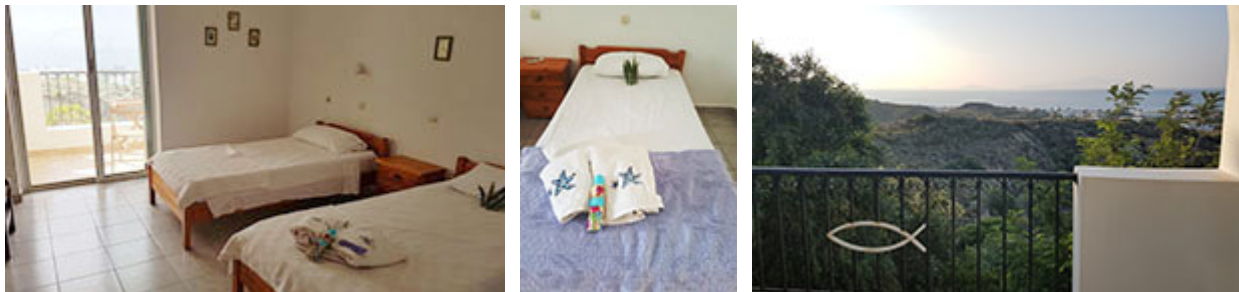
## Tower House

The Tower House is built on and against a mountain, it's fully private on its own property and is surrounded with a garden. It has 2 big terraces and all rooms have a beautiful view on the mountain and the sea. Around the house there are many places to read or relax, or you can dip into the brandnew private swimmingpool.. The complex is on the mountain of Kefalos. You can walk from the garden through a private road (about 800 meters) directly to the beach, where you can enjoy yourself swimming in the sea and sun tanning on the beach. The Tower House is originally built with the purpose to create a special place for people that are looking for peace. You feel this by the energy that flows through the whole building. There is serenity, there is space. It's a magical place!



## Rooms

There are 8 rooms. They all have a bathroom, shower, toilet and a spectacular view. Every rooms has it's own balcony or patio and airconditioning.



## Surrounding area

Our beautiful location is on the mountain in Kefalos, about 900 meters away from the beach. We are completely private, completely in serenity and we have a spectacular view on the mountain, the sea and the island of Mykonos.

Kefalos has some of the most beautiful beaches of Kos. You can rent a bike or enjoy walks in the surrounding area. On some routes you will find the most beautiful places in nature, last but not least the authentic Greek taverns where you can enjoy the local vibe and the amazing hospitality of the Greek population.



## Meals

We start our mornings with a delicious and healthy breakfast. Greek style: on the terrace there will be freshly baked bread, yoghurt, nuts and seasonal fruits waiting. The dinner will be prepared on site, everything will be fresh and when as possible we use local products.

During dinner time it is "Bring your own booze". Always fun to explore each other's just discovered Greek wines. The set table, fun company, atmospheric lights of Kefalos, all ingredients for a successful night every time.

Included;

- Transfer from and to the airport Kos – Towerhouse
- 6 Morning Meditations, 6 Evening Meditations and 1 x personal Zen-Insight consult or treatment
- 8 days, 7 nights
- 7x Dinner, 7x Breakfast
- Coffee, Thee and water with the meals
- Room with a beautiful sea and mountain view, with own bathroom and shower
- Bedding
- Towels
- Complimentary Welcome toiletries and slippers, plus use of waffle bathrobes

## Additional options

- One on one coaching session
- Singing bowls treatment
- Energetic session
- Hypnosis session

## Arrange yourself

- Flight to Kos  
The flight lasts approximately 3 to 3,5 hours. One round trip ticket is available from €189,-,

- Lunch
  - Travel and cancellation insurance
- Transavia, Corendon and Tui fly from multiple airports in the Netherlands to Kos

## Prices

€ 845-, Per person for a shared room\*

€ 1095-, Per person for a single room\*

\*Based on availability

[Betaal-en annuleringsvoorwaarden 2018/2019](#)