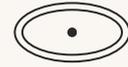


BOOK YOUR

SESSION NOW

Soulfull *Journeys* in Crete



Hi, my name is Vivie.

Welcome to Crete!

Through guided yoga and wellness journeys, I invite you to arrive fully — into your body, your breath, and the raw beauty of this island. Each experience is designed to support deep rest, presence and gentle release from the pace of everyday life and travel.

If you are here to slow down and reconnect, you are exactly where you need to be.

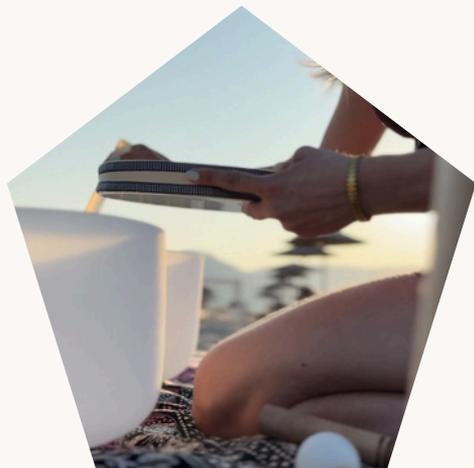
Here you will find some of my signature offerings. We can always discuss how to tailor the perfect wellness day for you!

Vinyasa | Hatha | Yin Restorative | Yin Resonance | Sound Healing | Yoga & Thai





Signature Yoga & Ritual Experiences in Crete



Inviting stillness & Sound Journey

- *A deeply relaxing evening experience designed to calm the nervous system and release physical and emotional tension • Yin yoga & restorative postures • Breath awareness & nervous system regulation • Sound, mantra or silent meditation • Short philosophical reflections for inner stillness*

- ✧ Investment (60–75 min)
 - Private session: 180 €
 - Every extra person: 50 €



Land & Breathe — A Cretan Grounding Experience

- *Slow, gentle flow focused on stability and grounding • Calming breathwork to regulate the nervous system • Guided grounding meditation for deep presence*

- ✧ Investment (60–75 min)
 - Private session: 95 €
 - Every extra person: 50 €



Yoga & Thai - For couples & Friends

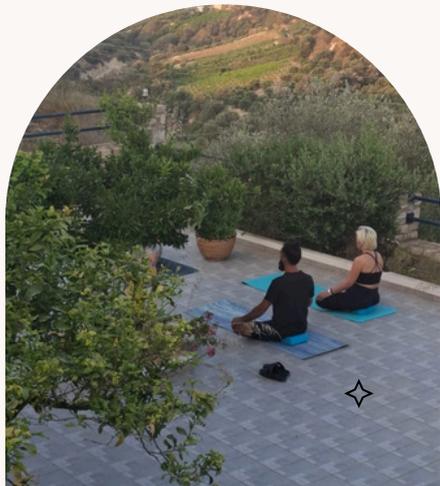
- *A nurturing, embodied experience designed to deepen connection, trust and relaxation • gentle yoga practice combined with elements of Thai-inspired assisted stretches and mindful touch • the session flows between movement, stillness and supported postures, creating a sense of ease, openness and shared presence.*

- ✧ Investment (90 min)
 - Private session: 120 €
 - Every extra person: 40 €

All experiences are offered as private in-villa sessions and can be tailored to the energy and needs of the guests.



Signature Yoga & Ritual Experiences in Crete



Half Day Retreat Package

- *A retreat-style experience for guests who want to slow down deeply and reconnect with themselves during their stay in Crete.*
- *Yin & restorative yoga*
- *Breathwork & guided meditation*
- *Journaling & self-reflection*
- *Tea ritual & sharing circle*

Perfect for themed events with an intention and great for women's gatherings.

- ✧ Investment (approx. 3 hours)
- Up to 5 people: 500 €
- Every extra person: 80 €



Important Notes & Add-Ons

Travel Policy:

For locations beyond 20 km from Heraklion Airport, an additional fee of 1.70 € per kilometer (round trip) applies.

• **Equipment Delivery:**

50 € — Includes mats, blocks, and all necessary yoga equipment for the session.

• **Sound Healing Equipment:**

70 € — Includes crystal bowls, chimes, and full sound healing setup.

• **Optional Goodie Bag:**

10 € per person — A small selection of authentic Cretan local products.

• **Optional combination with an Ice-bath experience:**

Can be arranged upon request

All experiences are offered as private in-villa sessions and can be tailored to the energy and needs of the guests.