



XANTHIPPE

Harvest & Release – Retreat Timetable

Peli Kastri Beach | Sept 26 – Oct 3

**XANTHIPPE -
Let the potential flow.**

Retreat Schedule | Kastri Beach, South Pelion | Sept 26 – Oct 3

Visual Flow of the Week

Mornings → **Body (Embodiment)**

Afternoons → **Creativity & Clarity**

Evenings → **Reflection & Integration**

The rhythm intentionally allows:

- Spacious mornings
- No overwhelm
- Golden-hour transitions
- A gradual arc from rooting → expression → harvest → forward motion

Schedule

Sunday – Arrival & Rooting

Time	Session	Facilitator	Location
15:00 – 16:30	Arrival & Check-In	—	Hotel
17:00 – 18:30	Opening Circle, Intention Setting, Journaling, Mountain Tea	Amber	Main Terrace
18:30 – 19:30	Plateau Walk & Embodiment Session	Amber	Plateau
Evening	Writing Your Potential (self-guided)	—	Individual

Monday – Creativity Begins

Time	Session	Facilitator	Location
9:30 – 10:45	Morning Movement (Pilates/Yoga)	Amber	Yoga Terrace
Morning	Free Time / Beach / Reflection	—	Beach / Hotel
15:30 – 18:00	Self-Portrait Workshop – Part 1	Silvi	Creative Space / Terrace
Evening	Integration / Dinner at Leisure	—	—

Tuesday – Clarity & Alignment

Time	Session	Facilitator	Location
9:30 – 10:45	Morning Movement	Amber	Yoga Terrace
Morning	Free Time	—	—
15:00 – 17:00	Coaching Session	Franzi	Main Terrace
17:30 – 18:30	Kundalini Meditation	Amber	Yoga Terrace
Evening	Quiet Reflection	—	Beach / Personal

Wednesday – Sound & Expression

Time	Session	Facilitator	Location
9:30 – 10:45	Morning Movement	Amber	Yoga Terrac
Morning	Free Time	—	—
15:30 – 17:30	Music Design Workshop	San Sander	Common Ar
18:00 – 19:00	Free Movement / Beach Dance	Amber	Beach
Evening	Golden Hour Reflection	—	Beach

Thursday – Deepening & Harvest

Time	Session	Facilitator	Location
9:30 – 10:45	Morning Movement	Amber	Yoga Terrace
Morning	Free Time	—	—
15:00 – 17:30	Painting Workshop – Part 2	Silvi	Creative Space
17:45 – 18:45	Check-In & Clarity Session	Franzi	Main Terrace
Evening	Optional Shared Dinner	—	—

Friday – Integration & Forward Motion

Time	Session	Facilitator	Location
9:30 – 10:45	Morning Movement (Integration Flow)	Amber	Yoga Terrace
Morning	Free Time	—	—
15:30 – 18:00	Share Your Potential & Define Next 3 Steps	Amber + Franzi	Main Terrace
19:30	Farewell Dinner	—	Restaurant / Terrace

Your Facilitators

Are a group of friends, based in Berlin, who met late in life and knew they belonged together. The girls gang Xanthippe was formed.

