

# YEAR OF THE HORSE

## Harvest & Release



A space to flourish, to unfold, to be seen.

## Become Fully Yourself

**Trust your instinct.** The Year of the Horse reminds us to step into our natural power, be unapologetically present, and flow with the movement that comes from within.

This retreat is not about optimizing or escaping. It is about recognizing what has already taken root inside you and daring to show that version to the world.

*"In keeping with the 'Year of the Horse', you'll release blockages, strengthen resilience, and create space for your natural strength to flow."*

**September 26th – October 3rd, 2026 |  
Peli Kastri, Pelion, Greece**

# Workshop Highlights



## Art Mentoring

Use self-portraiture to shed roles and expectations. See yourself clearly.



## Sound Experience

Harness open-air sound to discover your unique inner voice.



## Clarity Coaching

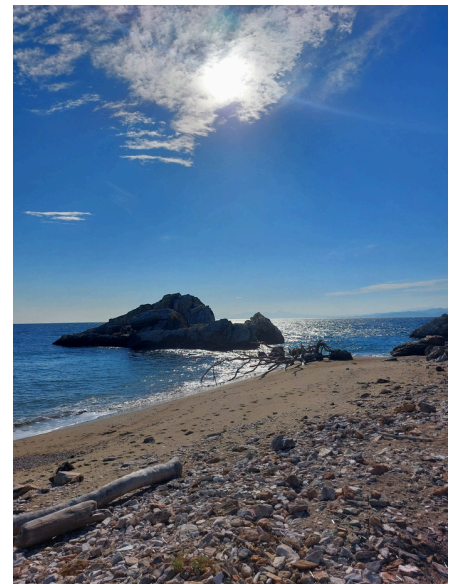
Define your next steps in a supportive community of women.



## Embodiment

Precise Pilates alignment meets the intuitive freedom of Yoga.

# The Visual Flow of the Week



### Mornings

#### Body (Embodiment)

Spacious starts, grounding practices, and physical connection.

### Afternoons

#### Creativity & Clarity

Intense workshops, artistic expression, and guided coaching.

### Evenings

#### Reflection

Integration, golden-hour transitions, and shared gratitude.

**No overwhelming demands. Just a gradual progression from rooting to forward motion.**

# The Xanthippe Gang

## Your Companions

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



**Amber** (Yoga & Pilates): 20+ years experience guiding intuitive movement and stress release.

**Franzi** (Coaching & Resilience): Expert in female leadership and mental health, helping you build strengths.

**Silvi** (Art & Self-Expression): Uses self-portraiture as a tool for presence and self-confidence

**San** (Sound Design & -healing): Helps you find your voice on the beach through the joy of singing.

## The Venue

### Peli Kastri Guesthouse & Retreat

Tucked away in the wild beauty of Pelion, Peli Kastri offers a rare kind of solitude. At Peli Kastri, you trade the noise of the city for the scent of salt air and the shade of a vast, private olive grove. Situated directly on a remote Pelion beach, it is a space to breathe, to settle, and to find strength in the stillness. Perfect to enjoy Greece in its purest form and return to what matters



## Participation & Stay

To provide you with the tools, guidance, and atmosphere needed to truly let your potential flow, the seminar exchange is set as follows:

Seminar Fee: € 500.00 per person

Covers the entire 5-day structured program, creative materials, and group sessions.

## Accommodation & Rates

Peli Kastri offers rooms in different categories. Room allocation is “first come, first serve” Please state your preference when booking.

If you are travelling alone, please also let us know whether you are open to share or prefer a single room.

ACCOMMODATION (7 NIGHTS INCL. BREAKFAST)	DOUBLE ROOM P.P.	SINGLE ROOM
Seaview Room	€ 595.00	€ 945.00
Cozy room (no balcony)	€ 507.50	€ 770.00
Charming room (no balcony)	€ 448.00	€ 651.00

YAY! I'm in! Take  
me directly to  
the booking page!



## Any Questions?

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