



yachting & holidays

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Sailing therapy

Sailing Therapy promises to take you to a unique journey! If you wish to do something different with this year's vacation, live like a sailor, be in touch with the sea and magical places or live the sailing experience, join us!

It's a concept conceived by people who love Greece and the sea.

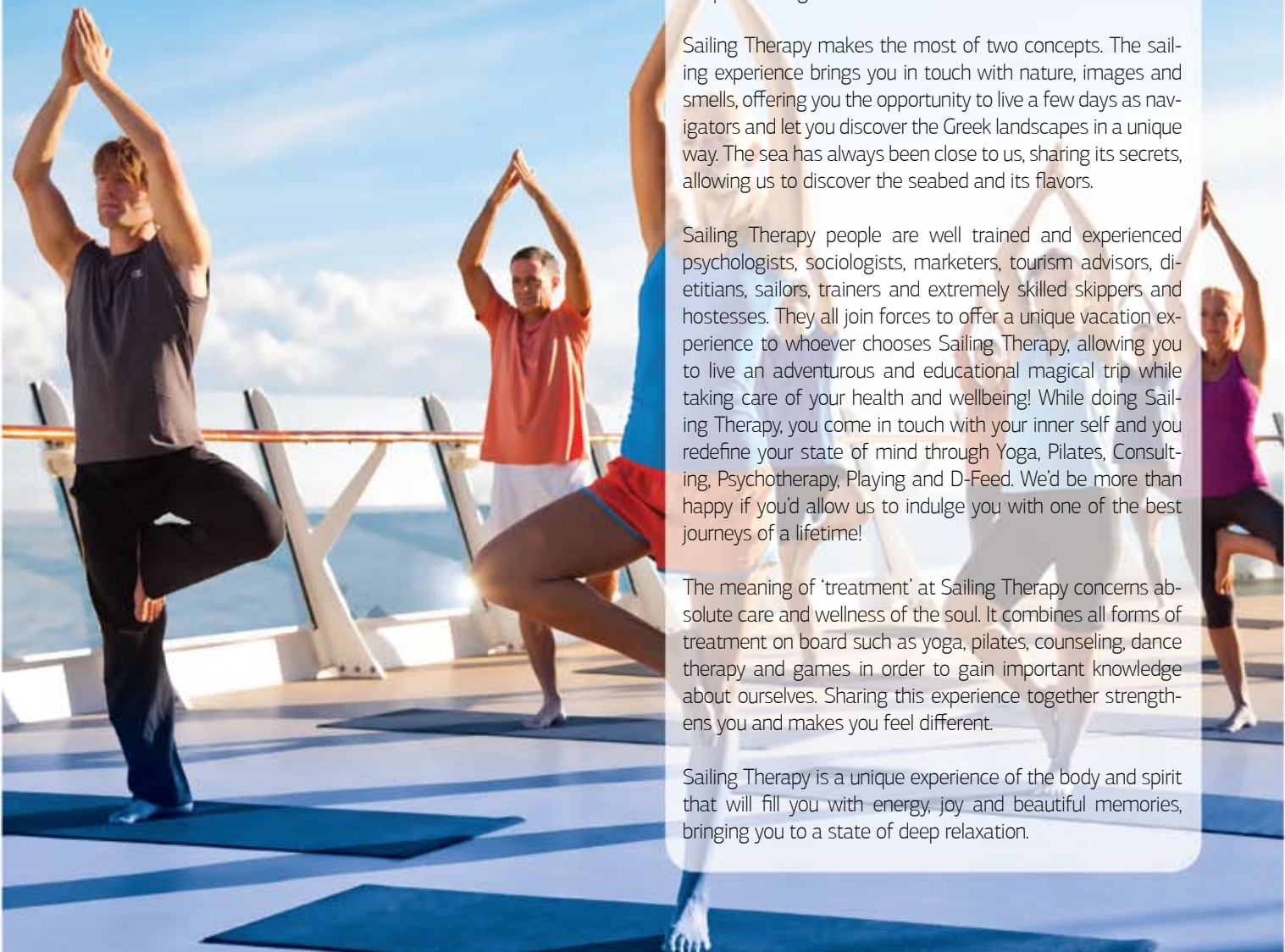
Sailing Therapy is a brand new idea in the area of alternative tourism in Greece which apart from exalting the beauties of the country aims to provide you with high quality services by top professionals who back this project up with ethics and deep knowledge.

Sailing Therapy makes the most of two concepts. The sailing experience brings you in touch with nature, images and smells, offering you the opportunity to live a few days as navigators and let you discover the Greek landscapes in a unique way. The sea has always been close to us, sharing its secrets, allowing us to discover the seabed and its flavors.

Sailing Therapy people are well trained and experienced psychologists, sociologists, marketers, tourism advisors, dietitians, sailors, trainers and extremely skilled skippers and hostesses. They all join forces to offer a unique vacation experience to whoever chooses Sailing Therapy, allowing you to live an adventurous and educational magical trip while taking care of your health and wellbeing! While doing Sailing Therapy, you come in touch with your inner self and you redefine your state of mind through Yoga, Pilates, Consulting, Psychotherapy, Playing and D-Feed. We'd be more than happy if you'd allow us to indulge you with one of the best journeys of a lifetime!

The meaning of 'treatment' at Sailing Therapy concerns absolute care and wellness of the soul. It combines all forms of treatment on board such as yoga, pilates, counseling, dance therapy and games in order to gain important knowledge about ourselves. Sharing this experience together strengthens you and makes you feel different.

Sailing Therapy is a unique experience of the body and spirit that will fill you with energy, joy and beautiful memories, bringing you to a state of deep relaxation.



Destinations:

- Saronic Gulf
- Cyclades
- Ionian Sea
- Dodecanese

Highlights

- The stunning Greek sunsets.
- Daily swim stops in the clear blue Mediterranean.
- The mouth-watering Mediterranean seafood.
- The amazing Crystal Waters.
- Physical and mental welfare/ treatment on board.
- Greek nights on naturally beautiful islands.
- The traditional Greek cuisine.
- The Greek Hospitality.

Body & Mind Activities:

- Group & Individual counseling.
- Stress Management.
- Anger Management.
- Communicational Skills.
- Consultative dance-therapy.
- Couple counseling.
- Family counseling.
- Recently divorced / seperated.
- Team Building.
- Re-Energizing Teams.

Wellness Activities

- Yoga - Sailing.
- Pilates and Outboat activities.
- D-Feed.

Welcome to Sailing Therapy!,
Sailing for the benefit of
physical and mental welfare.

Included

- Welcome drink with traditional Greek Ouzo or Wine.
- 7 nights' accommodation on a sailing boat 8-10 pax.
- Exclusive use of the sailing boat during your charter holidays.
- Every Day Sailing Therapy Activities.
- Professional English speaking Skipper.
- Professional English Trainers.
- Snacks, coffee, tea, fruits and juice for the whole week.
- Bedding and towels on the boats (bring your swim suits).
- The yacht is equipped to the highest safety standards as required by the yacht charter regulations such as Greek maritime law.
- All fuel for the main engines and dinghy.
- All mooring fees, electricity, gas and water.
- Yacht Cleaning upon Disembarkation.
- All taxes.

Not included

- Transfers from / to sailing boat - yacht.
- Any excursions mentioned as optional in the program during your charter duration.
- Meals.

Free time

- Chill out on the deck of our sailing boat.
- Watersports and snorkeling to the Greek crystal waters.

Notes

- Minimum Participation 8-10 pax.

