



Aphroditis Awakening

Time to reconnect with your feminine wisdom within.

Practice and Meditation

We are going to share with you specially designed energy practices to explore the 'wounded'-or hidden or exiled Aphrodite inside to each of us

We will master timeless techniques that release stress, foster our relationship within us, and ground our body and female side to navigate life within our female gifts.

Breath work, body-mind practices, movement and meditations will provide a safe environment to each one of the group. Experiential insights will drive us to unfold our powerful vulnerability and transcend to the female resilience.

The aim of this gathering is to connect with specific parts of our vital energy, unblock the resistance of being a soft and strong Afroditi, reconnecting with the wise power of her tenderness and glow of her beauty

A workshop that explores the transformative journey of women through the lens of Traditional Chinese Medicine (TCM). This course will delve into the intricate relationship between hormonal changes and the various life stages of a woman, providing valuable insights into how TCM views these natural transitions.

Gain practical skills in self-hypnosis to empower yourself, enhance your emotional resilience, and facilitate personal transformation during times of change.



Itinerary



- Thursday 22nd of May
- 17.00 arrival and welcome to Aegina
- 18.30 Opening ceremony and
"Sharing the space & connection"
- 20.00 Welcome Drink and resonate

Friday 23rd of May

- 8.15 Qi Gong
- 9.00 Breakfast
- 10.30- 12.30 "Aphroditi's awakening" Practices
- Free Time for Lunch, Beach...
- 17.00 - 19.00 "Aphroditi's awakening" Practices
- Time for dinner, relax, inner time, connecting...

- Saturday 24th of May

- 8.15 Qi Gong

- 9.00 Breakfast

- 10.30 half day Trip «Aphaia Temple»

- 20.00 »Woman on Fire"

- Sunday 25th of May


- 8.15 Qi Gong

- 9.00 Breakfast

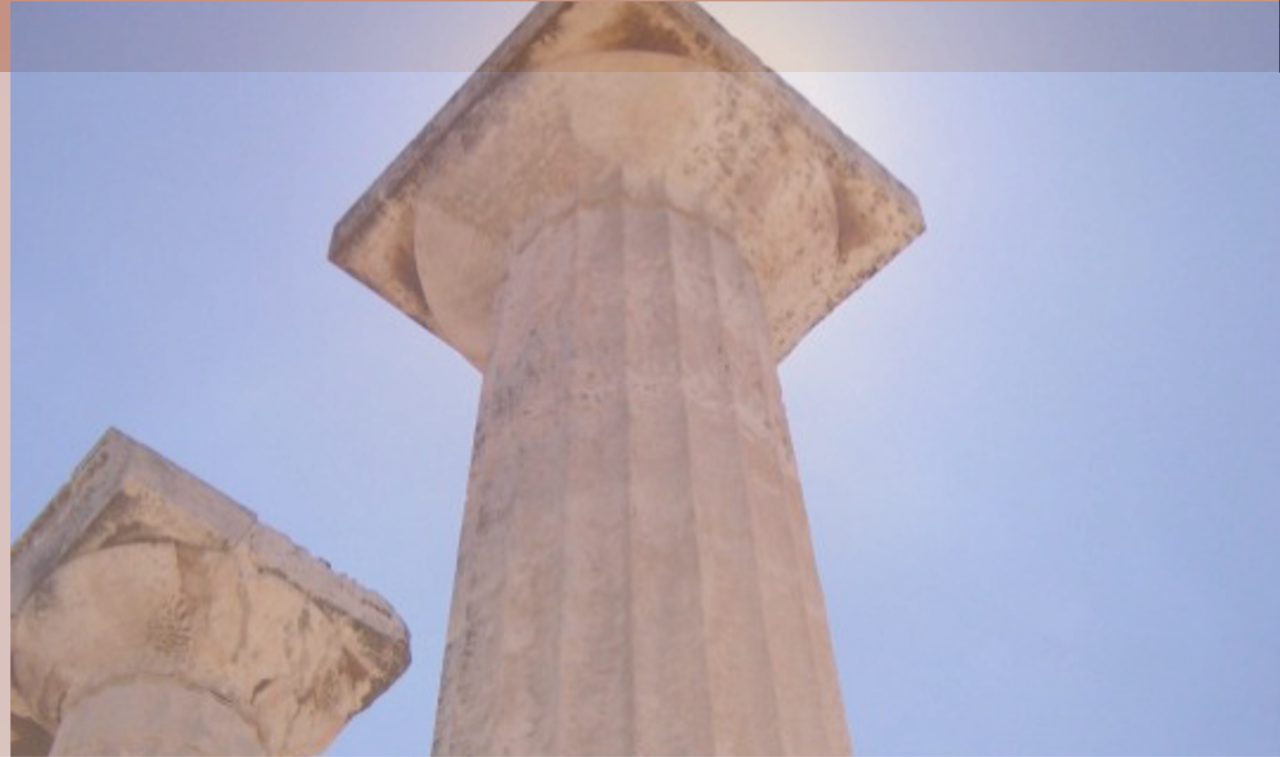
- 10.30- 12.30 «Aphroditis`s Wellness»

- 12.30 Closing Circle

Free Space and Time



Every day we will have free space and time between the practices and activities for Inner exploration, integration and enjoyment. Optional activities are offering adventure of the island



What is included

3 nights of stay

3 classes of Qi
Gong and Breath
Work

3 evening
practices for self-
development

Excursion to the
Aphaia Temple

Exploration to
the nature of the
island

Sunset
meditation

Welcome Drink

Masterclass
female nutrition
and TCM

Fire Ceremony at
the beach

Holistic
Beautycare

Self-exploration
practices

Accommodation:

- The elegant boutique hotel overlooks the charming Ancient Center of Aegina and is just a short distance from the beach, the market and main cultural attractions. Elegance and tranquility are the main features of the property.
- The charming garden of variety of trees and the intense blue sea of Aegina's beautiful bay (150 m) create the perfect piece of paradise.
- Splendid pistachio trees surround the beautiful outdoor seating area at the very center of Rastoni Hotel's garden.



Rooms

- The rooms spacious and bright, scattered in a green garden are waiting for us.
- 2 or 3 people can share a room, while having the possibility to find their own personal space.
- Quiet, comfortable and clean with a welcoming staff eager to serve everyone's needs.
- With an additional fee, you can have your own room.
- If you want to check in a few days earlier or you want to extend your stay, please let us know and we can arrange for you a special offer.





How to get to Aegina

From the Athens Airport to the port of Piraeus:

By Shuttle bus Once you exit the arrivals hall, you will find bus X96 which takes you straight to the Port of Piraeus. The bus departs during the day every 20-25 minutes and every 30 minutes at night. Ask the bus driver to stop at the dock for Aegina.

By Taxi The price will be about € 70,00 during daytime.

From Piraeus to the island of Aegina

From Piraeus to Aegina – Coast Guard Piraeus

The trip to the Island lasts approximately 70 minutes. Boats depart from port Gate E8.

By Conventional Ferry Boat:

Ticket per person costs approximately 10-12 euros. Car fare costs approximately 24-29 Euros.

By High Speed Boat / Flying Dolphin:

The trip to the island lasts 40 minutes. Boats depart from port Gate E8. Ticket per person costs around 19 Euros.

From the port of Aegina to your accommodation

Hotel is located only within 700 meters walking distance from the port. In case you are carrying heavy luggage, the taxi option is the most convenient. The taxi station is located next to the ticket offices once you exit the port. The cost is approximately 5,00 euros. If you are travelling with your own vehicle, feel free to contact us for further directions



Details and Pricing

Individual fee 650 EUR / Depositi 300 EUR

The price includes:

Accommodation in a double or triple room (single beds)

Single use possible with extra cost

Breakfast

Daily practices, workshops and organized activities

Not included:

transportation from airport to Aegina Island / Rastoni Hotel

Cancellation policy:

Refundable : 2 months before the event

cancellation due to the organizers is also refundable

Non refundable : 1 month before the event



About Antigoni

Antigoni Tsegeli is a Zen Shiatsu practitioner, Qigong Trainer, a Beauty Expert and Teacher of Wellness skills. She leads self-development groups and retreats in Greece. She is currently a Trainee Certified Focusing Professional (CFP). She resigned from a career in Wellness and she devoted herself fully to her dream of experiencing life through the healing process. Her motto "The Body Knows, the Soul Listens, the Spirit Lives" reflects her therapeutic approach. She believes that when we listen to our inner selves, we create empathy for ourselves and this helps us be creative in life. She enjoys to share her way with likeminded people and manifest Light and Love on Earth.



About Katerina

Hello! I`am a passionate Shiatsu Therapist and Hypnotherapist. I also be a QiGong teacher with a background as a Sportteacher and Movement and Sporttherapist. I currently serve as a lecturer and head of the Shiatsu department at the Heilpraktikerschule in Lucerne. Throughout my career, I've had the privilege of being a speaker at various Shiatsu schools across Europe, sharing my knowledge and experiences with aspiring practitioners. In addition to my teaching roles, I operate my own practice and work in a private psychiatric facility, where I focus on anxiety, depression and burnout. She combinates shiatsu and hypnosis and her therapeutic approach is to find the inner ressources and get the strength in your self to get healty again.





Contact us

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