



The Happiness Retreat - Blue Bliss
with Apostolia Papadamaki
Koufonisi, Cyclades islands, Greece
July 8th to 15th, 2017
8 days - 7 nights

The Happiness Retreat

BLUE BLISS

with Apostolia Papadamaki

Koufonisi, Cyclades Islands, Greece



registration and inquiries: info@thehappinessretreat.gr

John Lennon said: "When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."

We all carry inhibitions that prohibit us from living a full and blissful life. We work hard in order to live the life we want. We want to be happy and free, to feel light, healthy, loving, accepting, with empathy. But how can we do that? That was my question 15 years ago when along with my international artistic career I started Yoga & Mindfulness incorporating my artistic experience into self awareness and life's blissfulness.



So i invite you to join me in a paradise-on-earth place, for a Full Moon week and take a journey to the core of your being, exploring what brings you the greatest happiness and how to reside in there. We will learn & enjoy, enjoy & learn so we can actually reach the state of happiness by welcoming and accepting ourselves unconditionally as a unique and amazing being, every single second.



We will be as creative as children, as unique as stars, as free as birds, as floating as leaves, as humble as flowers, as creative as human beings. And yes, the more we discover the miracle of our own self, the more we realize that we are at home. Our self is our primary home. As Plato said, recognizing beauty starts from within.



I will share with you the secrets of my own pathway and practice. Together, we will develop our senses to see beauty, to feel happiness, with attentiveness and joy! I will inspire you to re-discover your body & soul and to become creative researchers and defenders of your own beauty.

We will practice Yoga, focusing on breath , we will boost our creativity with Impulse Dance and become one with the water in Floating Body. Fresh homemade vegan food, amazing beaches, divine sunsets ,unspoiled nature and gentle sounds of the waves and the wind will embrace us unconditionally.

Everybody is welcome. I believe that every human can find a new way of living through mindful movement. In my retreats and teaching methods there are no boundaries of age, body form, nationality, identity.



A Blue Paradise - Ano Koufonisi

Koufonisi (meaning hollow island) was given the name as the huge caves convinced the pirates that the island was hollow when observed from the sea.

The smallest of the Cyclades inhabited islands (400 residents), so the natural beauty and its traditional color remains unfaded. You can walk around the island in 1h, passing Pori, Finikas, Italida, Spilia and Ammos beaches. You'd think cars are non-existent as most people walk or cycle the island. A peaceful place for complete relaxation.

The highlight of the island is Pori beach, with golden sand, turquoise clear shallow waters and emblematic large caves that can be found next to it.



Places of interest

The central and the back port

The piscatorial shelter

The carnagio

The windmills

The churches of Agios Georgios, Agios Nikolaos and Profitis Ilias

The fishermen in their small boats, a timeless picture of the island

The architectural settlement of Chora, a characteristic example of Cycladic architecture

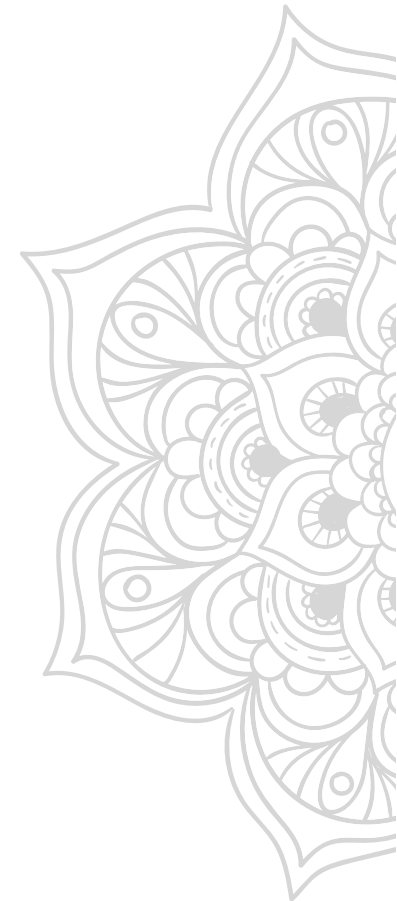


Accommodation

Our 2 Koufonisi Villas (Porithea & Parathira) are located at Ano Koufonisi. The villas overlook Pori Bay, one of the most beautiful white sandy beaches in the Mediterranean (walking distance 8').



There are plenty of open plan areas to lounge both inside and outside.



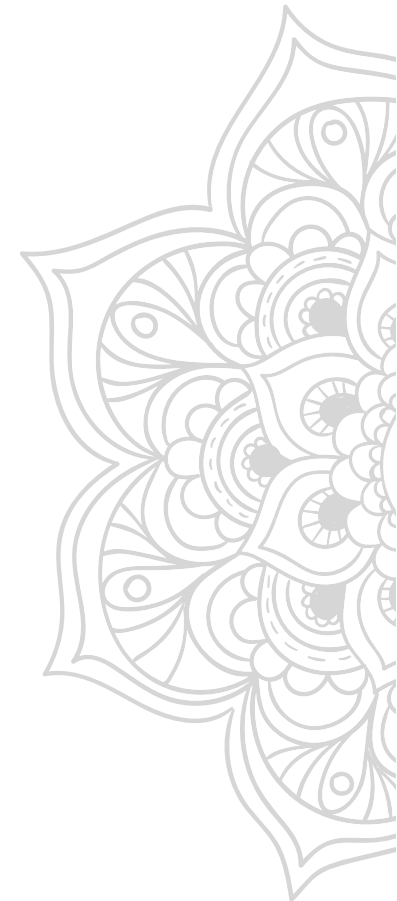


The bedrooms are comfortable and cozy, with carefully selected fabrics and funky accessories, a touch of whimsy that creates a loving, homely atmosphere.

Amongst the olive trees, there is a beautiful yoga shala, made of stone with light curtains to shade the space, a cosy outdoor Thai Massage room and an outdoor Jacuzzi.



The full-moon nights at Koufonisi Villas are breathtaking. Keros island view in the moonlight, is a unique experience for every visitor. According to the residents of Koufonisi, the contour of the deserted island in the night resembles a female, prostrated Cycladic statuette.



Highlights included *

8 days/ 7 nights of stay in a paradise-on-earth place
3 Delicious Fresh Vegan Meals per day **
6 classes Yoga & Biomatic Anatomy
3 classes of im-Pulse Dance
3 classes of Floating Body
Sunrise Beach Meditations
Cooking with Esco
Welcome early Dinner- Farewell breakfast
Outdoor Jacuzzi
Transportation from and to Ano Koufonisi Port to Koufonisi Villas
Explorations in nature with Apostolia
Mindfulness living all day long
Playful games (surprise for those that wish!)
No goal settings - Be present in the moment!

Optional activities (not included)

Boat excursion
Bicycle rental
Full moon party drinks
Thai massage

* Participation in classes and activities is optional throughout the retreat. All levels welcome!
* All meals are vegetarian. special dietary restrictions can be accommodated (e.g gluten free)

Our cuisine will be 100% VEGAN

Three meals per day, prepared with love by the wonderful creative chef Esco Koskilaulaja, using local products. We will eat well and leave the retreat feeling light and clean but at the same time satiated and inspired to eat better in our everyday life.



Thai massage - Alexandros Stavrinis (upon request)

Traditional Thai Massage is a very deep and powerful form of healing and also a spiritual path. Alexandros, has been initiated to Thai Massage, by master teachers Asokananda and Arno L' Hermitte. In his healing practice today, he incorporates Thai Massage and Reiki in every session, creating an even more dynamic and powerful experience.



Activities Schedule

Saturday July 8th*	Arrival & welcome Dinner
Sunday July 9th*	Morning Yoga & evening Impulse Dance Full moon party & Full moon night bath
Monday July 10th*	Morning Yoga & evening Floating Body
Tuesday July 11th	Morning Yoga & evening im-Pulse Dance Boat excursion to Drima-Antikeri & Kato Koufonisi
Wednesday July 12th*	Morning Yoga & evening Floating Body
Thursday July 13th*	Morning Yoga & evening im-Pulse Dance
Friday July 14th*	Morning Yoga & evening Floating Body Sunset Beach Party
Saturday July 15th	Departure or free day on the island or day trip to Amorgos

* Beach /Excursions /Experiences /Massage



Timetable (Sample day):

07.30	Tea
08.00	Yoga & Biomatic Anatomy
10.30	Breakfast
11.00	Free time for the beach /massage /excursions /experiences
15.00	Lunch
16.00	Free time for the beach /massage /excursions /experiences
18.30	Im-pulse Dance or Floating Body
21.00	Dinner



Your Teacher/ Facilitator

Apostolia Papadamaki is an internationally acclaimed choreographer, a traveler, performer and teacher. An ongoing life learner, Apostolia studied release contemporary dance and contact improvisation at Movement Research- New York, Ashtanga Yoga at Jivamukti Center –New York and Alexander Technique with Shelley Shenter. Being a lover of arts and movement she also studied Physical Theater, Ai ki Do, Scuba Diving, (Rescue Diver Padi) Craniosacral Therapy, Reiki and many more, collaborating with inspiring artists, musicians, and teachers in many lands.

After 20 years of ongoing studies and research on movement Apostolia, founded Biomatic Anatomy, an holistic approach to movement that expands to Impulse Dance, Floating Body and her Yoga teachings. She believes that everybody is a perfect human being, in any age and can find fulfillment through movement. In her methods there are no boundaries of age, body structure, nationality, identity.



She was the artistic director of Sine qua non dance co until 2001 and then founded Quasi Stellar dance co at 2002. Since 2001 she collaborates with Belgian Director and Visual artist Jan Fabre as a performer and researcher.

Her choreographic work and teaching methods have been presented in more than 40 festivals around the world. In 2004, Apostolia choreographed the 12th Paralympic Games Opening Ceremony at the Olympic Stadium of Athens, with 250 professional dancers and 350 amateurs. In

2015 she choreographed Drops of Breath, the 1st Underwater Dance performance in the world.

Currently she is choreographing for Theatre, Opera and Films and designing/implementing tailor-made corporate and wellness events for foundations and organisations worldwide. She is at the board of directors of the Megaron – the Athens Concert Hall and previously was also the President of the board of the State School of Dance.



Practices - Yoga & Biomatic Anatomy

Our daily Yoga practice, in conjunction with the principles of Biomatic Anatomy, will bring harmony to our body, mind and emotional state. Emphasising on linking movement with breath as well as bringing our awareness into the lightness and transparency of our body/spirit, will increase the energy flow and open generously space for bliss. This unique blend of Yoga and Biomatic Anatomy will help us integrate both mindfulness and relaxation, even when we go back home. Classes are open to all levels and will be molded to fit participants needs, with personalized attention to their practice.



Yoga & Biomatic Anatomy practices will performed at Koufonisi Villas Yoga Shala



Biomatic Anatomy is a holistic approach of body perception and movement, the result of continuous study and research of it's founder Apostolia Papadamaki. Aims to remind us the primary instincts of movement and gain experiential and theoretical knowledge of the human skeleton, the joints and how they work. The belief that the body knows it's prime perfect nature is established. Movement patterns connect with emotional patterns. In Biomatic Anatomy, we aim to realise our movement patterns and to replace them with new movement patterns that allow the joints to work fully with the necessary muscle involvement. Always connected with our breath, we increase our mobility, eliminate our fears and create confidence and euphoria.



im-PULSE DANCE practices performed at Koufonisi Villas Yoga Shala

im-PULSE DANCE

Everything in nature is Pulse! Through movement and dance we connect with our deeper self and relax the mind. Structured through Apostolia's deep experience in contact improvisation, release techniques and Osho Kundalini meditation, this spiritual language speaks where words fail; an abundance of bliss in the heart of existence is created.

We learn how to dance expressing ourselves with the innocence of a child, moving with pulse that leads us to follow our inner «impulses» that can be transformed into movement.

Music and rhythm indulges the body to overcome all restrictions until we reach our abundant and joyful self. We use Impulses as an entrance to our creativity and imagination.

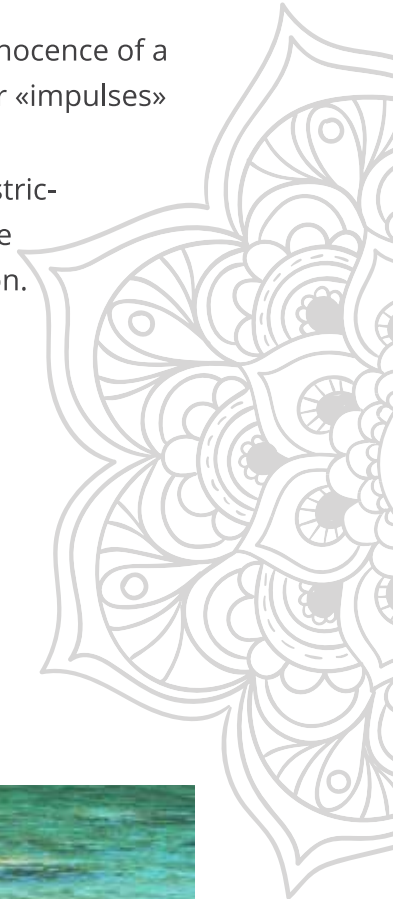
Floating Body

We all come from the womb of our mother and we have experienced “floating”. In Floating Body, we take advantage from the absence of gravity in order to release the vertebrae and to allow the spine to move in ways that are not possible on the ground. Smooth, progressive movements and manipulations, will increase our awareness of how much freedom we gain while we are moving. Our connection with breath takes on a new dimension. We surrender to our companion's hands, we synchronise our breathing, we «dance» in slow motion. A variety of emotions might be released through the continuous flow process. This 'giving' and 'taking' energy experience, can heal any wounds we might carry from separation and enhance the feeling of union and unity with others.

Floating Body is practiced on the surface of a swimming pool or the sea. It is suitable for participants 12-80 years old and is ideal for individuals, bonding between couples, family members, and pregnant women at any stage of their pregnancy.



Floating Body practices performed in the sea shore, in the warm shallow waters of Koufonisi



Accommodation & Prices

Villa Porithea & Villa Parathira - Lower level

Double bedroom / 2 rooms available

Queen bed, shared bathroom *

Double occupancy 760€ per person

Single occupancy 1100€ per person

Double bedroom / 2 rooms available

2 separate beds, shared bathroom *

Double occupancy 830€ per person

Single occupancy 1180€ per person

Master Suite (lower level) / 2 suites available

Queen bed, own bathroom

Double occupancy 970€ per person

Single occupancy 1460€ per person

* Shared bathroom with another room

Villa Porithea & Villa Parathira - Ground Floor

Double bedroom / 3 rooms available

2 separate beds with shared bathroom *

Double occupancy 890€ per person

Single occupancy 1310€ per person

Double bedroom / 1 room available

Twin bed with shared bathroom *

Double occupancy 890€ per person

Single occupancy 1310€ per person

Master Suite / 2 suites available

Queen size bed, own bathroom

Double occupancy 1070€ per person

Single occupancy 1590€ per person

Amenities

Free Wi-fi access

Air Conditioning or ceiling fans in all bedrooms

Beach Towels

Outdoor bathtub

Outdoor Jacuzzi



Details on accommodation & pricing

Airfare and boat tickets are not included in prices.

Guests traveling alone can choose the shared room and we match up based on guest profile.

Max number of Guests is 16

Deposit to hold place is 500€.

Final balance due 45 days before retreat start date.



How to get there

Direct International flights to Mykonos and Santorini, then a couple of hours trip to Koufonisi by Sea jet ferry.

International flights to Athens and then a High-speed from the Port of Piraeus (4 and a half hours).

Contact us

For registrations and questions feel welcome to contact Apostolia Papadamaki: info@thehappinessretreat.gr, +30 6936920860

Suggested packing

Yoga mats provided*

Bathing suit

Yoga clothes

Personal yoga props (blocks, straps, etc.)

Comfortable lightweight clothes (sarongs, kaftans, pareo, etc.)

Comfortable walking / hiking shoes and beach shoes

Hat /sunglasses

Sun protection cream

Plug adaptors / converters

Journal

Additional information and references

Blue Bliss Koufonisi experience 2016 (photos) [link >](#)

The Koufonisi island by Planet Earth (video) [link >](#)

Koufonisi –The Mediteranean Montauk (article by CnTraveler) [link >](#)

Why you should visit Koufonisi (article by Greece is) [link >](#)

Impulse Dance by Apostolia Papadamaki (article by Care2.com) [link >](#)



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www.thehappinessretreat.gr
www.apostoliapapadamaki.com

