

FINDING SERENITY

GREECE

OCTOBER 8-15



Finding Serenity

Serenity - defined as the state of being calm, peaceful and untroubled. The Finding Serenity Program will provide the necessary cocoon in which this state of being can be achieved. It all begins with the opening of the heart, through daily Aroma Yoga, Meditation, Spiritual Practices and Creative Expression activities. Eight guests will set sail on their spiritual journey through the Greek Islands to find their inner light again.

The journey to Finding Serenity will take you through uncharted waters of trapped

emotions which often hinder you from moving forward. It's time to release those trapped emotions to the sea and re-open your heart and allow Serenity to enter.

The Finding Serenity Program is filled with daily activities to assist in releasing past traumas. All negative emotions are released into the endless blue waters of the Mediterranean. Your journey of transformation begins - that is what Greeks call *Thalassotherapy*.

Giving Back for Good



2016

By taking a Blue Life program you are directly supporting the local communities and fishing villages in the Greek Islands that rely solely on tourism for their survival. Nautical tourism is one of the leading contributors to the nation's growth
- *Endless Blue*



About your Program

Each morning we will begin with heart opening asanas with essential oils and scents of the Greek Islands; bergamot, cypress, geranium, lavender, lemon, jasmine and more. Followed by morning meditation to begin our day of transformation. Each day we will focus on a particular emotion and the activities to help release that emotion as we sail through the islands. Our evenings will close with Gratitude Aroma Yoga practice and meditation at sunset to complete our daily practice. We will close with a beautifully prepared dinner from our on board Chef followed by spiritual readings and discussions. Don't worry there will be time set aside for self reflection, relaxation and lots of time to just laugh, explore, discover and release all negative energy to the sea.

*"hark, now hear the sailors cry, smell the sea, and feel the sky
let your soul & spirit fly, into the mystic..."*— Van Morrison



Balancing your internal Compass

The sea's natural ability to absorb negative energy provides the perfect environment to facilitate in the process of finding internal serenity.

“We are like islands in the sea, separate on the surface but connected in the deep.”

— William James

Minerals in the sea air reduce stress while negatively charged ions combat free radicals, improving alertness and concentration; salt in the water preserves tryptamine, serotonin and melatonin levels in the brain, which aid in diminishing depression or increasing your overall sense of wellness. Research has demonstrated that the sounds of waves alter the brain's wave patterns, producing a state of relaxation..



Your Program Activities

We have a series of scheduled activities throughout the week including plenty of free time for self reflection and self exploration. All activities are guided and all on board meals are prepared from your personal Chef.

Wellness

Aroma Yoga/
Daily Meditation

Cooking
Lessons with on
board Chef

Hikes/Walks/
SUP/Kayak/
water skiing/
snorkeling

Spiritual

Daily Readings

Candle Lighting

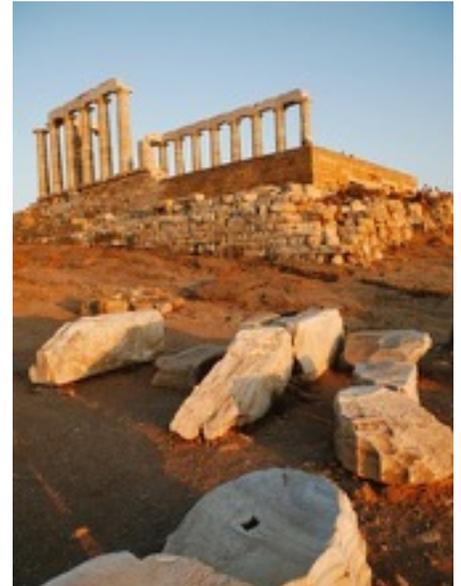
Living in the
present
moment

Release

Water
Immersion

Creative
Expression

Island Shopping
&
Sailing Training



Hikes/Walks

Daily exercise and detoxification provides assistance for releasing of negative emotions.

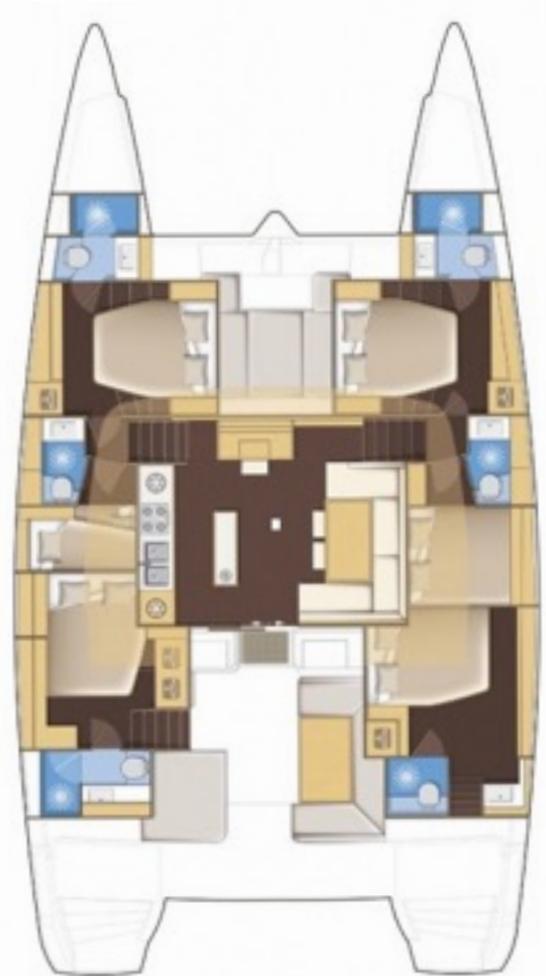
What's Included:

Queen Stateroom
(double occupancy)
En-suite Amenities

Al Fresco Dining
prepared fresh daily
from your Chef

Stand Up Paddle Board
Kayak
Snorkeling Equipment
Satellite TV

Your home at sea for 7 days



Lagoon 52 version 6 cabins - 6 cabins version

What is included

Everything that you need to keep you safe, comfortable and relaxed while on board and on island. It all begins as soon as you reach Greece! Your ceremonial events, all educational and spiritual activities, all meals on board and your transportation services to the yacht, and while on island (where applicable). For 8 days and 7 nights, we want you to take care of yourself and give yourself that time to be with others, to express yourself, to grieve, to laugh to do whatever helps to strengthen the heart,



About the Islands

The islands to be visited are highly dependent upon the weather and Captain's recommendation. Itinerary may change for guests comfort.

Poros

Spetses

Nafplion

Hydra

Poros - a very green lush island, mostly full of pine trees. It is a wonderful picturesque harbor providing the ideal destination for our first releasing activity.

Spetses - this Saronic Island was originally named by the Venetians "Isola de Spezzie", meaning the Island of Fragrances, due to the great variety of herbs growing there. As time passed by, the name became Spetses. During the Greek Revolution in 1821, Spetses had a very important and influential role, because of the large fleet and because it was the birth place of the famous feminine admiral, Bouboulina. Her contribution and sacrifices for the

independence of Greece is unprecedented.

Nafplion - Due to its place and its importance was selected to be Greece's first capital, after the revolutionary war with the Turks in 1921. There are beautiful beaches where you can enjoy a calm and warm sea. But, it is within the city you will find the most worthy sites. In order to visit the infamous castle of Palamidi, you must climb 999 steps to test your endurance and determination.

Hydra - This island stands out among the rest of the Saronic Gulf Islands, because of its peculiar architecture. It is built amphitheatrically around the port, glamorous

like an art paint of blue, grey and white. There are some beautiful beaches, like Spilia and Palamidias, within walking distance from the port, but the best ones, such as Saint Nikolaos, can only be visited by boat. Like all Greek islands, Hydra is full of small paved alleys, cute little cafes, tavernas with wonderful sea food and local specialties, all overlooking the sea. It is known for the peace and quite it offers all guests, as motor vehicles are not allowed on the island and everyone uses donkeys or bicycles for their transportation! The islanders are famous for their strength as the entire island is built on a vertical cliff!

What's Included:

52ft Catamaran

Crew Service of 2 (Captain & Chef)

All on board dining

Beverages & Soft Drinks

Wines & Spirits

Airport Transfers to the yacht

All program activities
Any on island organized transportation

Essential Oils for Yoga and Meditation

Sailing Training

Fuel for the Vessel and all marina fees

Use of any on-board sea toys

Bed and Bath Linens
Daily cabin cleaning service

Cooking lessons

Your Program Costs

The program cost is based on double occupancy in a Queen stateroom with ensuite amenities. The rate is per person/ per day for an 8 day/ 7 night program. Airfare, land activities, land accommodations and transportation other than those listed above are not part of your program costs.

For more Information & Registration -
Registration deadline
August 31st, 2016

USD

\$478/pp/pd

\$3,350/per person for an 8 day/7 night program

Based on double occupancy

Minimum attendance of 8 participants required

contact@endless-blue.com

Powered by Endless Blue

Good Things to Know:

Weather

October is a beautiful time of the year in Greece, with summer air still lingering and a faint smell of fall around the corner. October programs offer beautiful sunlit days, cool evenings and the islanders eager to provide warm hospitality without the rush of the summer season. But with the effects of Global warming prepared for numerous weather changes.

What to Pack

Be sure to have comfortable clothing, walking shoes, hat, sunglasses and your favorite sunblock. The bright sun, white boat and cool breeze is a definite combination to get sunburnt without even feeling it. You will want to have with you a sweater or windbreaker for the cooler evenings. Yoga pants, day wear and sweatshirts/pants are always a good thing to have as comfortable clothing on board is a must! Soft-sided luggage please!