

Euphoria

Mystras, Greece

Cultivate joy

Step away from the trappings of productivity and success towards real joy and blissful relaxation

Immerse yourself in nature

Get inspired by the ancient landscape and mythical surroundings of Euphoria

Dive deep

Set aside time in 2024 to deepen your connection to yourself and the world around you through an immersive practice



YOGA RETREAT
foss yoga

Meet Libby

Libby Lyons wants you to *feel it*



*Libby teaches you where to shine
the light of your attention*

"Hello," Libby begins as she enters the room. "Thank you for being here."

The air is thick and heavy with the sound of breath as Libby invites students into stillness as they mentally arrive in the room a few minutes later than their physical bodies.

Libby moves like a cat around the room as she watchfully coaches students into better alignment--stacking joints, leveling hips, and lengthening the spine with sensation-based cues that call on the imagination as much as the muscles.

Her ability to direct student attention is rare. *Notice. Observe. Imagine. Feel.*

Without a loud booming voice or intense personality, she is still demanding.

There is a palpable concentration of effort from the room when she calls for it, and that direct call and response for effort is the key to her success at transforming students' ability to shift their perspective, adopt new belief in themselves, and redirect their attention to grow and change.

The relationship between teacher and student in yoga can be more sacred than therapy or family. It's an unspoken space of concentration and release, power and softness, growth and care. **If you want to see what's next in your practice, there's no better person to show you where to shine your light than Libby Lyons.**

Daily Itinerary

What's included at Euphoria:

- 4 Private 90-minute sessions w/ Libby
- 1 60-minute Lymphatic Drainage Massage
- 1 Gua Shua Facial
- 1 Scalp/Neck or Foot massage
- Unlimited classes @ Euphoria
- Unlimited use of the world-class spa facilities -- sauna, herbal steam, cold plunge, water therapy, & more
- 7 nights of 5-star accommodation
- 7 healthy breakfasts
- 7 delicious, creative dinners

Other inclusions:

- Transfer upon arrival from the Athens airport to Euphoria (MUST book required flight)
- Transfer back to Athens Airport (only 1 shuttle available)
- Gytheio beach town excursion
- Limeni beach town excursion

What's not included:

- Lunch -- big breakfast spreads and elegant dinners are satisfying for most
- Extra drinks, snacks, or smoothies
- Flights
- Personal travel insurance

Paid optional add-ons:

- Elafonsis beach excursion
- Extra facials, massages, or wellness treatments!
- Ayurvedic wellness & healing consultation

June 1 - Leave Denver

June 2 - Arrive in Athens, transfer to Euphoria

June 3

- 8am-10am - Breakfast
- 10am-12pm - Foss Yoga private group class w/ Libby Lyons
- 12pm-7pm - Massage, facial, spa-time, swim, hike, or take a class on-site
- 7pm Dinner @ Euphoria

June 4

- 7am-9am Sunrise Foss Yoga private class on the roof terrace w/ Libby Lyons
- 9am-11am Breakfast
- 12pm-7pm - Massage, facial, spa-time, swim, hike, or take a class on-site
- 7pm Dinner @ Euphoria

June 5

- 7am-9am Breakfast
- 9am Gytheio Beach Day Trip
- 7pm Dinner @ Euphoria

June 6

- 8am-10am Breakfast
- 10am-12pm Foss Yoga private group class w/ Libby Lyons
- 12pm-7pm - Massage, facial, spa-time, swim, hike, or take a class on-site
- 7pm Dinner @ Euphoria

June 7

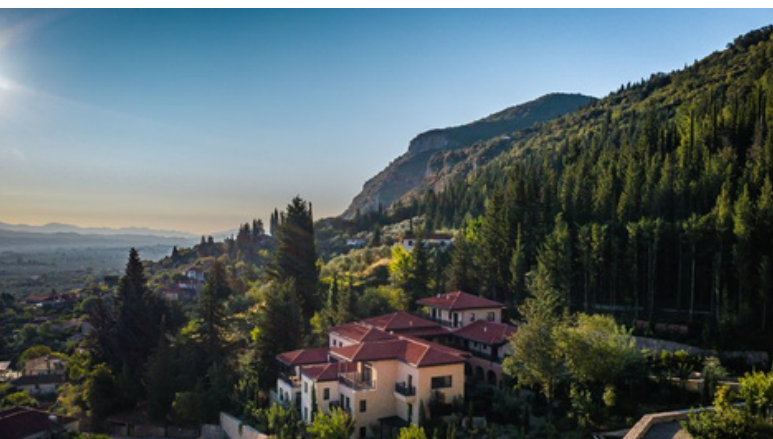
- 7am-9am Breakfast
- Day trip to Limeni / Areopoli Village
- 7pm Dinner @ Euphoria

June 8

- 8am-10am Breakfast
- 10am-12pm Foss Yoga private group class w/ Libby Lyons
- 12pm-7pm - Massage, facial, spa-time, swim, hike, or take a class on-site
- 7pm Dinner @ Euphoria

June 9

- 7am-9am Breakfast
- Return to Athens Airport



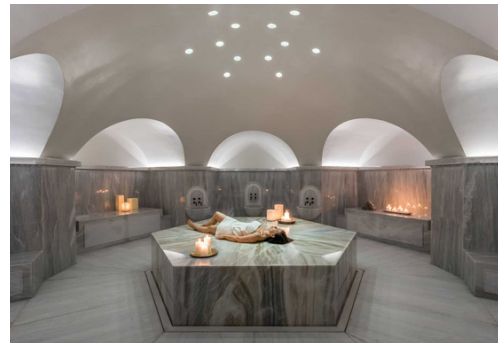
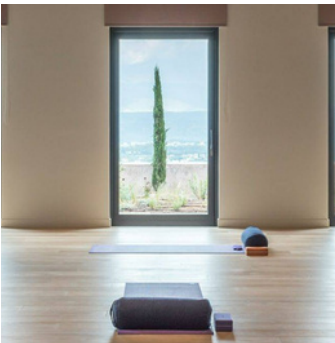
Rest & relaxation

Accommodation

Explore

Euphoria Retreat

Euphoria Retreat is one of Europe's leading wellbeing destination 5-star hotels. You'll discover an unparalleled health and fitness retreat in a state-of-the-art wellness resort where the food, treatments, activities, facilities and setting come together to create one of the world's ultimate premiere getaways. Both healing and holistic – your time in this Greek spa will be unforgettable and *euphoric*.



King Bed



Single Occupancy / King Room

\$6299 ea

\$1,050/month - 6mo Payment Plan

Ends January 1st

2 Queens / 2 Doubles



Double Occupancy / 2 Queens or 1 King Bed

\$5499 ea

\$917/month - 6mo Payment Plan

Ends January 1st

Yoga Hall



Sessions with Libby will be held in the Yoga Hall or on the Rooftop Terrace at Euphoria. Soothing tones, warm wood, and minimalistic design make these spaces extra special.

Solarium



Enjoy one of Europe's premiere spas featuring a Finnish sauna, herbal steam bath, solarium, cold plunge, and much more.

To eat & enjoy

Creative culinary delights at Gaia



Experience Gaia

Taking inspiration from the ancient Greek word for 'Earth' (Γαία), this smart, contemporary restaurant serves pure, authentic food alive with the energy of the mineral-packed soil of the Peloponnese. Offering a blend of regionally inspired contemporary Greek and Mediterranean dishes, the emphasis here is on simplicity, healthy living and full flavor.

Gaia has nurtured a relationship with local farmers, producers and winemakers, who they know by name, to create a menu that uses the best of local, seasonal and organic produce. Some is also grown in their own vegetable and herb garden.

For breakfast enjoy the likes of homemade granola with thyme honey and Greek yoghurt, or maybe you'd like to try the sweet potato and apple fritters, served with tahini and molasses. Lunches and dinners include the likes of fresh soups and salads, as well as super light fish and meat dishes.

Fragrant herbs, antioxidant-packed spices and essential nutrients all help to aid digestion and boost your metabolism. Extra-virgin olive oil, like salt, is added to finish a dish so that its nutritional properties are fully retained.

Dine indoor or outdoor with on the spectacular terrace overlooking the valley the below.

Blue sky, soft waves,
sparkling sun

Gytheio

Excursion

***Explore an authentic
Greek port town on the
sparkling Mediterranean***

Gytheio isn't your typical tourist trap-- it's an authentic working-class Greek port town in the gorgeous Peloponnese region. The area is dotted with pine trees and the water is a stunning aquamarine color contrasted by colorful village houses and restaurants.

Gytheio was the original port for Sparta in the days of the Illiad and the Odyssey. There's plenty of fresh, local dining options and little shops worth poking into.

The main beach of Gytheio is Mavrovouni, a large bay with golden sand and crystal water. Many other beaches are found in the region, with clean water and relaxing ambiance. This is an optional excursion-- if you prefer to stay and soak up the spa vibes of Euphoria, suit yourself!



“Every breath is a work of art, inscribed nowhere- a kind of euphoria.”

-Marcel Duchamp

Euphoria offers free yoga mats and blocks for use in class. We recommend bringing a yoga towel to lay over your mat, or if you have room, bring a travel yoga mat.

Packing list:

- Yoga mat towel
- Sunscreen (preferably reef-safe)
- Natural mosquito repellent (no deet)
- Sun hat & sunglasses
- Favorite book(s) & a blank journal
- Swimsuit(s)
- Adventure sandals for beach town excursions
- Sunglasses
- Reusable bags for shopping
- Tennis shoes or lightweight hiking shoes
- Yoga clothes (whatever you wear to class at Foss)
- Microfiber or travel beach towel
- Everything else you normally travel with or need!



You have one shot at *really living*



Anchor a year of healthy living with a trip to Mystras, Greece

IF YOU'RE FEELING...

...like you know what to do to feel good in your body, mind, and soul, but you don't have the space to consistently make it happen, here's your chance to put a big stake in the ground.

Carve 8 days out of 2024 to be present with the amazing person that you are in one of the world's most beautiful places.

"BEAR WELL"

The word euphoria has Greek roots. Health and happiness are linked, even in etymologies.

Nowadays euphoria generally refers to happiness, but it derives from euphoros, a Greek word that means "healthy." The word is derived from the Ancient Greek terms εὐφορία: εὖ eu meaning "well" and φέρω pherō meaning "to bear".

YOU HAVE EVERYTHING YOU NEED

...to be happy, successful, and fulfilled in life. You just need to give yourself time and space to open up your heart, rest your soul, and focus your thoughts.

Join us next year for *Euphoria*

Hello creative, passionate person.

You've made it to the point in your life where you're no longer simply figuring it out-- you're really good at what you do.

You have a great routine, supportive community, and the confidence you once lacked.

And day-to-day, life is good. You have your simple pleasures, even if you don't always take time to recognize how much they mean.

But if you've looked around at your success and thought to yourself this *feels a little more boring* than you thought it would, Euphoria is the retreat for you.

In this 8-day, 7-night retreat, you'll learn how to create and cultivate true euphoria, true unbridled and wild joy that you are alive, and that you are you.

You have everything you need to be stable, secure, and comfortable. Whether you're crushing your career or you have healthy, thriving children, these successes may have once looked nearly out-of-reach in your early twenties.

Now, instead of looking for more productivity or recognition, what you really want is thrill and wonder.

You want to feel the vastness of the sparkling night sky, the stillness of the hour before sunrise, and the blissful sensation of early summer sun on your skin.

"It always seems impossible until it's done." – Anonymous

I'll also point out that you're the type of person who can get really swept away by the current of busyness, and we both know unless you *plan* to take 8 days off in 2024 to foster your sense of joy, bliss, and true happiness, it ain't gonna happen.

You have 365 days next year to make it to appointments, pay bills, file paperwork, visit family, and take care of others.

Budget 8 days for yourself.

An object in motion stays in motion-- unless that object books an escape to a Greek Island. Jokes aside, but planning to have nothing to do in the middle of an ancient landscape is the *only way to make that scenario actually happen for you*.

Libby Lyons is a 10,000 hour yoga teacher with experience in psychology & mental health that allows her to truly coach students out of their business brain and into the deepest, sweetest corners of their heart.

Imagine the Mediterranean breeze sweeping through your hair, the birds calling overhead, your body opening slowly to the yoga flow unfolding on your mat, and your heart rate slowing as you *breathe*.

Euphoria.



Euphoria



Let's get started

Payment

Only ACH direct debit or credit card payments will be accepted via the Mومence software. Credit card fees apply, no fee for ACH.

Policies

\$100 booking fee is non-refundable after purchase. The full price of the trip is non-refundable after January 1st, 2024. Personal travel insurance is not included.

Failure to sign the full terms, conditions, and waiver for the trip prior to May 1st, 2024 may result in loss of spot without refund for payment.

Flights

United flight options fluctuate between \$1300-\$2100 roundtrip.

We recommend using a flight tracker tool such as Google Flights to get the best deal! Please let us know your flight selection as soon as you book it using the form provided after you have paid.

There is only one Foss Yoga shuttle from Athens to Euphoria at 11:30am June 2nd (shuttle will hold for United Airlines Newark connecting flight delay from Denver). If you choose a different flight, there are options to travel from Athens to Euphoria by taxi, rental car, or bus at your expense.

There is only one designated return shuttle from Euphoria to the Athens Airport. From here, you can privately continue your Greek vacation, travel elsewhere in Europe, or head back to the U.S. at your leisure.