



# Heart-Based Mindfulness with Kate Mitcheom

MSN, RYT

## **Classical Greece and the Cyclades**

**14 nights/15 days**

**~May 1-15, 2022~**

Co-led by Kate Mitcheom, MSN, RYT & [Kathy Daniels, MA](#)

### **ITINERARY:**

#### **CONTINENTAL GREECE, DAYS 1-8**

##### **Day 1 : ATHENS (Dinner)**

Welcome! We will be met at the Athens International Airport by HTG personnel and assisted through customs and baggage claim formalities. Transfer to our hotel in the city. Unwind with optional restorative yoga and mindfulness (appropriate for all levels) with Kate. Dinner and overnight in Athens.

##### **Day 2 : ATHENS (Breakfast/Dinner)**

Greet our first full day with optional rejuvenating yoga and mindfulness with Kate. After breakfast at the hotel, depart on an Athens city tour to observe the striking contrasts that make Athens such a fascinating city. Pass by the Presidential Mansion (formerly the Royal Palace) guarded by the elite military Evzones in their colorful uniforms. View the Temple of Olympian Zeus, Hadrian's Arch, the Parliament House and Tomb of the Unknown Soldier, the Academy, the University, the National Library, and Syntagma (Constitution) Square. On the Acropolis, Kathy will bring alive the history behind the architectural masterpieces of the Golden Age of Athens: The Propylaea, the Temple of Athena Nike, the Erechtheion, and finally "the harmony between material and spirit," the monument that "puts order in the mind," the Parthenon. Continue and visit the place where at last the statues found their home, and pair Kathy's historical and artistic wisdom with the wonders of the Classical Era in the new Acropolis Museum. Optional restorative evening yoga and mindfulness with Kate. Dinner and overnight in Athens.

### **Day 3 : ATHENS – ARACHOVA (Breakfast/Dinner)**

Welcome a new day with optional yoga and mindfulness with Kate. After breakfast, drive through the fertile plain of Boeotia, crossing the towns of Thebes, Levadia and Arachova. On our way up to the slopes of Mount Parnassus and the archaeological site of Delphi, we will visit one of the most impressive monuments on the Mediterranean Sea: the monastery of Hosios Loukas, situated in a picturesque valley teeming with olive trees. Byzantine monasteries are built in sites characterized by astounding natural beauty, always in harmony with the surrounding landscape, following the example of ancient temples. In the afternoon we will discover Arachova, a mountainous village nestled at the foot of Mount Parnassus. On the slopes of Mount Parnassus, in a landscape of unparalleled beauty and majesty, lie the ruins of the Sanctuary of Apollo Pythios. Kathy will help us explore the historical context of these sacred grounds. In the evening, reflect and unwind during an optional restorative yoga and mindfulness session with Kate. Dinner and overnight in Arachova.

### **Day 4 : DELPHI (Breakfast/Dinner)**

Awaken with optional morning yoga and mindfulness with Kate. After breakfast, Kathy will enrich our visits to the Treasury of the Athenians, the Temple of Apollo, and the museum containing masterpieces of ancient Greek sculpture such as the bronze Charioteer of Delphi and a statue of the renowned athlete Aghias. Optional evening yoga and mindfulness with Kate. Dinner and overnight in Arachova.

### **Day 5 : DELPHI – OLYMPIA (Breakfast/Dinner)**

Stretch body and spirit during optional morning yoga and mindfulness with Kate. After breakfast, continue touring through Central Greece and the towns of Itea and the picturesque Nafpaktos, then cross the Rion Antirion bridge into the town of Patras. We will visit the Archaeological Museum of Patras, which is one of the most prominent museums in Greece, rivaling the National Archaeological Museum of Athens and the Acropolis Museum, as well as those in Thessaloniki, Delos, Delphi, and Olympia. The Museum of Patras houses collections deriving from the history of Patras and the surrounding area, from prehistory to the end of Roman times. Kathy will help us understand and appreciate the human stories behind these ancient artifacts. Next, on our way to Olympia, we will have a *dégustation* (a careful, appreciative tasting of assorted delicacies) at the Achaia Clauss winery, located on a lush hill 8 km southeast of the city centre. Stand awed by the arresting stone buildings, huge oak barrels containing century-old mavrodaphne, traditional wine cellar, and the unique scenery and magnificent view. Continue to Olympia for postprandial yoga, mindfulness, and gratitude with Kate. Dinner and overnight in Olympia.

### **Day 6 : OLYMPIA – NAFPLIO (Breakfast/Dinner)**

Greet the morning sun with optional yoga and mindfulness with Kate. Then, follow Kathy as we visit the famous stadium which gave birth to the Olympic Games, and learn about and admire the impressive Temple of Zeus, Temple of Hera, and one of the greatest sculptures of all time, Hermes of Praxiteles. Continue through the Central Peloponnese, Arcadia, and pass through the towns of Tripoli and Megalopolis. In the afternoon, we will arrive in Nafplio — one of the most beautiful towns in the area of Argolis, as well as one of the most romantic cities in all of Greece. Close your day with optional evening yoga and mindfulness with Kate. Dinner and overnight in Nafplio.

### **Day 7 : NAFPLIO (Breakfast/Dinner)**

Awaken your senses with optional morning yoga and mindfulness with Kate, then let Kathy's stories bring to life the Ancient Theatre of Epidauros, the world-renowned theater and archaeological site famous for its remarkable acoustics. Next, follow Kathy's insightful lead to the ancient citadel of Mycenae, where we will see the Lion Gate and the Tomb of Agamemnon. Unwind during optional evening yoga and mindfulness with Kate. Dinner and overnight in Nafplio.

### **Day 8 : NAFPLIO - ATHENS - DEPART FOR THE ISLANDS (Breakfast/Dinner)**

After breakfast and optional morning yoga and mindfulness with Kate, return to Athens with a stop at Acrocorinth. Just south of ancient Korinthos, at the peak of a 575-metre hill, stands the fortified acropolis of Korinthos. As Kathy will share, it is the oldest, largest and most impressive castle in the Peloponnese, whose walls were built during the Middle Ages. At the peak of the hill lie the ruins at the temple of Aphrodite, and the relics of Christian churches and Turkish buildings. In addition to its archaeological significance, Acrocorinth is a rich botanical garden with numerous indigenous Greek wildflowers, which belongs to the Natura 2000 protected areas network. From Acrocorinth, drive to the Corinth Canal for a brief rest stop, and then to the port of Piraeus. Depart by ferry for the island of Paros — the second largest island of the Cyclades, known by many as the jewel of the Aegean. Dinner on board, overnight in Paros. Optional calming yoga and mindfulness mini-session with Kate before bed, if time allows.

## **THE CYCLADES (DAYS 9-14)**

### **Day 9 : PAROS (Breakfast/Dinner)**

Greet the second half of our Glorious Greece adventure with centering morning yoga and mindfulness with Kate. After breakfast, prepare for an early-morning departure by air-conditioned motorcoach to begin our tour of exquisite Paros. Parikia, the island's main city, is built like an amphitheatre around the port, with striking Cycladic architecture and the imposing and awe-inspiring Byzantine church, Panagia Ekatonpiliani (The Church with the Hundred Doors), about which Kathy will share a story from the third century A.D. We will discover Marathi's ancient marble quarries, and visit the beautiful village of Lefkes, which was the first capital of the island. We will finish our tour with the village of Naousa in the northern part of

the island. Return to our hotel for dinner, relaxation, and optional evening yoga and mindfulness with Kate. Overnight in Paros.

### **Day 10 : NAXOS (Breakfast/Dinner)**

Awaken your senses to another day of adventure with optional morning yoga and mindfulness with Kate. After breakfast, embark by ferry to discover the island of Naxos, the largest island of the Cyclades and centre of ancient Cycladic culture. Explore the city of Naxos and its Venetian Castle, including an optional archaeological museum visit with Kathy. Discover the village of Halki, which has a long history and was once the capital of Naxos, as well as its main administrative and trade centre. The many neo-classical houses and buildings in Halki testify to the past wealth and power of the village. Visit the Church of Panagia Drosiani, one of the oldest and most revered Byzantine temples in all of Greece, and explore the famous Naxos marble quarries. Return by ferry to Paros for optional evening yoga and mindfulness with Kate. Dinner and overnight in Paros.

### **Day 11 : DELOS & MYKONOS (Breakfast/Dinner)**

After breakfast and optional morning yoga and mindfulness with Kate, we will depart by ferry for an outstanding visit to two of the most interesting and exciting islands of the Cyclades. The first is tiny Delos, the sacred island of the ancient Greeks, where Kathy will help us connect with its unique archaeological monuments and explore one of the most important archaeological museums in all of Greece. The second is Mykonos, the internationally known jet-set paradise, with the Little Venice of the Aegean, a neighborhood next to Mykonos Town that is a true picture of storybook beauty. It has a wonderful traditional style which is maintained even with its newer buildings. We will enjoy a 3-hour stay on Mykonos, which gives you the opportunity to explore its superb beaches, small churches and chapels, and its glittering houses with dovecotes and marble staircases. Return by ferry to Paros for optional evening yoga and mindfulness with Kate, a relaxed dinner, and overnight.

### **Day 12 : SANTORINI (Breakfast/Dinner)**

Prepare body and spirit for the natural beauty of Santorini with optional morning yoga with Kate. After breakfast, sail the blue waters of the Aegean once more and, on arrival in Santorini, embrace the stunning view of this magical island with its unique scenery. The first stop by motorcoach from the harbor is the settlement of Oia, then on to the attractive town of Fira. Climbing up to the top of the cliff, soak in the spectacular view. Santorini is completely different from all of the other Cycladic islands, offering a unique, wild scenery which evokes feelings and emotions not experienced in other places. The beautiful town of Fira, the attractive settlement of Oia, and the black sandy beaches which stretch as far as the eye can see, create an unforgettable and mystical experience. Upon our return to Paros, anchor Santorini in your body's memory with optional yoga and mindfulness with Kate. Dinner and overnight in Paros.

### **Day 13 : THE AEGEAN (Breakfast/Dinner)**

Think there can't possibly be any wonders left to experience in Glorious Greece? Prepare yourself to gratefully receive impossible abundance with optional heart-opening morning yoga and mindfulness with Kate. Then, after breakfast, transfer to the port of Pounta to set sail for unforgettable new adventures aboard our *kaiki*, a traditional wooden fishing boat. We will spend the full day aboard our motor yacht, sailing around the small islands of Antiparos (the smaller, quieter sister island of Paros) and tiny, uninhabited Despotiko. Discover hidden gems of the Aegean Sea only accessible by boat: crystal clear waters, exquisite beaches, sea caves and small islands, and a return to the untamed beauty of nature. The captain selects the best spots for each cruise according to weather conditions, so we will experience unique moments that may include:

- the turquoise waters of Panteronissi, which give the feeling of floating in a enormous swimming pool created by Nature herself
- the wild geology of the southeast Cyclades, ranging from cliffs plunging into the sea, to a succession of caves including the cave of Mastihari
- Several stops for swimming in crystal blue waters

During the trip, we will enjoy tasty snacks, and for lunch, the crew will grill meats on the BBQ accompanied by salads, tzatziki, and pita bread. They will also provide beverages: local wine, soft drinks, and mineral water. For dessert, we will enjoy delicious fresh fruits. The return to the port of Pounta is at 16:45, leaving ample time for dinner, optional yoga and mindfulness with Kate, and a relaxed final night in Paros.

#### **Day 14: PAROS – CAPE SOUNION – ATHENS (Breakfast/Dinner)**

Greet our final full day in Greece with gentle morning yoga and mindfulness with Kate. After breakfast, transfer to the port, where we will embark on a ferry to return to Athens. Upon arrival to the mainland, we will drive along the coastal road, passing the wonderful beaches of Glyfada, Vouliagmeni & Varkiza and continuing to the southernmost point of Attica, Cape Sounion, where stand the white marble pillars of the Temple of Poseidon. On the way, we will enjoy a breathtaking view of the Saronic Gulf and the archipelago of islands offshore. After visiting the Temple of Poseidon, we will have time to walk at leisure on the rocky promontory of Sounion. Farewell dinner and optional yoga and mindfulness of gratitude with Kate in the evening. Overnight in Athens.

#### **Day 15: UNTIL NEXT TIME... (Breakfast)**

As time allows, bid farewell to Glorious Greece with optional morning yoga and mindfulness with Kate. After breakfast, transfer to the airport for your departure flight.

**Τα λέμε — until we meet again!**