



The Small Cruise Ship Collection

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AEGEAN FLOURISH - A WELLNESS RETREAT AT SEA

Set sail on a transformative longevity & wellness retreat through the Cyclades, a voyage that weaves together the insights of Positive Psychology, the wisdom of Blue Zone longevity, and the soulful rhythm of Mediterranean life. More than a retreat, this is an odyssey of renewal--a journey across pristine waters and sunlit islands toward balance, energy, longevity, and flourishing. Each day invites you to slow down, breathe deeply, and reconnect. Begin with gentle yoga and sunrise meditation, letting the light of the Aegean guide your intentions. Swim in hidden coves, wander ancient ruins, and savour wholesome Mediterranean cuisine crafted with care. Afternoons offer interactive workshops rooted in Positive Psychology, helping you cultivate purpose, connection, and joy. Evenings invite integration through cacao and sound healing ceremonies, breathwork, and stargazing under the vast Aegean sky. Experience the islands through the eyes of their people--join village women in cooking sessions, explore local herbs and traditions, and wander timeless lanes bathed in light. From the sacred energy of Delos to the vibrant islands of Mykonos and Paros, and onward to the slow-living rhythm of Ikaria, each stop offers a lesson in vitality, peace, and meaning. Presented in collaboration with Saskia Fehr--a renowned Positive Psychologist, Coach, and Researcher--this retreat offers a holistic experience that nourishes mind, body, and soul, in perfect harmony with Elixir Cruises' ethos. # ABOUT THE RETREAT Daily Practices & Experience Each day begins and ends with gentle practices to anchor presence and open awareness. Following daily themes -- grounding, vitality, connection, and vision -- you'll journey through yoga, mindful

movement, meditation, journaling, breathwork, TRE®, sound healing, cacao ceremonies, sharing circles, stargazing meditation, and creative expression. The Outcome By the end of the retreat, you'll return rejuvenated, present, and aligned with your true self. You will have: Released tension and rebalanced body and mind Gained practical tools for lasting wellbeing Strengthened connections and sense of belonging Reconnected with meaning, purpose, and joy Awakened creativity and experienced awe and beauty Created a personalized Flourishing Blueprint to bring home A full-spectrum journey to nourish mind, body and soul Who is this Retreat for? This journey is for anyone--individual, couple or group--seeking to slow down, reconnect, and elevate their wellbeing in one of the most beautiful places on earth. Whether you're navigating change, craving renewal, or simply longing to feel vibrant and inspired again, the Aegean Bliss Retreat offers a safe, heart-centered space to return to yourself. Please note wellness offerings may be adjusted depending on itinerary changes due to weather

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conditions.

ITINERARY

DAY 1 Lavrion to Delos

Embark at Lavrion Port and settle into your sanctuary at sea. As we set sail, let the Aegean breeze carry you into stillness. Join a welcome session to meet your Retreat facilitators and fellow travellers, setting the tone for the journey ahead. As the sun begins to descend, gather on deck for a soothing meditation, followed by a welcome dinner beneath the stars. By early morning, we'll anchor beside the sacred island of Delos--the mythic birthplace of Apollo and Artemis. Overnight at sea | Welcome dinner onboard

****TODAY 'S WELLNESS OFFERING****

****Evening Opening Ceremony****

As the sun sets, guests gather in an intimate opening circle to connect and arrive fully in the moment. Saskia guides simple practices to settle the body, open the heart, and connect with the group. The ceremony ends with an intention-setting ritual, where each guest identifies a personal goal for the journey ahead. In the stillness of the evening and the gentle rhythm of the water, a shared sense of trust and possibility emerges, marking the start of a collective odyssey toward balance, joy, and flourishing.

DAY 2 Delos & Mykonos

Awaken with gentle yoga and a gratitude meditation as the first light of day fills your senses. Explore the sacred ruins of Delos, where myth and history whisper among ancient stones, then cool off with a swim in the turquoise coves of Rinia. Sail onward to Mykonos for a guided stroll through town with your Cruise Director, visiting the Paraportiani Church complex, weaving through narrow cobblestone alleys, passing Little Venice, and finishing at the iconic windmills--complete with stories of how Mykonos rose to worldwide fame and tips for the best photo spots. Return onboard for a reflective wellbeing session, then, as evening settles over the sea, unwind with a heart-opening meditation that gently carries body and mind into a peaceful rhythm before setting sail toward Ikaria. Overnight at sea | Lunch: Onboard | Dinner: Onboard or ashore, as you prefer.

****TODAY 'S WELLNESS OFFERINGS****

****Miracle Morning****

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Begin with _Sunrise Presence_ - mindful yoga, breathwork, and meditation on beauty and gratitude, awakening sensitivity to life's small wonders.

****Adventure, Fun & Pleasure****

A guided visit to ancient Delos followed by a refreshing swim stop and a mindful photo walk through Mykonos. Guests are invited to capture beauty through the senses and cameras noticing color, texture, and light as a meditation on beauty, awe and appreciation.

****Wellbeing Workshop (Mindful Savouring)****

Using insights from Positive Psychology and principles from Buddhist Meditation, this workshop explores gratitude, awe, and savouring as pathways to wellbeing.

****Evening Mindfulness Offering****

A guided _Meditation Through the Senses_ followed by shared reflection on beauty closes the day in awareness, warmth, and quiet wonder.

DAY 3 Icaria

Awaken in a hidden Icaria cove, the legendary Blue Zone where people "forget to die." Move gently into the day with yoga and

meditation, then swim in the sparkling Aegean. Sail to Agios Kirykos for a hands-on cooking experience with local women, culminating in a joyful plant-based meal enjoyed together. Back onboard, explore vitality in a wellbeing session, and close the day with a TRE practice that melts away tension, leaving body and mind in gentle harmony with the sea. Overnight: At port or at anchor | Lunch: Ashore at local cooking experience | Dinner: onboard or ashore, as you prefer

****TODAY 'S WELLNESS OFFERINGS****

****Miracle Morning****

Begin with _Sea Breath & Flow_ - a gentle yoga and meditation sequence inspired by the waves. Focus on awakening energy and gratitude for the body that carries you through life.

****Adventure, Fun & Pleasure****

Arrive at Icaria, the legendary Blue Zone. Join a local cooking class, learning the secrets of longevity through food, laughter, and connection. A communal meal follows in true Mediterranean spirit.

****Wellbeing Workshop (The Art of Living Well)****

Onboard, an interactive session explores the physical foundations of wellbeing - eat, sleep, move, rest, repeat. Drawing from Blue Zone insights, guests explore how to bring vitality, balance, and longevity into their daily lives.

****Evening Mindfulness Offering****

A Tension Releasing Exercise*** (TRE***) session supports gentle somatic unwinding. By allowing the body to shake off stored stress, guests restore calm and safety in mind

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and nervous system - establishing the foundation for the transformative journey ahead.

DAY 4 Patmos

Greet the dawn partner yoga and meditation as we sail toward Patmos, the island of Revelation. Visit the Monastery of St. John and the Cave of the Apocalypse, allowing reflection and presence to unfold. In the afternoon, explore the whitewashed streets of Chora or take a relaxing dip in the clear waters of Grikos Bay. Back onboard, explore meaning in a wellbeing workshop, then close the day with a Cacao and Sharing Ritual, letting body and mind dissolve into the gentle rhythm of the sea. Overnight: At port or at anchor | Lunch: Onboard | Dinner: onboard or ashore, as you prefer

TODAY 'S WELLNESS OFFERINGS

Miracle Morning

Practice gentle partner yoga to cultivate compassion, empathy, and connection followed by a Loving-Kindness Meditation.

Adventure, Fun & Pleasure

Arrival in Patmos, the island of Revelation. Guests visit the Monastery of St. John and the Cave of the Apocalypse, guided through spaces that have inspired seekers for centuries. The island's quiet mysticism invites inner stillness.

Wellbeing Workshop (The Heart Connection)

An interactive exploration of unconditional love, communication, and connection. Through reflective dialogue and creative exercises, participants uncover what fosters emotional safety, authenticity, and meaningful relationships.

Evening Mindfulness Offering

A Cacao & Sharing Ritual opens the heart and invites vulnerability** ** - celebrating human connection and kinship under the evening sky.

DAY 5 Amorgos

Early morning departure for a swim stop off Nikouria islet, a tranquil corner of the Aegean with beautiful emerald waters. In the afternoon we arrive in Amorgos, an island known for its wild beauty, deep calm, and unmistakable spiritual aura. Choose to visit the Monastery of Hozoviotissa, dramatically clinging to the cliffs, or join a short herbal walk to discover Amorgian herbs traditionally used for teas and healing balms. Overnight: At port or at anchor | Lunch onboard | Dinner onboard or ashore, as you prefer

TODAY 'S ***WELLNESS OFFERINGS**

Miracle Morning

Welcome the dawn with yoga and meditation focused on purpose and alignment -- reconnecting with what gives your life direction and depth.

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****Adventure, Fun & Pleasure****

After a refreshing swim arrive in Amorgos, an island celebrated for its wild beauty, serene pace, and spiritual energy. Choose to visit the Monastery of Hozoviotissa, perched dramatically on the cliffs, or join a gentle herbal walk to explore local plants traditionally used for teas and healing remedies.

****Wellbeing Workshop (The Aligned Life)****

Blending modern psychology with timeless wisdom, this session helps you identify your core values and translate them into purposeful action. Discover how living in integrity with your values creates lasting fulfillment.

****Evening Mindfulness Offering****

A Guided Meditation & Sound Bath invites stillness and deep integration, fostering connection to something greater than the self - a quiet communion with meaning and mystery.

DAY 6 Ios

We sail at dawn and reach Manganari, one of Ios's most stunning beaches, for a calm morning of swimming and sea therapy as the Aegean softens the body and quiets the mind. Continuing toward the port, Ios's mix of vibrant energy and gentle ease unfolds. In the afternoon, explore Chora's boutiques and artistic lanes, or join your Cruise Director for a guided uphill,

three-hour hike to the island's highest point, stopping at the churches of Agios Nikolaos, Agios Georgios, Agios Eleftherios, and Panagia Gremiotissa, plus the windmills. Your Cruise Director will share insights and point out the best photo spots along the way. Return onboard for an integrative session, ending the day with a Manifestation Ritual and a stargazing meditation. Overnight: At port or at anchor | Lunch: Onboard | Dinner: Onboard or ashore.

****TODAY 'S WELLNESS OFFERINGS****

****Miracle Morning****

Awaken with Yoga, Breathwork & Visualization, activating the imagination and aligning energy toward future possibilities.

****Adventure, Fun & Pleasure****

In the morning, enjoy a calming swim in Manganari's crystal-clear waters and feel the gentle energy of this special island. Later, stroll through its main town, Chora, and discover its unique charm through boutique-lined lanes, small cafes, and peaceful corners that invite you to slow down and reconnect.

****Wellbeing Workshop (From Vision to Manifestation)****

An integrative session weaving together all retreat insights into one profound vision of a truly fulfilled life. Guests translate insights into intentions transforming aspiration into embodied

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reality.

****Evening Mindfulness Offering****

A Manifestation Ritual invites connection to the field of infinite potential - a collective calling in of the future you are ready to step into. Under the vast night sky, a Stargazing Meditation expands awareness to the cosmic - inviting awe, humility, and transcendence. A peaceful reminder of our place within the greater whole.

DAY 7 Paros

Sail early toward Naoussa in Paros, pausing for one last unhurried swim in clear, luminous waters that invite ease and presence. Arrive in the early afternoon to explore Naoussa's boutiques, enjoy a relaxed wine tasting, or wander its cobbled lanes on a mindful stroll. Later, gather onboard for a closing circle, reflecting on the journey, the insights gained, and the connections made, followed by a farewell dinner to celebrate shared memories. Overnight: At sea | Lunch onboard | Farewell dinner onboard

****TODAY 'S WELLNESS OFFERINGS****

****Miracle Morning****

A gentle morning of yoga, meditation, and journaling allows for reflection and gratitude. Guests write about their journey, insights, and intentions for life beyond the retreat.

****Adventure, Fun & Pleasure****

Enjoy a last unhurried swim in clear, luminous waters that soothe the body and calm the mind, then discover Naoussa, the beautiful town in Paros, with its charming boutiques, cobbled streets, and lively waterfront where the Aegean breeze meets local life.

****Wellbeing Workshop (The Integration & Beyond)****

A closing circle weaving together the insights of the past week and integrate the experiences and learnings.

****Farewell Cocktail & Dinner****

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Conclude the day with a farewell cocktail and dinner, celebrating the journey, the wellbeing you've cultivated, and the renewed clarity, calm, and connection you carry home with you

### DAY 8 Lavrion port (Athens)

After breakfast, disembark at Lavrion Port as your Aegean Flourish Wellness Retreat comes to a close--leaving you refreshed, restored, and carrying cherished memories and new friendships.

#### Please note:

Itineraries are subject to change.



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### YOUR SHIP: ELYSIUM

**YOUR SHIP:** Elysium

**VESSEL TYPE:**

**LENGTH:**

**PASSENGER CAPACITY:**

**BUILT/REFURBISHED:**

With only 25 luxuriously cocooning cabins a spa, a gym, a deliciously healthy Mediterranean cuisine, an array of cultural experiences and wellness activities, the Elysium will pamper you, spoil you and transform you. Your time on board the Elysium will be nothing short of spectacularly unique, nothing like you have ever experienced before on a cruise. A fusion of relaxation, wellness, discovering and fun. Visit pristine coves and beaches only accessible by private yacht, discover old civilisations, learn a new craft, have a massage, meditate at sunset, enjoy a chilled drink, hike a volcano, fish with locals, snorkel, stargaze, read a book. You decide. The Elysium awaits to soothe your soul and excite your senses. **CABINS** 25 spacious, stylishly decorated cabins - 5 different categories depending on location and size. All cabins are flexible, converted to twin or double. **MAIN DECK & BAR** At daytime relax and read your book under the shade sails or simply feel the sea breeze in your face. Alfresco meals are served here, while you may order food and drinks from the all-day menu at the bar. In the evening, the music sets the mood as you unwind and socialise with your fellow travellers. **WELLNESS SUN DECK** Enjoy morning or sunset yoga sessions, Pilates classes or a meditation

session on the Phos Wellness Deck. Bask in the sun or under a summer full moon. Equipped with comfy sun-beds, a jacuzzi, a large slumber sofa and a telescope for romantic stargazing, it is an inviting spot day or night. **DINING EXPERIENCES** Our farm-to-table refined cuisine is served at our indoor dining room or alfresco at our outdoor dining area. You may enjoy nibbles and finger food along with fresh juices, mocktails, cocktails, a chilled glass of wine, or champagne anywhere on the Elysium. We also accommodate special food requests and will be happy to throw your own catch of the day on



the grill.

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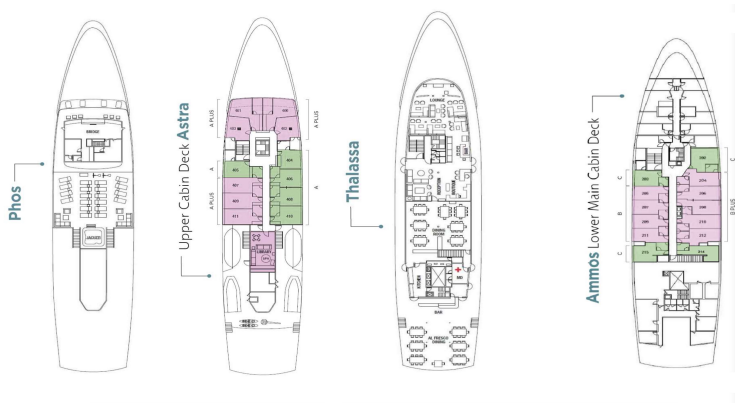
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## INSIDE YOUR SHIP



Cat A



Cat A+



Cat B



Cat B+



Cat C

Single Cabin Cat C



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## PRICING

23-Oct-2026 to 30-Oct-2026

|                    |              |
|--------------------|--------------|
| Cat C              | £2075 GBP pp |
| Cat B              | £2349 GBP pp |
| Cat B+             | £2489 GBP pp |
| Single Cabin Cat C | £2655 GBP pp |
| Cat A              | £2945 GBP pp |
| Cat A+             | £3085 GBP pp |

### ADDITIONAL CHARGES:

Port taxes - per person, per week

350 EUR pp