

Day 1 - August 27th

Opening Night Out on the Town!

- 15.30-17:00 Initial meeting in Athinais restaurant
- 17.00 Leave for museum and dinner
- 17.30-18:30 Acropolis museum tour
- 19:00-20:30 Walking tour of area
- 20.30-22:00 Dinner in Plaka with live Greek music

Day 2 - August 28th

Delphi Tour

- 8.30 Departure from hotel
- 12.30 -16.00 Delphi tour/lunch
- 16.00 -17.00 Free time in Delphi
- 20.00 Optional dinner & night out in Psiri area

Day 3- August 29th

Eleusinian Mysteries/Xylocastro

- 9:00 Depart Athinais hotel
- 10:00-12:00 Eleusinian Mysteries
- 13:30-15:30 Arrive in Xylokastro-check-in to Arion/lunch,
visit Dimitra's replica of a warship
- 15:30-19:30 Hiking to the Nymphs Waterfall OR relax, optional
swim, rest, forest walk/exploring Eva Palmer's house
- 19.30 Dinner & wine tasting

Day 4- August 30th

Ancient Sparta: museum/tasting/amphitheater

- 7.30-8.00 *Greek Alphabet Yoga in the forest*
- 7.30 - 9:00 *Breakfast*
- 9.00 *Departure from Arion Hotel*
- 9.30-10.45 *Ancient Corinth, Corinth Canal*
- 12.15-13.00 *Restroom/snack, shop, coffee stop*
- 14:00-15:30 *Arrive in Sparta, Olive oil museum and tasting*
- 15.30-16.30 *Sparta Amphitheater*
- 16:30 *Depart for Monemvasia*
- 18:00-19.00 *Free time in Monemvasia*
- 19.00 *Dinner*

Day 5- August 31th

Monemvasia Castle

- 7.45-8.45 *Goddesses yoga at Lazaretto*
- 7:30 - 10.00 *Breakfast*
- 10.00-11:20 *CIRCLE (11:30 bus)*
- 11.45-12.45 *Castle tour*
- 13:00-14:00 *lunch*
- 14:00-17:00 *open time to rest, swim, shop, boat tour*
(9 at a time-will assign times in a.m.)
- 18.00-19:00 *Greek dance workshop*
- 19:00 *Dinner*

Day 6- September 1st

Diros Caves/Shipwreck Beach

- 7.45-8.45 Breakfast
- 9.00 Depart for Diros
- 11.00-12.30 Diros Cave boat tour
- 13.00-13.30 Shopping at the ceramic store
- 14.30-17.30 Gytheio (walk around, lunch, swimming at shipwreck beach)
- 17.30 Departure for Monemvasia
- 18.30- 19.30 Free time
- 19.30 Optional dinner

Day 7-September 2nd

Artemis Valley/Geraki Weaving School

- 7.45-8.45 Goddesses yoga at Lazaretto
- 7.30-9:30 Breakfast
- 9.30 Departure for Artemis Valley
- 10.30-13.00 Artemis Valley with farmer's picnic
(Rituals in Artemis valley OR castle walk)
- 13.30-16.30 Tour Geraki Byzantine town, weaving school, church
- 16.30 Depart for Monemvasia
- 17:30-18:30 Free time in Monemvasia
- 18:30-19:30 CIRCLE
- 19.30 Dinner

Day 8- September 3rd

Village Life in Agios Dimitrios Zarakos

- 7.45-8.45 Goddesses yoga at Lazaretto
- 9.00-10.00 Breakfast
- 10.00-15.00 Village life tour: museum, wine press, Sparta Gaia,
- lunch
- 15.00 Departure to Monemvasia
- 15.45-18:30 Free time in Monemvasia
- 18.30-19.30 CIRCLE or games
- 19.30 Dinner

Day 9-September 4th

Pavlopetri/Elafonisos Island/

Workshop

- 7.45-8.45 Goddesses yoga
- 9.30 Depart for snorkeling
- 11.30-13.00 Pavlopetri snorkeling
- 13.30-14.00 Ferry to Elafonisos Island (Princess Di's favorite)
- 14.00-16.30 Lunch, shopping
- 16:30: Ferry back, depart to Monemvasia
- 17:30- 18.30 Free time in Monemvasia
- 18.30-19:30 Closing CIRCLE
- 19.30 Dinner

Day 10-September 5th

Travel back to Athens

- 9.00 Depart Monemvasia
- 12.30 Napflio (tour of castle, lunch, shopping)
- 16.30 Depart for Piraeus port
- 20.00 Ferry departs for Lesvos Island