



FOR WOMEN 40+

AWAKENING SELF GREEK ISLAND RETREAT

SEPTEMBER 3-9, 2026 (KISSAMOS, CRETE)
YOGA - WELLNESS SESSIONS - BEACH - REPEAT

A 7 day immersive retreat designed to bring you back into your body, find your joy and sense of aliveness. Set in a beautiful beachside villa, this retreat invites you to slow down, feel again, and awaken the parts of you that have longed for space to breath.



Inclusive of: 6 nights villa accommodation, breakfast, most dinners, private sailing trip and all daily wellness sessions.
€1,704 for twin share or €2,851 for private room.

Meet your facilitator: Despina Kamper



Despina has over 20 years clinical experience in nutritional medicine. With a research focus on the treatment of stress and anxiety disorders, she has helped patients implement positive lifestyle habits using a holistic approach in a variety of somatic, nutritional and naturopathic practices. She has obtained post graduate qualifications in nutrition, counselling and education and she currently lectures at Western Sydney University in the Health Science faculty. Despina is also of Greek heritage and has tailored the retreat experiences to reflect the hospitality and beauty this island is known for.

For bookings: +61 2 9192 5600 or email: wellness@spencertravel.com.au

