

Monday, July 3rd, 2023

- 08:00 Meeting at Irene station, Marousi, Athens from where you will move by organized vehicles to Mount Olympus
- 12:30 Meeting of the entire team at locality Gorgia, Olympus
- 13:00 - 14:30 Initial circle to share intentions. Cooking and eating before departure
- 14:30 - 18:30 4-hour walk to Petrostrougas refuge, with 3 - 4 stops
- 19:30 - 21:00 Restorative movement practice and sunset meditation
- 21:30 Dinner at the shelter
- 22:30 Rest

Tuesday, July 4th, 2023

- 06:00 Waking up
- 06:20 - 07:30 Sunrise meditation, awakening and mobility with mindful movement
- 08:00 - 09:00 Breakfast at the shelter
- 09:30 - 13:00 You ascend to the plateau Mousson, with 3 stops and moments to breathe, ground, and center yourselves
- 13:00 - 14:00 Arrival at Giosos Apostolidis shelter – free time
- 14:00 - 15:00 Lunch at the shelter
- 15:00 - 19:00 Free time / rest
- 19:00 - 20:30 Body exploration practice through guided and free movement
- 20:30 - 21:00 Sunset meditation
- 21:30 - 22:30 Dinner at the shelter
- 23:00 Rest

Wednesday, July 5th, 2023

- 06:00 Waking up
- 06:20 - 07:30 Sunrise meditation, awakening and mobility with mindful movement and the 5 Tibetan rites
- 08:00 - 09:00 Breakfast at the shelter
- 09:30 - 13:00 Your climb to Skolio, elevation 2913, with 4 stops and moments to breathe, ground, and center yourselves
- 14:00 - 15:00 Lunch at Giosos Apostolidis shelter
- 15:00 - 18:00 Free time / rest
- 18:00 - 19:30 Guided movement practice with the elements of the mountains
- 19:30 - 20:00 Snack
- 20:00 - 21:00 Walk to Profitis Ilias church, elevation 2812, and sunset meditation
- 21:30 - 22:30 Dinner at the shelter

- 23:00 Rest

Thursday, July 6th, 2023

- 06:00 Waking up
- 06:20 - 07:30 Sunrise meditation, awakening and mobility with mindful movement and sun salutation
- 08:00 - 09:00 Breakfast at the shelter
- 09:30 - 12:30 You descend to Petrostrouga refuge, with 3 stops and moments to breathe, ground, and center yourselves
- 13:00 - 14:00 Lunch at Petrostrouga
- 14:00 - 18:00 Free time / rest
- 18:00 - 20:30 Active meditation through restorative conscious movement in the cave of Ithaca
- 20:30 - 21:00 Sunset meditation
- 21:00 - 22:30 Dinner at the shelter
- 23:00 Rest

Friday, July 7th, 2023

- 06:00 Waking up
- 06:20 - 07:30 Sunrise meditation, awakening and mobility with mindful movement and energizing flow
- 08:00 - 09:00 Breakfast at the shelter
- 09:30 - 13:00 You descend to Gorgia with 3 stops and moments to breathe, ground, and center yourselves
- 13:00 - 14:00 Final circle and experience sharing. Back with the minibuses to Litochoro
- 14:00 - 15:30 Lunch at Litochoro
- 18:00 - 20:00 Driving back to Athens

The schedule may vary depending on the challenges the mountains offer you! You will be ready to adapt!