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**Villa Hurmuses Hosts its Spring Mediterranean Retreat on Mykonos**

*Award-Winning Greek Villa's 2018 Wellness Retreat Focuses on a Balanced Lifestyle*

**Mykonos, Greece:** Villa Hurmuses, an award-winning luxury villa on Mykonos, will host its annual spring Mediterranean Retreat with a focus on a balanced lifestyle. The retreat will take place at the villa from May 1 to May 5, 2018.

“The Mediterranean Retreat offers a lighthearted atmosphere that combines a dreamlike Greek island ambience with wellness practices for the body and soul,” says Sharona Hurmuses, the owner of Villa Hurmuses and coordinator of the Mediterranean Retreat. “It doesn’t matter what you know about fitness or spirituality. There is no judging here. There are no do’s and don’ts. This retreat is about feeling healthy and good.”

The Mediterranean Retreat program aims to bring awareness to one’s physical body, thoughts and emotions by intertwining aspects of the Greek island culture through various exercises and events in a relaxing Mediterranean island atmosphere.

Certified trainers and practitioners will lead circuit training, yoga and meditation exercises. Individual massages are also part of the package. Healthy Mediterranean meals will be prepared by the staff. An excursion to the mystical ancient archaeological site on nearby Delos island is also part of the schedule. To round out the experience, a cooking class will offer guests a way to take home knowledge about local gastronomy and Greek cooking techniques.

“Our carefully planned itinerary gives our guests a way to be healthy and learn about healthy ways of living while making great memories with new friends,” says Hurmuses.

**About Villa Hurmuses:** Villa Hurmuses is consistently rated as one of the top luxury villas on Mykonos by the world’s top media. Conde Nast Traveler rated Villa Hurmuses as one of the “Top 20 Great Villas on the Greek islands,” and The UK Times awarded it as one of “Europe’s 50 Best Villas.” Perched on a hillside slope in Megali Ammos, the three-level accommodation offers breathtaking views of the Aegean Sea and nearby Mykonos Town. The in-house staff offers guests undivided attention in a stylish, luxurious yet traditional, whitewashed Cycladic island atmosphere. The villa has been awarded for its relaxing pool and recognized for its private relaxing spaces. For more information about the villa and about Mykonos, please visit: [www.villahurmuses.com](http://www.villahurmuses.com)

## Mediterranean Retreat Details

May 1 – May 5, 2018

### Pricing includes

- 4 nights' accommodation at Villa Hurmuses.
- Daily breakfast served at the villa.
- Homecooked dinners made with fresh, local ingredients. Wine and soft drinks are included. There will be a total of 3 dinners included: a welcome dinner, a post cooking class dinner and a farewell dinner.
- Daily morning fitness program.
- Private massage treatments, one per person. To be booked upon arrival.
- Cooking class by Villa Hurmuses in-house chef, Anna Maria.
- Visit to Delos island and lunch.
- Roundtrip airport or ferry terminal transfers.
- Water, tea and coffee throughout the day.
- Room amenities, pool and beach towels.
- Maximum of 8 participants.

### Not Included

- Cocktails and drinks. \*\* Note: Water, tea and coffee is included throughout the stay. Wine and soft drinks served *during organized meals* are included. \*\*
- Airfare.
- Gratuities.
- Travel insurance.
- Additional treatments and classes.

### Please Note

- Specially prepared food can be arranged according to dietary restrictions. Please let us know of your requirements in the pre-arrival questionnaire.
- The Mediterranean Retreat program will be delivered in English.
- The Mediterranean Retreat is suitable for both beginners and experienced relaxation retreat attendees.

## **Mediterranean Retreat Program**

### **Day 1 - Welcome and De-Stress**

Transfers included to the villa. Check-in and get to know the villa. Book your massage. Meet the team over drinks in the evening around 5:30pm. Participate in a 30-minute “de-stress” talk by a certified wellness practitioner. The evening ends with an on-site welcome dinner with a view.

### **Day 2 - Delos and Yoga**

The day starts out by a morning fitness activity followed by homemade breakfast. Then, take an excursion to the fantastic ancient archeological site on the nearby island of Delos, followed by lunch. It’s about a four-hour trip. Free time for the evening to eat dinner and to explore Mykonos Town.

### **Day 3 – Healthy Cooking**

The day starts out by a morning fitness activity followed by homemade breakfast. The daytime is free for any excursions you may want to take. Cooking lessons will be scheduled in the late afternoon or evening. During the lesson you will learn about local Mykonian cuisine and local products and how to prepare them for our evening dinner. You have an option to stay at the villa for dinner or book a table at a local restaurant for dinner.

### **Day 4 – Explore and More Wellness**

The day starts out by a morning fitness activity followed by homemade breakfast. You will be free to explore Mykonos during the day or enjoy a wellness treatment at the villa. There will be a farewell barbeque dinner served at the villa.

### **Day 5 – Farewell**

A homemade breakfast will be served. Check-out time is at noon. Transfers included.

### **Travel Insurance**

Please ensure that you have full travel insurance to cover the activities of this retreat.

### **Health and Wellness Activities**

Upon reservation you will receive Q&A and indemnity form. Please ensure you complete this form to give us all necessary information about your health. This information will help our team to provide you with the safest and most appropriate services.

\*\* Please note that programs and treatment may change at any time to better suit the group’s needs. \*\*

Any unused classes and treatments are non-refundable and non-transferrable.

### **Weather**

The Mediterranean Retreat will take place in May. The temperatures on the island can range as high as 29 degrees Celsius (84 degrees Fahrenheit) during a sunny day or a cool 23 Celsius (37 degrees Fahrenheit) on a cloudy day. In the evenings, temperatures can cool down to 16 degrees Celsius (60 degrees Fahrenheit).

Mykonos is known for strong *meltemi* winds which typically occurs during the summer, but they could happen any time. We recommend packing a light sweater for the evenings and a wind breaker should the wind kick up. We also recommend packing a bathing suit.

### **Terms and Conditions**

Cancellation is permitted 90 days before scheduled date of arrival.

### **Reservations**

For reservations or questions about the retreat please email Sharona Hurmuses at [shurmuses@villahurmuses.com](mailto:shurmuses@villahurmuses.com). For more information, please visit [www.villahurmuses.com](http://www.villahurmuses.com)

## **Mediterranean Retreat 2018**

The Villa Hurmuses Team



### **Sharona Hurmuses**

Owner of Villa Hurmuses, personal trainer and Mediterranean Retreat 2018 coordinator

Sharona is an accomplished personal trainer, award-winning fitness competitor and trusted wellness coach. She brings forward her enthusiasm for healthy living and her fitness expertise to the Mediterranean Retreat. Over her 17 years of experience in the health and wellness industry, she has consistently focused on helping her clients and guests live a satisfying life. She is based in Singapore.

"I encourage my clients to engage in activities they love, eat healthy and have a positive outlook on life to maintain a balanced lifestyle. We all want to live the best life possible, but we also must

follow our own unique paths to achieve that goal. Our Mediterranean Retreat is one way to inspire guests to reach those special wellness goals.”



### **Lucy Hamel**

Yoga and breathwork practitioner

Lucy has been practicing yoga for more than 20 years, including six years as a yoga instructor. She brings her love of wellness to Mykonos by leading workshops for the Villa’s annual retreats. Lucy is also a certified personal trainer, reiki practitioner and breathwork practitioner. She travels around the world to lead transformative yoga and breathwork retreats and most recently has been invited to work in Costa Rica, Italy and Greece.



### **Diony Podara**

Physiotherapist and alternative therapist

Since 1991, Diony has run her own physiotherapy and alternative therapy practice on Mykonos. She is an expert in dealing with a variety of medical problems specifically focused on culture and age. Diony has been a featured speaker at numerous wellness conferences around the world including the Inner IDEA Wellness Convention in Palm Springs, California. She is also the proud author of *Your Body Speaks to You. Listen!* which focuses on the simple yet complex relationship between physical health and mental health. Diony is also a founder of the Mykonos Cancer Association.



### **Ernesto and Anna Marie**

#### Villa Hurmuses in-house staff

Behind the scenes at the Villa, you'll find Ernesto and Anna Marie. Ernesto is the on-site manager while his wife Anna Marie takes on a healthy and traditional Greek approach to preparing the fresh meals offered to the Villa's guests. As the foundation of the Villa's acclaimed hospitality, this couple prides themselves on the undivided attention they have given each guest over the past 15 years. Their dedication and earnestness are proven through the hundreds of positive reviews on TripAdvisor as well as the thoughtful written reviews that can be found inside of our Villa guest review book.

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