



PREMIUM
WELLNESS



Let's Talk Wellness

A JOURNEY THROUGH MINDFULNESS



organised by

**Premium Wellness x Alexandra Vranopoulou,
Efsevios Kontopoulos & Mirka Vlachou**

We are thrilled to invite you to our upcoming Journey Through Mindfulness, at The Wellness Hub. Together with the inspiring guidance of Mirka Vlachou, Efsevios Kontopoulos, and Alexandra Vranopoulou, we will explore the transformative world of mindfulness—an invitation to reconnect with yourself, find inner calm, and embrace the present moment with intention.

This holistic experience is designed to help us remember and reconnect with all of our bodies—the physical, emotional, spiritual, and light body—in a profound and healing way, guiding us to remember how to become our own healers.

Throughout this journey, Alexandra will open the space with meditation practices that will support us into connecting with what is alive within us, observe our thoughts and invite stillness and clarity, creating space for our minds to find peace. As we move forward, Mirka will lead us in mindful movement, gently reconnecting with the innate wisdom of our body, allowing us to feel every sensation and embrace it's true essence. Then, Efsevios will share his expertise in a holistic food workshop, offering nourishment that heals both body and soul. Together, we'll enjoy his lovingly curated juices and smoothie bowls, each made with care to revitalize and inspire.

Whether you are new to mindfulness or seeking to deepen your practice, this experience will provide you with simple tools to cultivate presence, peace, balance, and self-awareness in your everyday life.

Join us as we awaken the mind, body, and spirit. Together, we will pause, breathe, move, and nourish—learning to reconnect with ourselves in a way that lasts, remembering the healer that exists within us all.



YOUR INSTRUCTORS AND SUPPORT



ALEXANDRA VRANOPOULOU

Alexandra believes that true healing comes from within, and her role is to offer tools, insights, and support to empower others to rediscover their own innate power and how to become their own healers. Through meditation, embodiment practices, workshops, energy healing, and sacred ceremonies, she channels unique, tailored experiences that are designed to meet each individual's personal needs.



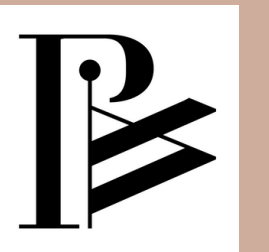
EFSEVIOS KONTOPOULOS

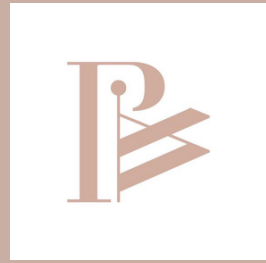
Efsevios is a holistic nutritionist and therapist. With a deep understanding of sustainable wellbeing, Efsevios uses the pillars of whole, living foods, naturopathy, psychosomatic coaching, and integrative nutrition to assist individuals on their paths towards a harmonious life of physical, emotional, and spiritual clarity and wellbeing.



Mirka Vlachou

Mirka is an artist, dancer, and creative yoga instructor. Her yoga style is an unexpected blend of strong and playful. Her flows embody curiosity, complexity, and whimsy to inject light-hearted deliciousness into sequences that are oftentimes quite physically challenging. In alignment with breath, each asana allows for more space to be created within and a gentle awareness of the present moment.





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We look forward
to welcoming you
in our space!

SUNDAY 8TH DECEMBER

BOOK NOW

limited spots available

www.premiumwellness.gr/our-retreats