



PREMIUM
WELLNESS

Let's Talk Wellness

A Journey Back to Yourself series

A Journey Back To Yourself



organised by
The Journeys of Remembering Urban Edition
x
Premium Wellness

We are beyond excited to announce a lovingly curated series of 7 healing journeys called A Journey Back To Yourself with Alexandra Vranopoulou.

In today's fast-paced world, prioritizing self-care has never been more essential. At Premium Wellness, we believe that taking time for yourself is not a luxury, but a necessity. That's why we are excited to announce our upcoming Self-Care Workshops, led by the esteemed wellness specialist Alexandra Vranopoulou.

Why Self-Care is Important

Self-care is essential for a balanced, healthy life. By engaging in activities that nurture your body, mind, and spirit—whether through mindfulness, time in nature, or simply pausing to breathe—you support your overall well-being. Research shows that regular self-care can lower stress, improve focus, and promote emotional resilience.

What to Expect from Our Workshops

Our Self-Care Workshops are designed to guide you on a journey back to yourself. Here's what you can look forward to:

- **Mindfulness Practices:** Engage in guided exercises that center your thoughts and bring calm.
- **Personal Growth:** Explore self-care techniques and interactive discussions on integrating these into daily life.
- **Relaxation Techniques:** Discover exercises to relieve stress and support overall wellness.





Upcoming Workshop Dates

Mark your calendars! Our workshops will take place on the following dates:

- **6.11 A Journey Of Embodiment**
- **13.11 Full Moon Ceremony**
- **20.11 A Journey Through The Breath**
- **27.11 A Journey Through The Elements**
- **4.12 A Journey Through The Herbal Kingdom**
- **11.12 A Journey Of Art & Soul**
- **18.12 Cacao Ceremony**

When: 6th November

Time: 19:00 – 21:30

Where: @ The Wellness HUB



ALEXANDRA VRANOPOULOU

We are grateful to have Alexandra Vranopoulou leading our self-care workshops. With a deep understanding of holistic wellness, Alexandra has dedicated her career to helping individuals reconnect with their true selves. She draws upon her extensive experience and knowledge to create transformative experiences that inspire personal growth and self-discovery.

Learn more about Alexandra's approach to wellness on her website:
www.thejourneysofremembering.com



A Journey Of Embodiment @ November 6th

Join us for a transformative experience, reconnecting with our physical, emotional, spiritual, and energetic bodies to rediscover the healer within. In the rush of modern life, we often lose touch with the wisdom our bodies carry. Together, through embodiment practices, we'll listen to our bodies' language – their messages of tension, comfort, and vitality.

In this safe and sacred space, you'll be guided to observe your body with compassion, allowing it to lead the way toward wholeness and self-discovery. Each step of this journey will nurture self-acceptance, helping you feel at home within yourself once more.

Come remember your body as the sacred temple of wisdom it truly is.

When: 6th November

Time: 19:00 – 21:30

Where: @ The Wellness HUB

Spaces are limited to ensure an intimate and meaningful experience.



Full Moon Ceremony @ November 13th

Join us for a serene and empowering evening as we gather to honor the full moon, a powerful symbol of growth and transformation. This sacred ceremony invites you to connect with nature, embrace the cycles of the moon, and tap into the divine feminine energy within.

During this gathering, we will:

- Embrace the Moon's Wisdom: Tune into the full moon's energy to inspire growth and healing.
- Participate in Guided Meditation & Breathwork: Reconnect with yourself through meditative and heart-opening practices.
- Share and Support: Join a circle of women to share stories, release old energies, and support one another.

Come to release, renew, and celebrate under the light of the full moon.



When: November 13th

Time: 19:00 – 21:30

Where: @ The Wellness HUB

Spaces are limited to ensure an intimate and meaningful experience.

A Journey Through the Breath@ November 20th

Join us to reconnect with the profound power of breath. Often taken for granted, our breath is a bridge to our inner world and a source of life force energy. This session invites you to slow down and experience mindful, intentional breathing, gaining insights into your physical and emotional self.

Through guided breathing techniques, we'll release tension, heighten awareness, and cultivate harmony. Embrace this sacred space to listen, heal, and let each breath guide you back to yourself.

When: November 20th

Time: 19:00 – 21:30

Where: @ The Wellness HUB

Spaces are limited to ensure an intimate and meaningful experience.



A Journey Through The Elements @ November 27th

Immerse yourself in nature's wisdom with a transformative journey through the elements. Each element—air, water, fire, and earth—guides us, mirroring our breath, emotions, passions, and grounding. Through guided meditations, ancient practices, and rituals, we honor the elements as reflections of our own inner balance. Together, we'll reconnect with these forces, learning to heal, grow, and embrace the cycles within us as nature intended. Join us in this journey of remembrance, awakening our oneness with the natural world.



When: November 27th

Time: 19:00 – 21:30

Where: @ The Wellness HUB

Spaces are limited to ensure an intimate and meaningful experience.



A Journey Through the Herbal Kingdom @ December 4th

Join us for an immersive tea experience, connecting with the healing power of plants through mindful sipping and meditation. Each tea is selected for its unique benefits, inviting us to explore its essence with intention and presence.

Through meditative drinking, sensory awareness, and journaling, we'll deepen our appreciation of each blend, fostering a connection to nature and ourselves.

Reflect, heal, and uncover the wisdom within every cup as we journey together in this sacred herbal ritual.



When: December 4th

Time: 19:00 – 21:30

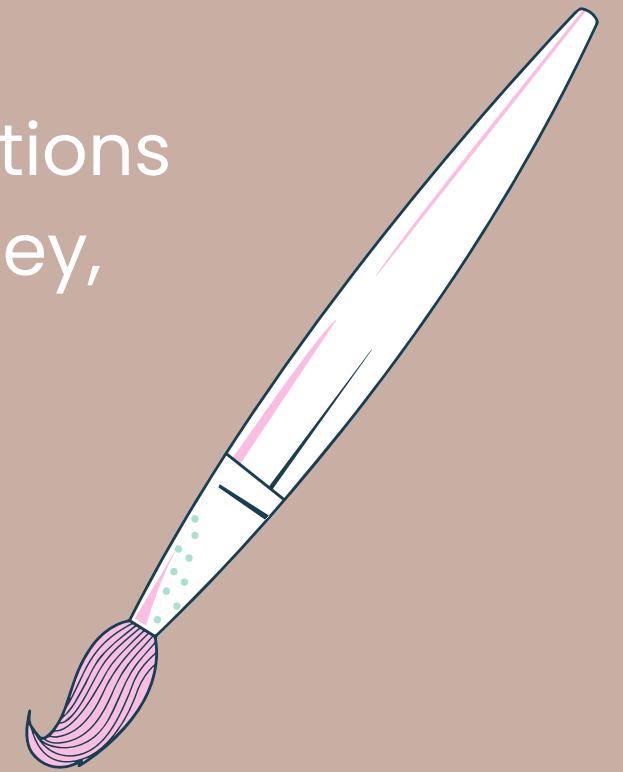
Where: @ The Wellness HUB

Spaces are limited to ensure an intimate and meaningful experience.



A Journey of Art & Soul @ Decemebr 11th

Join us in a sacred space where art meets meditation, allowing self-expression to unfold through painting, poetry, music, dance, or photography. After a guided meditation, tap into your inner world and create from the heart. Materials are provided, but personal tools are welcome. Share your creation with the group, connecting through stories and emotions in a supportive circle. Together, we celebrate each person's unique journey, honoring the healing and joy that art brings to our lives.



When: December 11th

Time: 19:00 - 21:30

Where: @ The Wellness HUB

Spaces are limited to ensure an intimate and meaningful experience.

Cacao Ceremony @ December 18th

Join us for a sacred Cacao Ceremony, opening our hearts to love —for ourselves, for others, and for the world. We'll gather in a nurturing space, drinking cacao, an ancient "food of the gods," revered for its heart-opening and healing energy.

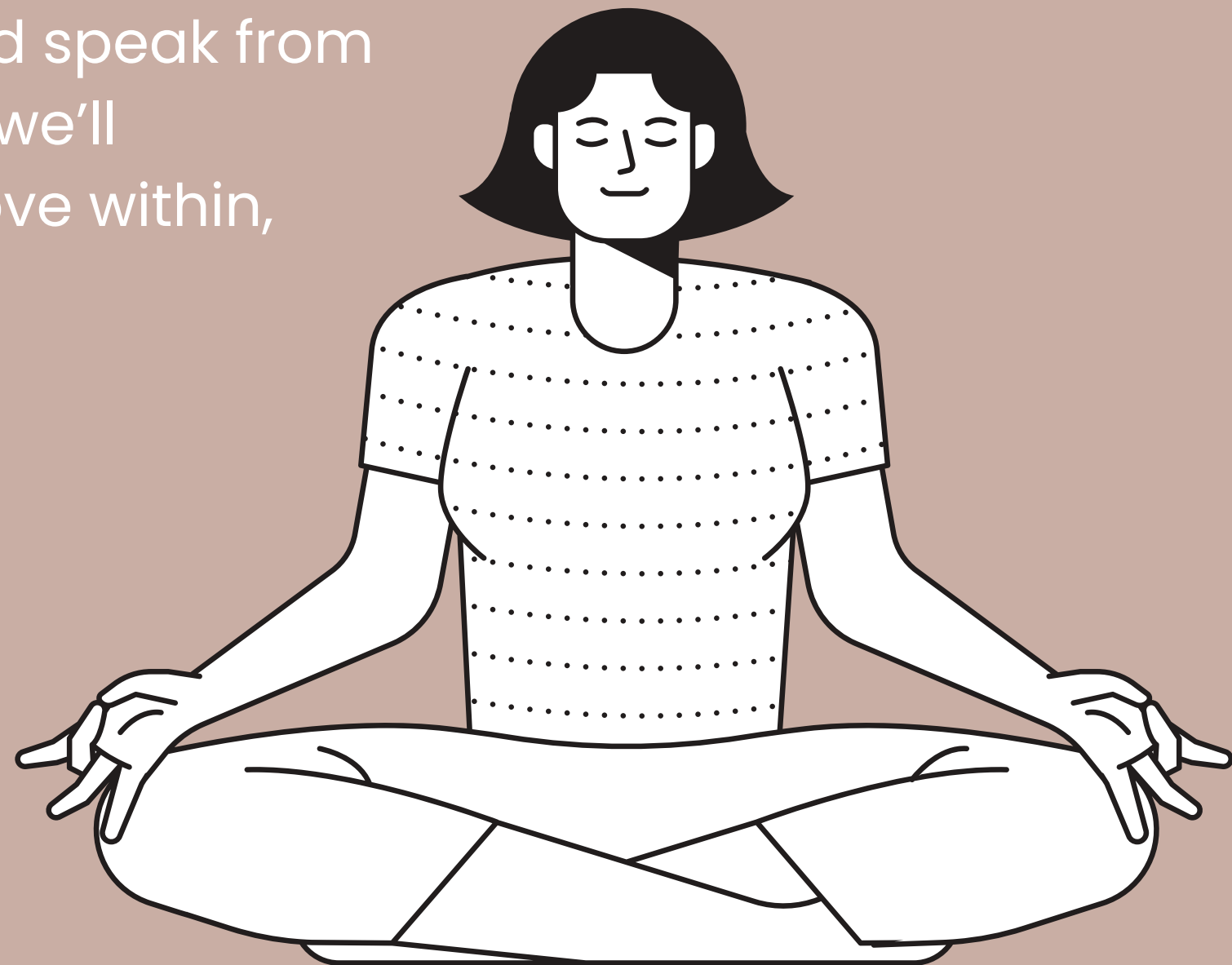
Experience cacao's calming, nourishing benefits as we connect deeply to our inner selves. Through meditation, mindful sipping, and heart-centered practices, we'll soften, listen, and speak from a place of compassion and truth. Together in circle, we'll remember our true nature and reconnect with the love within, sharing it with the world around us.

When: December 18th

Time: 19:00 – 21:30

Where: @ The Wellness HUB

Spaces are limited to ensure an intimate and meaningful experience.



The Space

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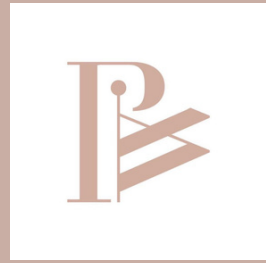


Breathing Room

Healing Room

Wellness Lounge





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Thank you for signing in!

We hope you can join us again on
our next wellness series.

Stay updated!

www.premiumwellness.gr/our-retreats

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