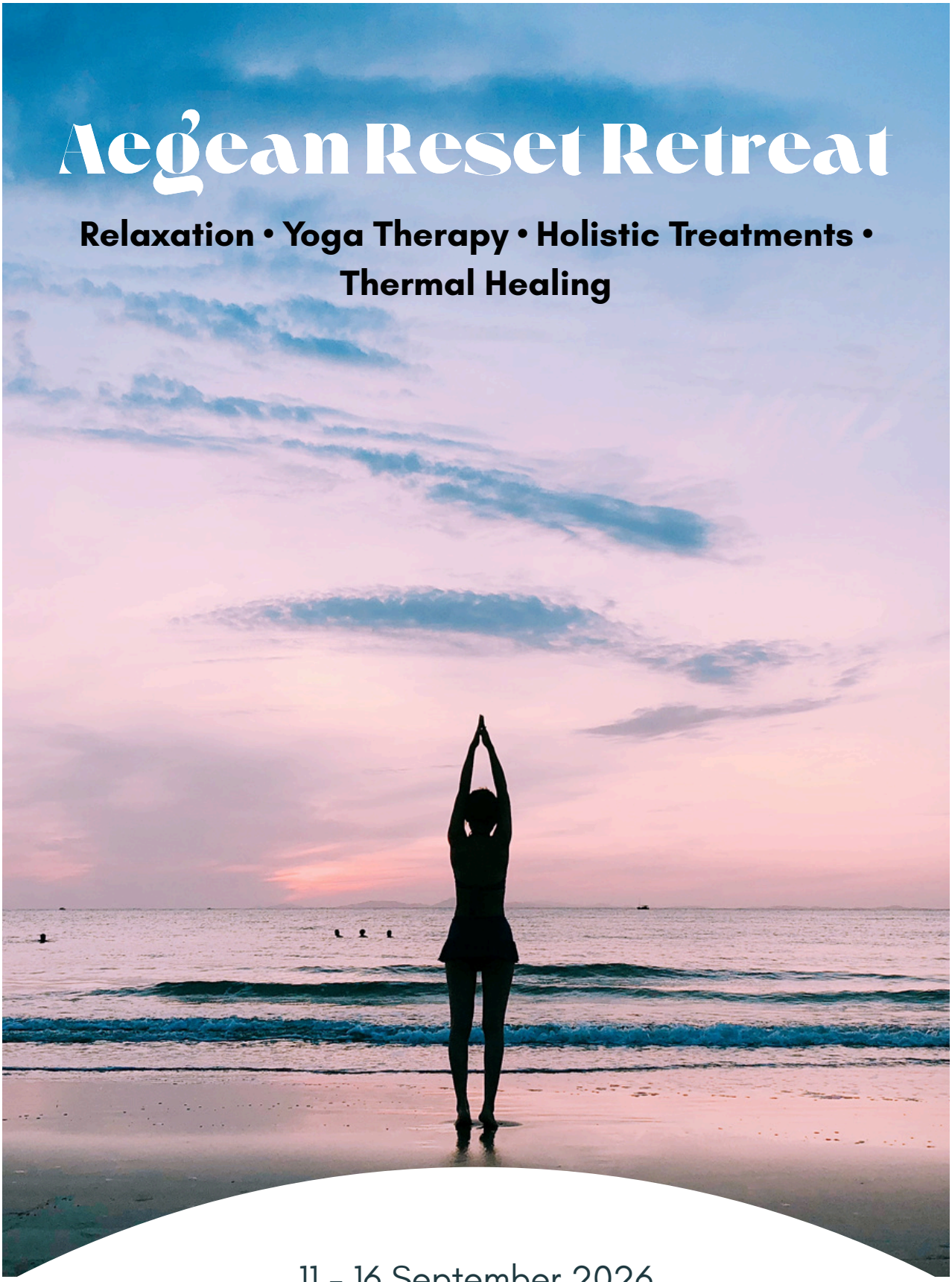
Aegean Reset Retreat

Relaxation • Yoga Therapy • Holistic Treatments • Thermal Healing



11 - 16 September 2026

Mythical Coast Wellness Retreat

Lesvos island - Greece

www.mythicalcoast.gr

MYTHICAL COAST
WELLNESS RETREAT

holismos
Yoga&Wellness

Experience a transformative week of wellness, movement, thermal healing, and deep relaxation in the serene landscapes of Lesvos Island. The Aegean Reset Retreat combines yoga therapy, holistic wellness practices, thermal spring experiences, Mediterranean nourishment, and mindful connection with nature

Retreat Highlights

- Daily Yoga & Movement Therapy
- Thermal Springs & Healing Waters
- Sound Healing Sessions
- Breathwork & Nervous System Reset
- Self-Massage & Body Awareness Workshops
- Mediterranean Wellness Cuisine
- Guided Nature Hike
- One Holistic Treatment Included
- Relaxation & Free Exploration Time

Retreat Package Includes

- 5 Nights Accommodation at Mythical Coast Wellness Retreat
- Daily Breakfast
- Half Board Dinner Included
- Daily Yoga Sessions
- Access to Thermal Springs
- One Holistic Wellness Treatment
- Sound Healing Sessions
- Wellness Workshops & Activities
- Guided Hike Experience
- Mediterranean Cooking Experience
- Private transfers from airport
- Daily Access to Mythical Coast Wellness Retreat Spa, Steam Room/Sauna/Indoor Pools
- Gym Area Available

Optional upgrades may include:

- Additional spa treatments
- Private therapy sessions -20% discount on Spa Catalogue.
- Single room supplement/ Suite Supplement

Luxury Wellness Retreat on the Island of Lesvos, Greece

Escape the demands of daily life and immerse yourself in a transformative journey of renewal, healing, and reconnection at the exclusive Aegean Reset Retreat, hosted at the magnificent 5-star Mythical Coast Wellness Retreat on the enchanting island of Lesvos, Greece.

Nestled between the crystal-clear waters of the Aegean Sea and the unspoiled natural beauty of one of Greece's most authentic islands, this unique retreat offers an opportunity to restore balance, revitalize body and mind, and reconnect with your deepest sense of wellbeing.

Discover the Timeless Beauty of Lesvos

Lesvos is a hidden gem of the Mediterranean, celebrated for its rich cultural heritage, traditional villages, pristine beaches, ancient olive groves, and remarkable biodiversity. The island is home to the world-famous Petrified Forest, recognized as a UNESCO Global Geopark, making Lesvos one of the most fascinating destinations for nature lovers and conscious travelers.
Its peaceful atmosphere, authentic Greek hospitality, and breathtaking landscapes create the ideal setting for profound relaxation and personal transformation.

Thermal Healing at the Legendary Hippocrates Hot Springs

A highlight of the retreat is our visit to the renowned Hippocrates Thermal Springs, among the hottest thermal waters in Europe. These healing springs, managed by the same ownership as the Mythical Coast Wellness Retreat, have been treasured since ancient times for their therapeutic properties.
Rich in beneficial minerals and naturally emerging from deep volcanic sources, these thermal waters provide a powerful opportunity to relax muscles, support detoxification, improve circulation, and promote overall wellbeing.
A Complete Wellness Experience
Throughout the retreat, participants will enjoy a carefully designed program that integrates:

- Yoga Therapy
- Breathwork and Pranayama
- Meditation Practices
- Sound Healing Sessions
- Holistic Wellness Activities
- Thermal Bath Experiences
- Nature Walks and Mindful Exploration
- Deep Relaxation Practices
- Mediterranean Healthy Cuisine
- Time for Rest, Reflection, and Connection

Each day is thoughtfully structured to provide both guided experiences and personal space, allowing participants to unwind, recharge, and reconnect with themselves.

Led by Massimo Cantara

All holistic activities will be personally guided by Massimo Cantara, an internationally experienced therapist, yoga teacher, shiatsu practitioner, sound healer, and musician with more than 35 years of professional experience in the field of holistic health and wellbeing.

Massimo's integrative approach combines Eastern healing traditions, yoga therapy, meditation, bodywork, therapeutic touch, sound healing, and modern wellness principles to create a deeply nurturing and transformative experience.

His teaching style is warm, authentic, accessible, and suitable for practitioners of all levels.

Your Invitation to Reset

Whether you are seeking rest, renewal, healing, inspiration, or simply a meaningful pause from everyday life, the Aegean Reset Retreat offers a unique opportunity to slow down, reconnect with nature, and rediscover your inner balance.

Join us on the shores of the Aegean Sea for six unforgettable days of wellness, healing, and transformation in one of Greece's most beautiful island destinations.

COST: 1850€ per person, in a twin accommodation & 2450€ per person for the single private room. The price include all activities, transportation, breakfast and dinner.

September 11 – 16, 2026

Mythical Coast Wellness Retreat – Lesvos, Greece

tel: +30 2251 062003 e-mail: info@mythicalcoast.gr

Your journey back to balance begins here.