



# A Sample Retreat in Spetses

A three-day structure designed for clarity, connection and culture



# A quiet structure, thoughtfully designed

Each retreat is shaped around our guests' goals, pace and preferences. What follows is a sample flow to illustrate how time, space and experience come together in Spetses.

# Day 1 — Arrival and Decompression

## Morning: Arrival

Private transfers and discreet check-in. Time to settle into the space.



# Day 1 — Afternoon



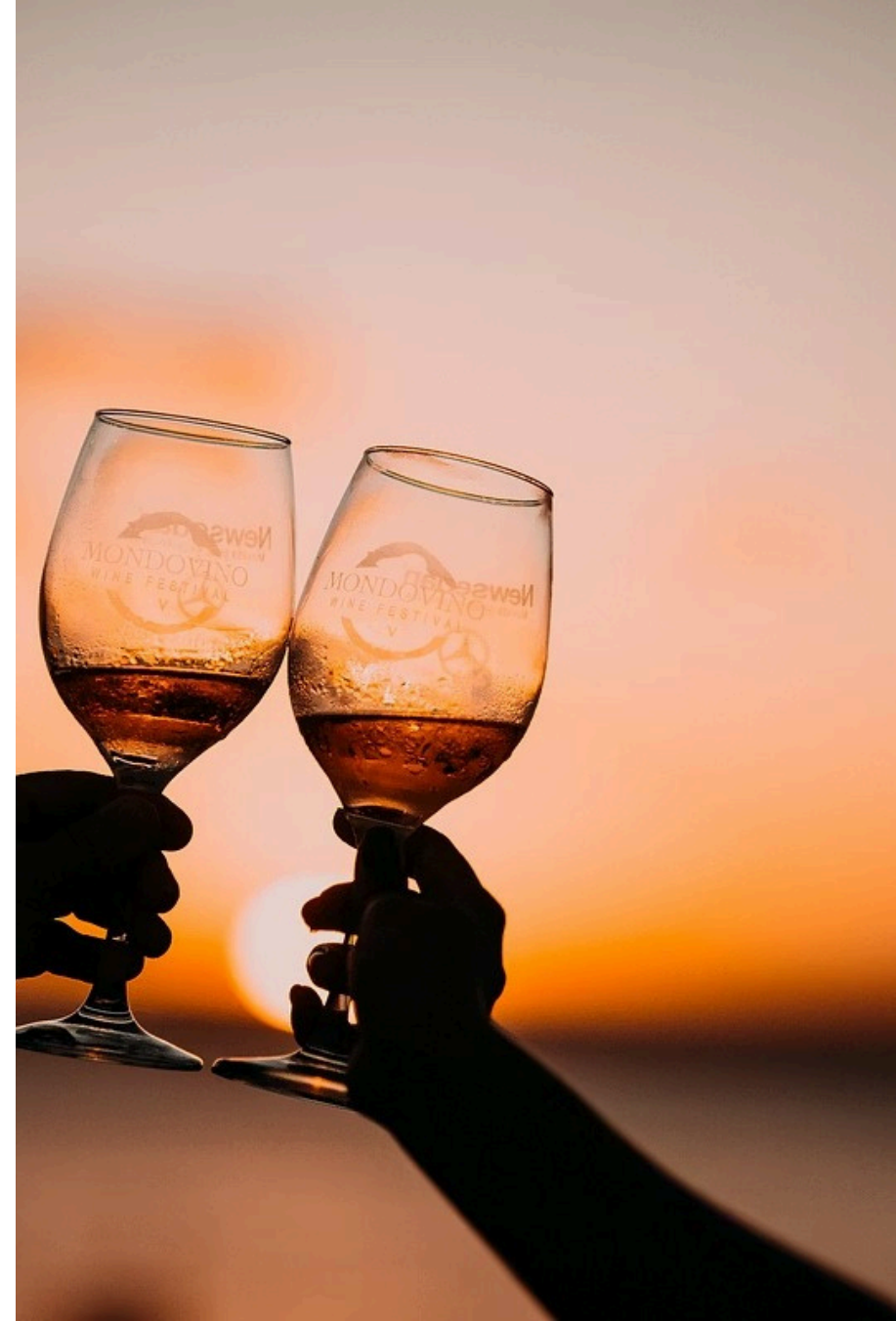
## Light lunch overlooking the sea

Unstructured time to rest or explore.

# Day 1 — Evening

## Welcome dinner in a private setting

Simple, seasonal menu. Soft introduction to the group dynamic.



# Day 2 — Focus and Connection

## Morning: Guided working session

Guided working session in a quiet, uninterrupted environment.



# Day 2 — Midday



## Seaside lunch

Slow pace, informal conversation.

# Day 2 — Afternoon and Evening

## **Optional curated activity**

Time designed for connection without pressure.

## **Dinner in a different setting**

A subtle shift in atmosphere.

# Day 3 — Reflection and Departure

01

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## Closing session

Space for reflection and alignment.

02

## Light brunch

Late morning meal.

03

## Coordinated transfers

Departure arranged.

# Every retreat is tailored individually

This is a starting point. Each experience is shaped around your objectives and the level of detail required.

*\*We work with a limited number of clients each year.*

Contact Us