



SANTA MARINA
ARACHOVA
RESORT & SPA

DELPHI AWAKENING

9 - 12 OCTOBER 2026
INVITATION ONLY - LIMITED PLACES

From €3,430 per person

(Indicative euro conversion from £2,950 at current exchange rates.
Final pricing confirmed at the time of booking.)

3 nights at 5-star Santa Marina Arachova Resort & Spa, spa access, all meals and experiences, transfers Athens–Delphi, guided visits and site tickets.

* We invite each prospective guest to a one-to-one conversation over Zoom with the facilitators — an unhurried exchange to explore whether this retreat is the right fit.

CONTACT

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IORDANIS KOULOURIZOS
HOTEL MANAGER



ABOUT THE ART OF MOUNTAIN LIVING

Santa Marina Arachova Resort & Spa invites you to experience a mountain retreat where country charm meets refined luxury, warm services, and unparalleled views.

The resort offers an elevated alpine escape with elegantly appointed rooms, suites and villas, thoughtfully designed to combine comfort with the timeless character of the mountains. Guests can unwind at the resort's wellness facilities and Osme Spa, savour authentic Greek seasonal flavours, or relax and indulge in the views after a day exploring the destination.

Arachova is more than a destination, it's an experience. With its captivating energy and breathtaking scenery, this mountain village leaves an indelible mark on all who visit. Once you discover Arachova, you'll always long to return.



SANTA MARINA
ARACHOVA
RESORT & SPA

DELPHI AWAKENING

A FOUR-DAY
HEALING RETREAT

A MODERN PILGRIMAGE TO DELPHI
WHERE CLARITY MEETS INSTINCT
WHERE YOU MEET YOURSELF



DR STAMATIA GRIGORIOU

PsychD, MSc Chartered Counselling Psychologist
HCPC Registered Counselling Psychologist
BPS Chartered Psychologist



KASSANDRA DARILI

Clinical Psychologist, Psychotherapist
BScPsy, MScPsy, DIPPsy, PsychC
BABCP Accredited Psychotherapist

DELPHI AWAKENING

9 - 12 OCTOBER 2026

What are the questions that shape a meaningful life? Where do you look for the answers? If you find yourself at a crossroads, in transition, or seeking a deeper sense of clarity and alignment, this retreat is for you.

Delphi Awakening is a four-day pilgrimage into the ancient sanctuary of Delphi — long regarded as the navel of the world, the place where mortals once travelled to consult the Oracle and hear the truths they could not yet name for themselves.

It is designed and led by psychologists Dr Stamatia Grigoriou and Kassandra Darili, who bring together psychology, embodiment practice, myth, creative expression, and sound to support a deeper connection with yourself — held within the powerful setting of Delphi.

This is not a retreat about escape. It is about return: to instinct, to clarity, and to the parts of yourself that grow quiet in daily life.

THE SCOPE

WHERE PSYCHOLOGY MEETS MYTH

Delphi Awakening draws equally on ancient practice and contemporary psychology. Across four days, the programme moves between guided psychological work, embodiment and movement, ritual, and rest — each held within the symbolism and history of the site itself.

Nothing here is generic. Every element of the retreat is built around the actual terrain: the sanctuary, the mountain, the cave, and the dreaming — the same landscape that shaped how the ancient world sought meaning.

HIGHLIGHTS

- The archaeological site of Delphi and its symbolic landscape
- Sound baths and guided meditations in nature
- A full-day cave experience and ritual
- Dream incubation and the Asclepian Dream
- Individual psychological session
- Nature hikes and mind-body awakening sessions
- Evenings in Arachova — connection, fun, and dance



WHAT TO EXPECT

HELD, NOT HOSTED

A small group. Individual attention. Space to genuinely process, not simply to participate. Across four days you will move between the archaeological site, nature, water, and stillness — guided throughout by Dr Grigoriou and Ms Darili, within the setting of Santa Marina Arachova Resort & Spa. Expect long, unhurried days and quiet evenings; guided work alongside genuine rest; and a group small enough that the retreat can meet you where you are.

INCLUDES

- 3 nights at 5-star Santa Marina Arachova Resort & Spa
- Spa access — pool, sauna, hammam
- All meals and experiences
- Transfers, Athens – Delphi
- Guided visits and site tickets

THE PROGRAMME

FOUR DAYS, AN INDICATIVE FLOW

EXACT TIMINGS ARE CONFIRMED DIRECTLY WITH GUESTS AHEAD OF ARRIVAL

FRIDAY, 9 OCTOBER

ARRIVAL & GROUNDING

- Private transfer, Athens to Delphi
- Welcome and settling in at Santa Marina Arachova Resort & Spa
- Guided visit, the archaeological site of Delphi
- Evening in Arachova — connection, fun, and dance

SATURDAY, 10 OCTOBER

THE SANCTUARY

- Sound bath and guided meditation in nature
- Nature hike and mind-body awakening session
- Individual psychological session

SUNDAY, 11 OCTOBER

THE CAVE & THE DREAM

- Full-day cave experience and ritual
- Dream incubation and the Asclepian Dream
- Rest and spa access

MONDAY, 12 OCTOBER

INTEGRATION & DEPARTURE

- Closing circle and integration
- Private transfer, Delphi to Athens