The Three Treasures

Focusing and Harmonize Light Body Retreat

Aegina Island, Greece | 12/9 – 16/9/2018

The daily program is 5 hours deep connection…sensing, tracking, tapping into and releasing our felt energies: sun rise body mind exercise, breakfast, interactive focusing and healing touch of Zen Shiatsu, free time to relax (swimming, visiting, enjoying time), sunset meditation, dinner with the group, time for conversation and group activities.

Residence Location

Vathi, Aegina Island, Greece

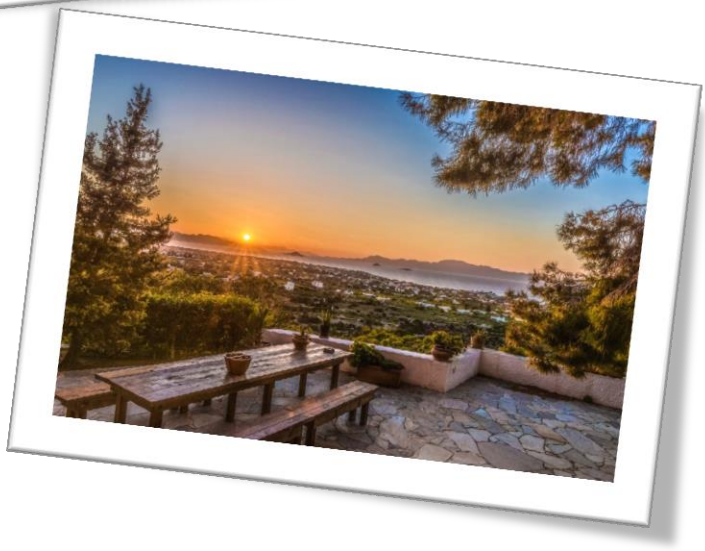
The House is amphitheatrically situated in a 6-acre olive grove looking down at the northern Saronic Gulf. It is a two-floor building with a big open space veranda, "roofed" by a great pine tree, with a breathtaking view.

Accommodation

Single room **€520**

Double room **€475**

***Please note there are only 2 double rooms available with twin beds**



Included in the above prices

- 4 nights' accommodation
- Breakfast and dinner with *organic food* from our personal chef
- Coffee and tea breaks
- Transportation from the port of Aegina to the residence
- Transportation of the group daily to the beach
- 1st night dinner is next to the beach

***Not included: travel tickets, boat tickets from Piraeus to Aegina (€10 one way)**

Audience

- Focusers
- Therapists
- Body workers
- like-minded people

For any further information and to register email Antigoni at antigoni@agatsou.gr.

Registrations are limited. Closing date for registration is the 23rd July 2018.

***If you would like to extend the retreat to include holidays please ask for our help and advice.**

The retreat will be hosted by two qualified trainers Antigoni and Patricia

Antigoni Tsegelli

- Qualified Zen Shiatsu Therapist,
- Medical Qi Gong
- Holistic Aesthetics
- East Traditional Complementary methods for body and face,
- British Focusing Association Skills Certificate training by Focusing as a Life Skill

Professional Development

- Seiki Soho
- Clean Language body mind work
- Fascia, Trauma and Stress
- Light Body in Shiatsu
- Chakras Energetics

Antigoni Tsegeli is dedicated to holistic integrative practice for human pain relief. She loves to experience and practice the connection of Healing Touch, Focusing and Body mind awareness to regain the freedom of self-development and harmonization.

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by Antigoni Tsegeli

www.agatsou.gr/antigoni/ | Facebook: @AgatsouZenShiatsu

Patricia Foster

- Life coach – trainer
- Sociologist-Political Scientist University of Leeds
- Person-centred and Focusing Oriented Psychotherapist HFC Athens
- Certified Focusing Trainer The Focusing Institute New York
- Coordinator in Training The Focusing Institute, New York
- M.A. Focusing Oriented Psychotherapy and research method Thinking at the Edge
- University of East Anglia
- Certified Focusing Trainer British Focusing Association
- Certified Psychotherapist European Association for Psychotherapy
- Certified Caring Economy Conversation leader (Women's empowerment track)

Patricia's is looking to invite and support people in developing and practicing Focusing as a Life Skill within their everyday living situations, cultivating and carrying forward this natural ability in their own unique way…

Focusing as a life skill

www.focusinglifeskill.com | Facebook: @FocusingLifeSkill