DANIRA
COMPLETE TRAVEL MANAGEMENT IN GREECE

GREECE / WOMEN'S JOURNEYS / 2027

At Your Own Pace

Kefalonia.
A women's retreat for renewed energy, beauty and the pleasure of living well.

7 nights / 8 days / 10-12 women

A private journey, thoughtfully arranged

MOVEMENT / REST / SELF-CARE

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Slow down. Be here. Feel life.

Warm air in the gardens, a quiet morning by the sea and the rare freedom to shape the day around your own rhythm. On Kefalonia, we create space for rest, movement and attention to yourself.

Your journey is centred on F ZEEN Kefalonia and its philosophy of living well: harmony with nature, mindful movement and Mediterranean food. Island experiences complement this setting - a private outing with a local guide, olive oil, a day at sea and a memorable final evening.



YOUR HOME ON KEFALONIA

F ZEEN Kefalonia

An adults-only retreat in Lourdata, with gardens, outdoor practice decks and the Ionian Sea close by. Its intimate atmosphere balances time together with personal space.

Classic Garden Retreat

7 nights with breakfast, based on double occupancy. A terrace overlooking the gardens offers a quiet place for morning coffee or time after the beach. Room category and availability are confirmed for your dates.

Yoga, aerial yoga, fitness and meditation on the hotel's shared timetable are included in the selected rate. Classes and places are subject to availability; private group sessions are arranged separately.



MOVEMENT TO ENJOY

Listen to your body. Choose your pace.

Gentle morning practice

Slow Flow, Pilates Mat, stretching and Mobility - selected from the current timetable around the participants' experience and preferences.

Aerial Soundbath

A sound-based relaxation practice in suspended hammocks, surrounded by greenery. Included when available on the timetable during your stay.

Time to pause

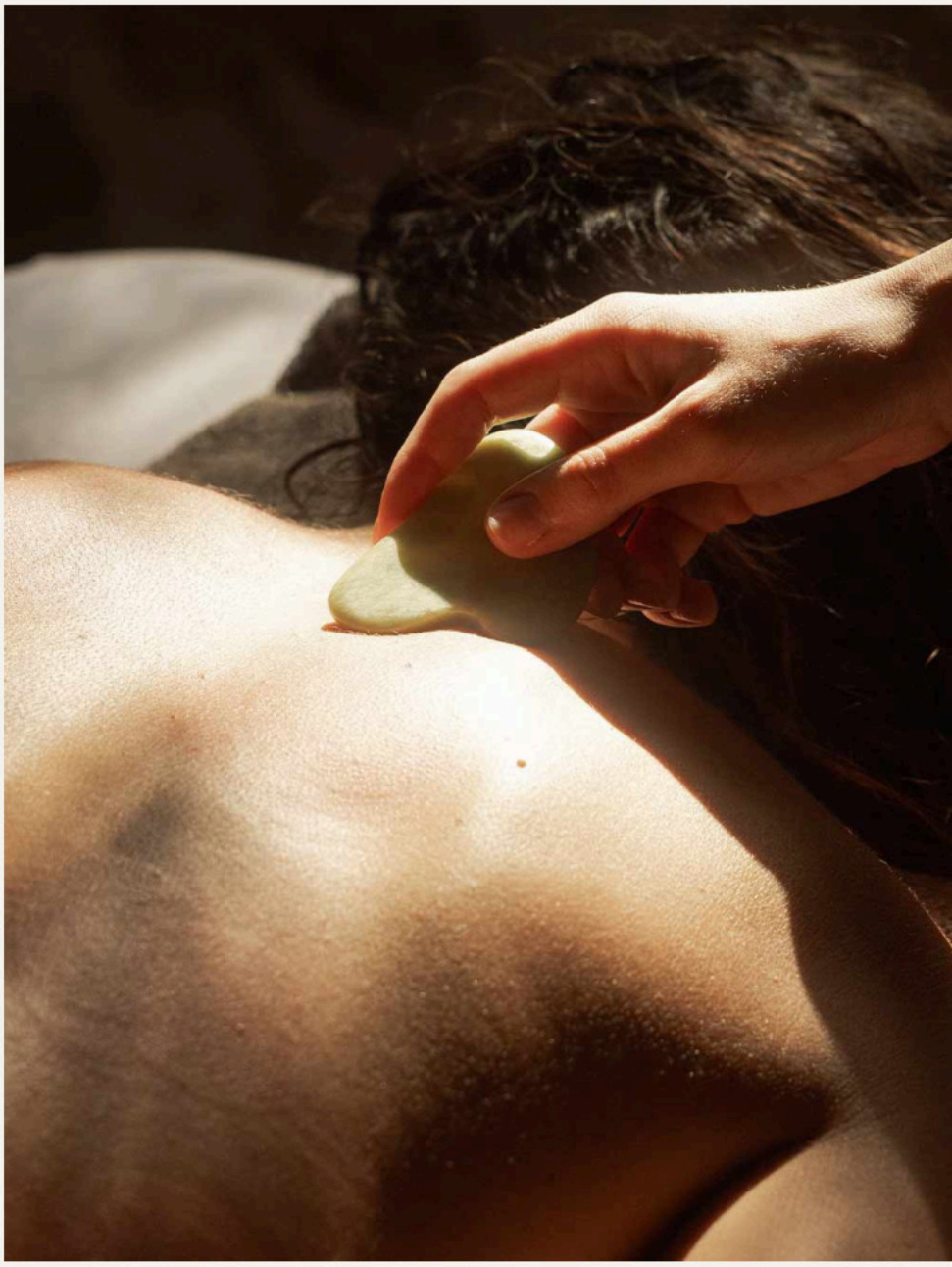
Yoga Nidra and restorative practices alternate with free hours by the sea. Participation is optional: rest needs no justification.

AN ISLAND RITUAL · 90 MINUTES

Kefalonian Escape Ritual

F ZEEN's signature ritual, inspired by Kefalonia's natural surroundings. A sugar and ground olive-stone exfoliation, a pink and white clay mask with olive oil, followed by body care and a back and foot massage.

Individual time for each participant. Appointments are spread across the stay so that treatments fit naturally into a relaxed week.





FISKARDO · CELEBRATORY FAREWELL DINNER

An evening to linger over.

A stroll through Fiskardo, colourful waterfront façades and a shared table at Fishkardo. Seafood and produce from the restaurant's own farm create a finale rooted in the flavours and character of the island.

An evening for conversation, new connections and plans that emerge when there is time to listen to yourself. Group menus and drinks are agreed in advance. Return transport from the hotel is part of the itinerary.

BEYOND THE RETREAT

An island to feel.

Kefalonia through local eyes

A private journey through southern Kefalonia with an English-speaking licensed guide. Villages, natural landscapes and small discoveries, with stops and a pace chosen for our group.

An olive-growing heritage

The Essence of Olive Oil introduces local oils and their flavours. A sensory connection to Mediterranean food through a product you can bring into everyday life.

The Ionian Sea

Around five hours aboard a privately chartered catamaran. Swim in sheltered bays, breathe the sea air and relax on deck, with room for both conversation and quiet.

YOUR ITINERARY

Days 1-4

01 Arrive. Exhale.

Fly from Athens to Kefalonia with checked baggage. Airport welcome and transfer to F ZEEN Kefalonia. Settle in and enjoy time by the sea. Meet the group over a welcome dinner.

02 Find your rhythm

Gentle morning yoga, breakfast and time by the water. Choose Aerial Soundbath from the hotel's timetable when available during your stay: a sound-based practice in suspended hammocks. No rush and no compulsory exertion.

03 An island beauty ritual

Morning Mobility or Posture Reset from the timetable. Each participant enjoys the 90-minute Kefalonian Escape Ritual: exfoliation, a clay and olive oil mask, and a back and foot massage. Appointments are distributed across the stay to preserve an easy pace.

04 Kefalonia through local eyes

Secret Corners of the South: a private outing with an English-speaking licensed guide. Small villages, natural landscapes and stops away from the crowds. Discover local olive oil through The Essence of Olive Oil; the tasting format and location are agreed in advance.

YOUR ITINERARY

Days 5-8

05 A day on the Ionian Sea

A private catamaran trip along the southern coast, around five hours. Swim in bays, relax on deck and enjoy a light lunch from an agreed menu. The vessel and route are selected for the group; sailing is weather-dependent.

06 Movement. Stillness. Freedom.

Morning Pilates Mat on the hotel's timetable. Free hours for the sea, gardens, reading and conversation. In the evening, Yoga Nidra or restorative practice. Additional individual treatments are optional.

07 Fiskardo & a beautiful final evening

A relaxed morning and mountain tea with honey. Later, travel north for a stroll through Fiskardo and a celebratory farewell dinner at Fishkardo. Seafood, island ingredients and a shared table by the picturesque harbour. Organised return transfer to the hotel.

08 Return with a different sense of pace

Breakfast, airport transfer and a flight to Athens with checked baggage. If continuing internationally, we will plan a suitable connection. International flights are additional.

YOUR JOURNEY

From €3,300

Per person, based on double occupancy in low season.

7 nights / 8 days | 10-12 women

Indicative price based on the current estimate. The final quotation depends on dates, room availability, airfares and confirmation of the group package. Accommodation and services are not held.

What is included

- 7 nights at F ZEEN Kefalonia, Classic Garden Retreat or similar category, with breakfast, based on double occupancy.
- Athens > Kefalonia > Athens flights with checked baggage. Allowance follows the confirmed airfare.
- All itinerary transfers by modern Mercedes minivan, including the farewell dinner outing.
- Yoga, aerial yoga, fitness and meditation on the hotel's shared timetable, subject to available places.
- A 90-minute Kefalonian Escape Ritual for each participant.
- A private island outing with an English-speaking licensed guide.
- The Essence of Olive Oil tasting experience.
- A private catamaran trip of around five hours with an agreed lunch.
- A welcome dinner and a celebratory farewell dinner at Fishkardo, with agreed menus.
- DANIRA planning and coordination.

BEFORE YOU TRAVEL

Thoughtfully arranged. Individually confirmed.

Your final quotation

Dates, accommodation and services are subject to availability and written confirmation. The itinerary is a proposed concept; the final schedule is coordinated for your group.

Additional costs & arrangements

Not included: international flights, insurance, meals and drinks outside the agreed package, private classes, Pilates Reformer, additional spa treatments, personal expenses and mandatory local levies unless included in the confirmed rate.

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LET US ARRANGE YOUR JOURNEY

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Photography: F ZEEN Retreats, Fishkardo. Journey concept by DANIRA.