

OPEN SPACE
DAY
REWILDING
RETREAT
IN GAVDOS

10-14

JUNE 2022

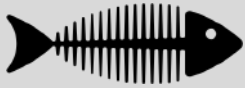
GRETE - GREECE



Hellenic Ecopsychology Society
& Integrative Health



INTERNATIONAL
ECOPSYCHOLOGY
SOCIETY



Why Gavdos?

On the island of Calypso of the Odyssey (Ogygia), according to Callimachus, at the southern tip of Europe that has preserved more than any other its authentic and immaculate nature, with the unprecedented and intense energy that you feel from the first moment you reach the place, we will have the opportunity to spend five days of freedom, internalisation, self-knowledge, awakening and well-being.

Awakening is about our identification with our authentic, free and primitive nature in complete harmony with the environment we will be in.

The program includes experiential workshops of Ecopsychology, Ecotherapy and Mindfulness, connection with the body, soul and spirit, with the elements of the surrounding nature, different experiential seminars in the incomparably beautiful landscapes and beaches of the island. Our goal is to benefit mentally and physically after a long period of stress but also to interact with the environment in which we find ourselves with respect and gratitude as the basis of Ecopsychology is the mutual relationship of Human-Nature.

The accommodation will be in nature, with Camping tents in the area of Sarakinikos for the best grounding and contact with the most primary side of ourselves. However, there is the possibility of accommodation in the very few accommodations of the island if this is desired.

Our main base will be the beach of Sarakinikos, so named by the Saracen pirates who once traditionally used the island as a base. Sarakiniko, like most beaches of Gavdos, is one of the most enchanting beaches in Greece.

It is located in the innards of a bay facing north. It is a dreamy blonde beach with shallow waters, against the backdrop of a wild landscape with dunes and sea cedars. The beach provides some basic amenities such as rooms, rental cars, some taverns and mini market.

A few words about Gavdos

The island stands between Africa and Crete, almost in the middle of the Libyan Sea and is the southernmost tip of Europe, its last border with the south. The whole island belongs to the NATURA 2000 network and is protected by Greek and European legislation. In Gavdos there are metamorphic rocks, Neogene layers with marine fossils, as well as sandstone deposits of the late Pleistocene. Although the island is not characterized by high altitude, it has several valleys and seasonal streams. The human presence in the area dates back to Neolithic times.

The vegetation in Gavdos is macchia, wooded and phrygic. On the north side there are extensive sand dunes with junipers. In terms of its flora, the complex is considered one of the most important sites in Europe, as a relatively large number of African plant species are found here. The area is also of great importance for migratory birds. Important bird species in the area include the Cormorant (*Phalacrocorax aristotelis desmarestii*), the Artemis (*Calonectris diomedea*) and the Puffinus yelkouan.



THE CEDARS OF GAVDOS

Gavdos is known for the ancient cedar forests. It is a destination of great ecological interest, as the sea cedars (species *Juniperus macrocarpa* and *Juniperus phoenicea*) form some of the most important ecosystems in Crete- the cedar forests- that grow on the sand dunes of the south of Crete and its' islands. The ecological importance of sand dunes is enormous for the biodiversity and the existence of rare animals and plants. Their roots are found in the sand and connect and create a huge web of communication between them. One, through observation can feel these trees working their net!

Cedar has been known since ancient times for its properties not only the healing ones, but also in many ancient cultures it has been respected also for its spiritual properties such as purification, protection, eternity, power and interpretation of messages from inner self.





PROGRAM

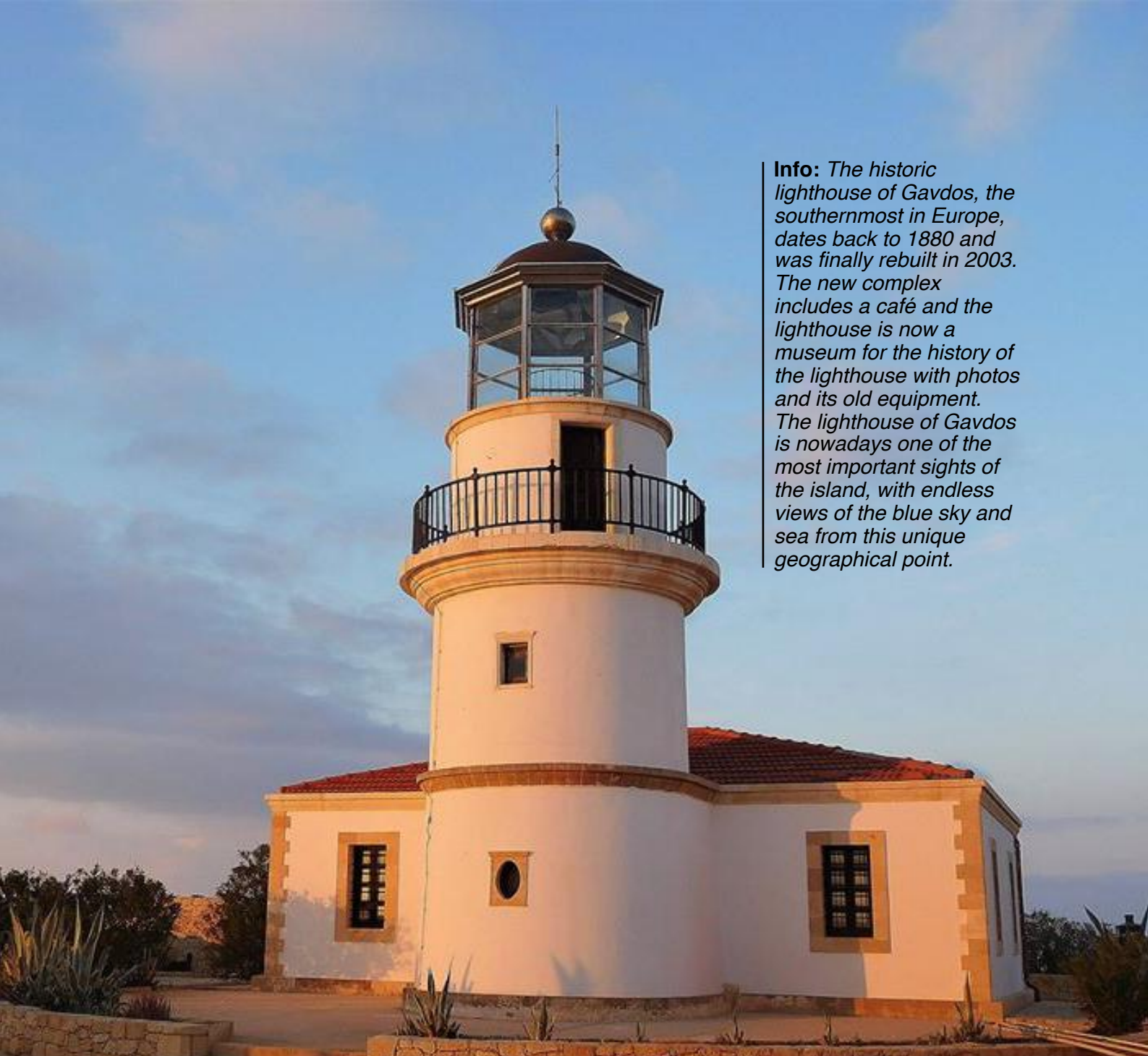
Friday 10/06/22 (Sarakiniko)

14.00 Arrival, settlement and registration

17.00-18.00 Opening ceremony

18.00 -20.00 Ecopsychology Workshop

20.00 Dinner



Info: *The historic lighthouse of Gavdos, the southernmost in Europe, dates back to 1880 and was finally rebuilt in 2003. The new complex includes a café and the lighthouse is now a museum for the history of the lighthouse with photos and its old equipment. The lighthouse of Gavdos is nowadays one of the most important sights of the island, with endless views of the blue sky and sea from this unique geographical point.*

SATURDAY 11/06/22 SARAKINIKO, FAROS (LIGHTHOUSE) AND KASTRI

09.00-10.30
Mindfulness
and Yoga

14.00-17.00
Lunch and
free time

18.00- 20.00
Ecopsychology
Workshop

10.30-11.30
Breakfast

17.30
Departure
for Sunset
at the Lighthouse

20.00-21.00
Sunset, relaxation
and integration

11.30-14.00
Ecopsychology
Workshop

21.15
Dinner in Kastri

Sunday 12/06/22
(Potamos or Lavrakas-
Ai Giannis)



09.00-10.00
Breakfast

10.00
Departure
by boat to Potamos

10.30-11.00
Arrival
at Potamos-
swimming

11.00-13.00
Rewilding experience,
Potamos Gorge

13.00-14.00
Free time

14.00
Departure
by boat to Ai Giannis

14.15-17.00
Free time

17.00-19.00
Ecopsychology
Workshop

19.00
Dinner
at Ai Giannis-
Return

Ai Giannis Beach:
Ai Giannis is a beautiful secluded sandy beach, in a wild landscape that is more reminiscent of Africa than Europe. The Discovery Channel has previously voted it the 2nd best beach in the world, after a beach in Hawaii. There are only sea cedars, pines and beautiful geological formations around.



Monday 13/06/22

Hiking

(Korfos – Tripiti beach)

08.00- 09.00
Breakfast

09.00
Departure for Korfos

09.30
Start of hiking- Forest
Bathing- Mindful
Hiking

11.00 -12.00
Arrival at Tripiti
beach, swimming

12.00-13.00
Climb to the
southernmost tip of
Europe - Grounding,
meditation

13.00- 16.00
Time of integration,
relaxation and
contemplation

16.00-18.00
Laboratory
of Ecopsychology

18.00
Departure
for return to Korfos

20.00
20.00 Dinner in
Korfos
in a tavern
in the area

Tuesday

14/06/22

(Sarakiniko)

08.00-09.00
Breakfast,
Meditation

10.00-12.00 Laboratory
of Ecopsychology

12.00-13.00
Group sharing

13.00
Closing ceremony

***Info:** The beach of Tripiti is located in the southernmost point of Gavdos, but also in Europe. In its eastern part it has sand, while in the western part, up to the "nose" of Gavdos, it has large round stones and pebbles. The landscape on the southernmost beach of Europe is magnificent with a trademark of the three large natural arches, the Camarellis, which are formed at the eastern end of the beach. From these holes it gets the name Tripiti. Above the Camarellis there is a huge chair made by some Russian scientists, in which one can climb and gaze at the vast South Cretan Sea*

Access to the beautiful Tripiti is on foot, from a path that starts from Korfos. The distance is 3.5 km and the route is through pine-covered areas. Also, during the course we will meet abandoned farmhouses built of stone in the area of Alyki.

A FEW WORDS ABOUT
OUR LAST YEAR
REWILDING RETREAT



THROUGH THE
TESTIMONIES
OF PARTICIPANTS

Last year at the same season, we decided to organize the first Rewilding Retreat, after a long period of restraint, anxiety, insecurity and fear that this pandemic caused. And consequently with the accompanying individual emotions that each of us experienced through the unprecedented situation that we were faced with. The purpose was to invite people that felt the need to transform all this experience into liberation and embodied self awareness, (knowledge-internal and external-an) in synergy with the wisdom of Nature, in order to understand the deeper meanings and extensions of our ecumenical interaction & Interconnectivity. The choice of an authentically special and less processed and humanly exploitable place-Gavdos-proved to be the ideal choice. The synergy of the place and the group, in an orchestration through techniques of Ecopsychology, Ecotherapy, Mindfulness and Rising Consciousness Work , exceeded all expectations.



So this year, we decided to repeat and enrich the experience of the five-day Retreat, including the Holy Spirit day. In this period we find the island waking up, getting ready and the first warm rays of the sun to invite us to become entangled with the water and the warm clean sand of the island, feeling the big embrace of the Cedar Trees. We invite this year, you to embody an unforgettable experience of unique moments of self - discovery, sharing with amazing others and co-create a field of , powerful transformation , fun and coexistence, by creating a new human network that will harmonize with Gavdo's Nature network (of the island) for another year. We will liberate our Natural self and discover the primordial bioavailable powers we all have within us! At times that we all need it more than ever!



TESTIMONIALS

Kleio and Vivian became our guides in this journey of enlightenment and awakening.

A group of diverse people with a common goal. To escape from the unpleasant situation of covid captivity and to feel free. Really free. People who were in the mood not to be critical, not to be competitive but to connect with the environment and other people and accept the freedom that the place offered. To be open to life. On this trip Kleio and Vivian proved to be excellent guides.

In Gavdos we shared. We shared experiences and ideas, feelings and emotions, fears and insecurities. We shared and we felt. We felt that we could get out of the chaos we are in, we felt that nothing was lost, we felt that we could change our world and build a new, fairer and happier world. Ecopsychology is probably our ticket to this new and better world.

Vasiliki Grammatikogianni – Journalist of Athens Voice

«Source: https://www.athensvoice.gr/politics/eco-voice/724197_otan-i-psyhologia-synanta-ti-dynami-tis-fysis»

A life experience was my first contact with Ecopsychology. I entered another dimension all these days with nature guides and the wonderful Kleio Apostolaki and Vivian Karavanou. I do not want this journey to my inner self to stop. Nature hugs you and everything flows and becomes clearer, you feel safe and you are impressed with how many messages it provides you with . A lot has changed inside me since then. Everything seemed to have found its place. Thank God I was close to the whole team. I look forward to my next meetings with Ecopsychology and these two unique ladies.

Sissy S.

I never imagined that my interaction with Nature and with the members of the nature-oriented team could give me answers to questions and concerns that I was looking for a lifetime. I learned to respect and love her because we are part of the same thing and only 'in harmony' can we thrive, balance and be happy. I saw my soul as a miniature of nature, with different colors, different senses, different smells, different seasons. My first experience in Ecopsychology was unique. A life lesson that never ends ...

Maria L.

I felt like I was traveling to another dimension every stone a story ,, every center a guardian angel ... and the sea ... so mysterious ready to reveal its secrets if you are very still and open to listen unforgettable experience to feel your real Natural True Self

Athena F.

In Gavdos (I discussed) I was aware (again about)of the non-existence of Time. The healing embrace of Nature was everywhere and the people on it rediscovered the lost trust. Every day that passed, was a journey to the innermost and best of oneself. These few days on the island wanted to be the beginning of a bigger and more beautiful trip, which is always waiting for us there and we sort it out by saying "wait ... there is still time ..."

Chrysostomos, K.

The feeling that the experience from the retreat left me, is the inner calm-balance, which is expressed externally in my face, through my movements and through the way I communicate now.

Eleni P.

On the first day of the meeting 2 rules were set: 1st Confidentiality of the team and 2nd We do not express criticism, but we (show) tap into acceptance of what is. As a result, I immediately felt safe. For me, this retreat in Gavdos left me with a strong sense of inner-mental peace and pleasure that followed me all summer. Thanks

Thouli A.

The experience you have is unprecedented for sure but nevertheless with the beginning of the journey the feeling is the anticipation and not the fear of the unknown..what perhaps expresses the imprint of what you are living is that every time I want to relax in my daily life, I am transported conceive myself there..to restore the sound of the sea, the smell of cedars, the touch of sand in my body... in the perception of all this certainly played a catalytic role the very special workshops that we took part.

Nikos, A.



Information

Price: 435 euros
Early bird: 340 euros until May 15
Registrations until May 20
with a deposit of 150 euros

Limited number of participants

Conducting languages: **Greek and English**


Refund policy: Refund of advances until June 1.
In case the Retreat is not held due to the pandemic or other factors concerning the organizers, the amounts given by the participants will be refunded in full immediately.

What is included in the price:

- Workshops of Ecopsychology Ecotherapy and Mindfulness & Rising Consciousness Work ,
 - Fares within the island (buses and boat)
 - Organization of Retreat
 - Insurance coverage for ages 18-60
- Certificate of participation recognized by the International Society of Ecopsychology (IES) • 20% discount on IES School Hellas tuition and the hours of the experiential workshops will be included in the program of the course

What is not included in the price

- Transportation to and from Gavdos
- Accommodation and meals
- Personal expenses
- Camping tents (for any difficulties with the camping equipment, please contact the organizers)



*Covid19 update
We always strictly adhere
to all hygiene protocols.*

*Prerequisite for participation:
certificate of vaccination or disease
or 48-hour Rapid test
or 72-hour PCR.*



The program is indicative and there might be possible changes by the organizers due to weather or when it is needed for a better flow of the program



For further information and clarifications, please contact us at info@ecopsychology.gr or by calling us at tel: 00306945383866

For applying as a participant, please visit our website www.ecopsychology.gr and fill the participation form by selecting the event in the Upcoming Events section.

Main Coordinator – Ecopsychology Workshops



Kleio Apostolaki, BSc., MSc.

Kleio G. Apostolaki was born and raised in Athens, and is currently living in Crete. She studied Psychology with Clinical Psychology at the University of Kent in UK and continued her post-graduated studies in Mental Health (MSc.) at King's College at the University of London where she specialized in Dynamic and Cognitive Behavioral Psychotherapy. In 2009 she received her Diploma in Ecopsychology from the University of Strathclyde in Glasgow. She also studied Dolphin Therapy for children and adults with psychological, neurological and motor problems at the Dolphinswim Institute in cooperation with Sigmund Freud University in Vienna. She is also a licenced Adult Educator by the Greek Ministry of Education and EMDR therapist for Trauma. She has worked in the Adult Psychiatry Department at Guy's Hospital in London, and since 2002 she has been working as a freelancer in Greece. She has taken part in numerous international and national conferences as a lecturer, she writes in the journal and has a large number of TV broadcasters as a guest expert. She is a member and part of the Board of the International Society of Ecopsychology (IES), President of IES 2016-2019 and officially recognized as the representative of IES in Greece with the establishment of the "Hellenic Ecopsychology Society", which has been active in Greece since 2007.

Main Coordinator - Mindfulness and Yoga Workshops

Vivian Karavanou BA., MSc.

Vivian Karavanou was born in Vancouver, Canada and grew up in Chania, Crete. She studied Psychology at the University of Essex in England, (BA Psychology) and continued her postgraduate studies in Counselling Psychology at the Metropolitan University of London (MSc Counselling Psychology). She then went into training of a variety of psychotherapeutic approaches. Vivian has been a Private Counselling Psychologist and Integrative Psychotherapist since 2005. She is Training people into Mindfulness since 2013 and Instructing Hatha & Tantra Yoga classes & Retreats since 2017. She has been teaching since 2010 Cognitive-Behavioral Psychotherapy, Mental Health Counselling and Clinical Hypnotherapy. Since 2010 she offers training and Supervision to Psychologists, Psychotherapists and Mental Health Specialists. In 2016 she founded Phi Space – a multidimensional wellbeing Community that is consisted of a well-trained team of experts who work together to ensure the health and wellbeing of people who come to Φ- Phi. Today Vivian provides individual and group sessions that compose all of the above in order to Integrate the Science of Psychotherapy and Counselling with the Art of Mindfulness, Meditation and Yoga -in synergy with Nature!





GAYDOS 2022

Organization: Hellenic Society of Ecopsychology and Integrative Health



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& Integrative Health



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