



 **ECOPSYCHOLOGY**
HELLENIC ECOPSYCHOLOGY SOCIETY

 **ecopsiché**
ΣΧΟΛΗ ΟΙ ΕΚΟΨΥΧΟΛΟΓΙΑ

 **IES**
INTERNATIONAL ECOPSYCHOLOGY SOCIETY

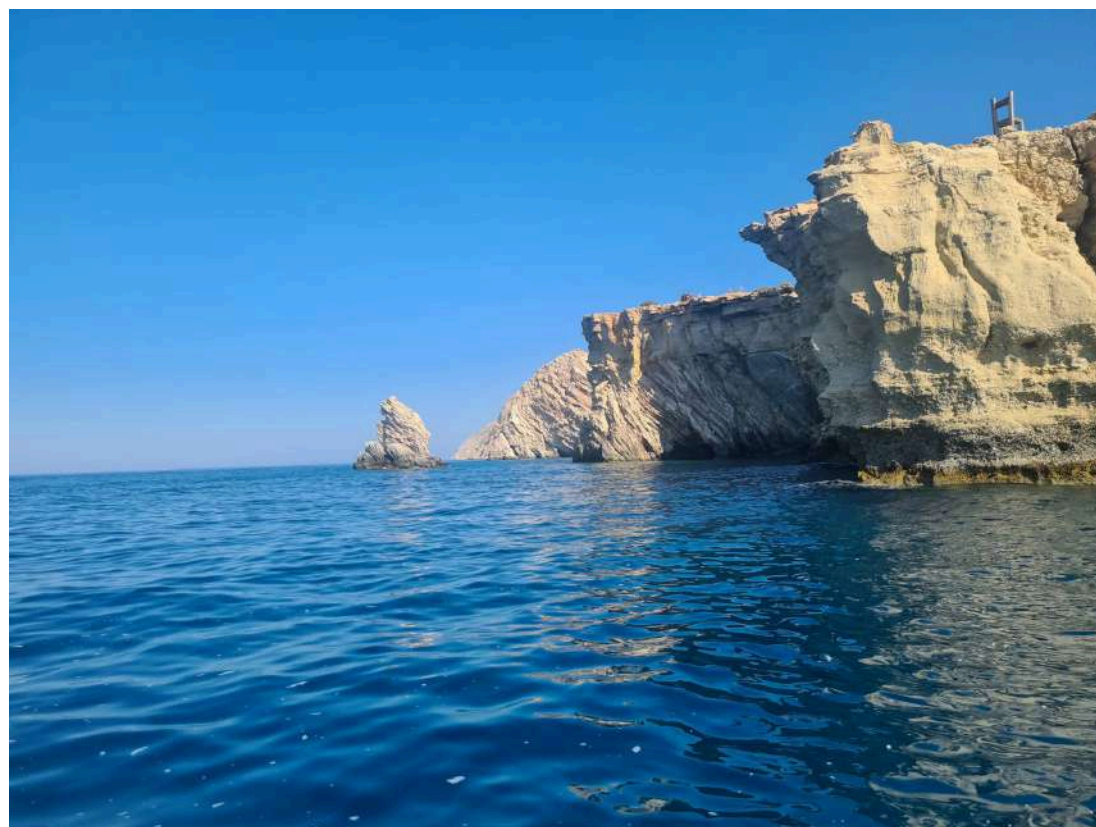
RISING

**FROM OUR
PRIMAL ROOTS**

**Re-remembering
our Human
and Planetary values
in a changing
moment of Gaia.**




**A collaboration
of IES
representatives
of Italy
and Greece**



21-25

**June 2024
Gavdos Island, Crete, Greece
Ecopsychology Summer School and Retreat**



Gavdos is located in the southern part of Europe and belongs to Crete, an island well known for the blooming of Minoan civilization. According to the ancient historian Callimachus, this island was the island of Calypso, from Odyssey of Homer (Ogygia). What is unique about this place is that it has been preserved more than any other place, its authentic and immaculate nature, with the unprecedented and intense energy that you feel from the very first moment you arrive there.

The whole island belongs to “Natura 2000” network and is protected by Greek and European legislation. In the island there are metamorphic rocks, Neogene layers with marine fossils as well as sandstone deposits of the late Pleistocene. Even though 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 Place

The vegetation in Gavdos is macchia, wooden 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 Roots

The most unique feature of the island are the ancient Cedar forests, as the sea cedars species (*Juniperus macrocarpa* and *Juniperus phoenicea*) form some of the most important ecosystems in Crete and its islands.

The ecological importance of the 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.

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.

The Theme

We have family roots, ancestral roots, earthly roots, heavenly roots and spiritual roots. The legacy of our parents, that of our ancestors, the contribution of all the life forms that preceded us, the fiery core of the Planet which recalls that of the stars from which the seed that generated life on this Earth comes and our own awareness, the one of the universe playing at knowing itself.

Thanks to all these roots we can make grow and flourish contents that are truly ours, which characterize us as unique and unrepeatable beings, which bring our peculiar note in the symphony of the universe, which are the unique gaze of the absolute on creation.

Our roots are both the aid and the challenges through which we can realize our uniqueness, that contribution to life that we ourselves can bring.

These days we will explore the helps and the challenges that are most present in this moment of our lives.

These days we will take stock of the situation on where we are in the path of our personal evolution and what is the next stage in which life asks us to commit.



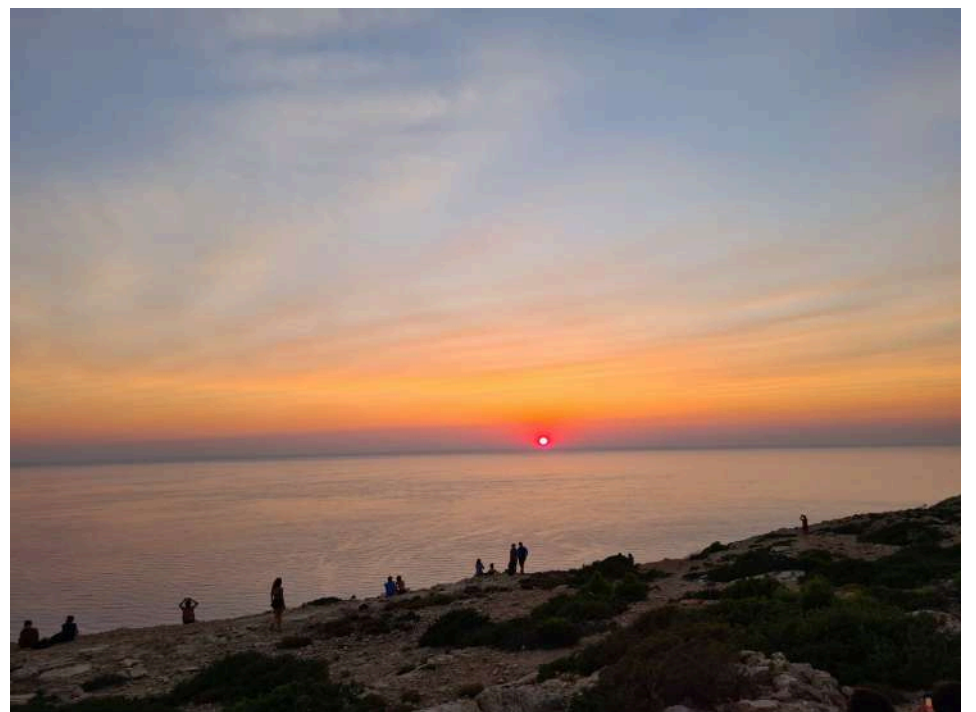
THE WORKSHOPS

The path of personal growth will unfold through some of the classic practices of ecopsychology that accompany us to concentrate more deeply with the Nature outside of us, as an opportunity to encounter our own inner nature, often suffocated by the organizational needs of everyday life, as well as the wild nature often suffers from the interference of the urban dimension.

Just as Gaia, the Earth, is much more than what we see on the surface, we ourselves have unexplored depths that contain precious resources – and roots! – that can enrich our lives by helping us direct our time and energy in directions that make our heart sing.

Centering, ecological relationships, green mindfulness, immersions in green and in blue, inspired writing, open-hearted sharing, are some of the proposals part of this program which allows to live firsthand the working style of ecopsychology and the peculiar approach of IES Schools.





PROJECT BRAM

21ST OF JUNE, FRIDAY (SARAKINIKO AND KASTRI)

14.00 Arrival, settlement and registration

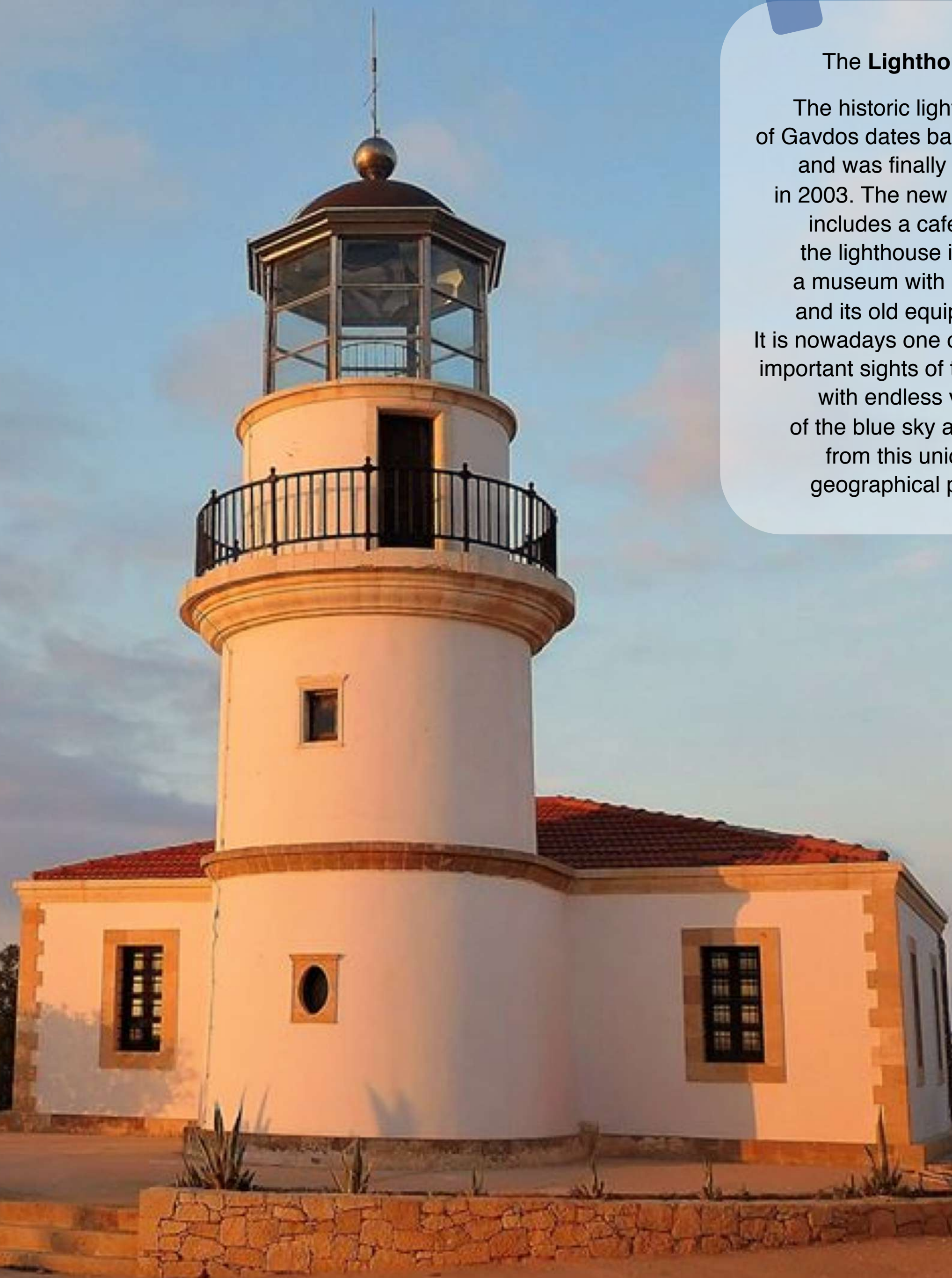
17.00-18.00 Opening ceremony

18.30 Bus to Faros (Lighthouse)

19.00-20.00 Workshop and Sunset

20.30 Dinner at Kastri

22.00 Return



The Lighthouse

The historic lighthouse of Gavdos dates back to 1880 and was finally rebuilt in 2003. The new complex includes a cafe and the lighthouse is now a museum with photos and its old equipment. It is nowadays one of the most important sights of the island, with endless view of the blue sky and sea from this unique geographical point.

22ND OF JUNE, SATURDAY (SARAKINIKO)

9.00-10.00 Breakfast

10.00-12.00 Workshop

12.00-14.00 Workshop

14.00- 17.00 Lunch and free time

17.00-19.00 Workshop

20.00-22.00 Dinner

22.30-00.00 Full moon session
(Strawberry full moon)



Ai Yannis Beach

Ai Yannis 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 as the 2nd best beach in the world, after the beach of Hawaii. There are only sea cedars, pines and beautiful geological formations around.



**23RD OF JUNE,
SUNDAY
(HIKING FROM AMBELOS-
LAVRAKAS-
AI YANNIS BEACH)**

9.00-10.00 Breakfast

10.15 Bus to Ambelos

10.45 Hiking from Ambelos
towards the Beach of Ai Yannis

Workshops will take place in the different areas throughout our hiking journey and there will be free time in between for light lunch and relaxation

24TH OF JUNE, MONDAY

(TRIPITI BEACH)

8.00-9.00 Breakfast

9.15 Bus to Korfos

9.30 Hiking towards Tripiti Beach,
the Southern part of Europe
Forest Bathing, Green Mindfulness

11.00-12.00 Arrival at Tripiti Beach,
relax, swimming

12.00-14.00 Workshop

14.00-16.00 Integration and relaxing time
– Light lunch

16.00-18.00 Workshop

18.00 Returning to Korfos

20.00 Dinner in Korfos

22.00 Return



Tripiti

The beach of Tripiti is located in the southernmost point of Gavdos, but also of Europe. The landscape is magnificent with a trademark of the three large natural arches. From these it was given its name, which means “pierced”. Above these arches there is a huge wooden chair made by Russian scientists, where one can climb and gaze the breathtaking Big Blue.

25TH OF JUNE, TUESDAY (SARAKINIKO)

8.00-9.00 Breakfast

9.00-11.00 Workshop

11.00-13.00 Workshop

13.00-14.00 Closing ceremony



INFORMATION



PRICE : 435 euros+tax

Early bird: Until the 20th of May, 340 euros +tax. A deposit of 150 euros until this date is required for the booking of the place at this price.

Full registration payment until the 1st of June.



WHAT IS INCLUDED:

- Workshops of Ecopsychology/Ecotherapy and Green Mindfulness
 - Transportation within the island
 - Organization of the Retreat
 - Insurance coverage (from 18-60 years old)
- Certificate of participation, recognized by the International Ecopsychology Society

CONDUCTING LANGUAGE :

Formal language will be **easy** english, greek and italian translations **will eventually be** provided

→ Limited number of participants

WHAT IS NOT INCLUDED :

- Transportation to and from Gavdos
- Accommodation and meals
- Personal expenses
- Tents and camping equipment
- Boat transportation for those who do not want to hike in their return

EXTRA INFO

Program is indicative and might have possible changes due to weather and safety conditions or when it is necessary for a better flow of the schedule.

Hiking is in normal levels and throughout the roots, workshops will be conducted. The physical condition of the participants that is required is medium.

For those who want to be transferred by boat to the beaches instead of hiking, there is the possibility of renting a local boat with their own expenses.

Due to the fact that the Retreat will be conducted in an island and sometimes extreme weather conditions might not allow the sailing of the boats, it is recommended that the participants who book plane tickets for their return, allow one or two days free after the event or choose flexible for changes deals with the airways.

TRANSPORTATION

Closest airport: Chania International airport Ioannis Daskalogiannis (there are many direct flights at this period from many countries in good prices). Heraklion airport is also a choice but not recommended since it gives an extra 2-2,5 hours of transportation.

Boat to Gavdos island is leaving from Sfakia/Sougia or Paleochora port. Sfakia or Sougia is preferable.

For participants there can be an arrangement for the transfer from the airport to the port, booking a private van or with public transport.

ACCOMMODATION

There is an availability of **rooms in Sarakiniko** in the price of 40-50 euros/per night/per room

Free camping is also allowed and is recommended with your own tent.



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.

THE CONNECTION

Kleio and **Marcella** are representatives of International Ecopsychology Society (IES), in Greece and Italy respectively.

In 2006 in the first conference in Italy, Valley d'Aosta has been the place where Kleio Apostolaki from Greece entered the group and became the one of the two representatives who joined the new created family of Ecopsychology. European Ecopsychology Society – later IES – has been founded in 2005 in Neuchâtel, Switzerland, by a group of psychologists and counselors, after a first informal meeting in Perego (Lc) Italy, with **Jorge Conesa Sevilla**, and the Italian group of the Scuola di Ecopsicologia, directed by Marcella Danon.

Since then, Marcella and Kleio developed a close connection and friendship over time and in 2017 they decided to begin a cooperation between Greece and Italy, as an every year event hosted once in Italy and once in Greece in very special and sacred places.

As a consequence of this decision an International Summer school of Ecopsychology in Italian Alps has been organized with the theme “The Art of **Ecotuning**” between the two Schools. However the pandemic period paused further events and they reconnected again, organizing a second event in Sicily “Awakening our Soul, awakening our inner Fire” at the foot of volcano Etna in 2022. Due to the very successful and inspiring events, this year is the turn of Greece to host the third cooperation, inviting people from all over the world to become part of this powerful and enlightening partnership in another special place, Gavdos.





MARCELLA DANON (IES REPRESENTATIVE IN ITALY)

Psychologist, journalist and trainer. She brought Ecopsychology to Italy and teaches this emerging discipline at the University of Valle d'Aosta, together with prof. Giuseppe Barbiero and Dr. Stefania Pinna. M.A. in Humanistic and Transpersonal psychology, she studied with a direct student of Roberto Assagioli. She completes her training with seminars and professional updates in California, Holland and Spain, with some of the most important figures in the sector: Fritjof Capra, Joanna Macy, Molly Young Brown and Anna Halprin.

She is the co-founder of the International Ecopsychology Society (IES), founded in Switzerland in 2006, of which she has been president for 4 years and member of the board for 17.

Since 2004 she directs "Ecopsiché", the Italian School of Ecopsychology, in the province of Lecco – with a headquarter also in Sicily (Catania) and Sardegna (Oristano) – with training and refresher courses for professionals. She worked for 14 years in organizations for the development of inner leadership and ecological relationships. She collaborates on a *Green Prescription* project, within the "One Health" international project, together with the sports medicine doctor Dr. Fiammetta Piras, one of the main Italian trainers of Forest Bathing. She is the author of more than 10 books on self-realization and numerous academic publications.



KLEIO APOSTOLAKI (IES REPRESENTATIVE IN GREECE)

Psychologist, psychotherapist. She studied Psychology with Clinical Psychology at the University of Kent at Canterbury, U.K and continued her studies in Master of Science in Mental Health at the University of London (King's College) where she majored in Dynamic and Cognitive-Behavioral Psychotherapy. In 2009 she got her Diploma in Ecopsychology from the University of Strathclyde in Glasgow. She also studied Dolphin Assisted Therapy at the Dolphinswim Institute in Austria, in collaboration with the Sigmund Freud University in Vienna. From 2021 she specialized in Trauma Therapy from the Institute for Coping with Trauma (ICT) in Germany. She is also a certified Adult Educator and director of the IES Training in Ecotuning (Applied Ecopsychology) Educational Program in Greece (IES School) provided by the Hellenic Ecopsychology Society.

She has taken part as a lecturer in a number of international and national conferences. Moreover, she writes articles in magazines and the daily press and she has been participated in the television media as an invited expert.

She is a member, former President (2016-2019) and current Board Member of the International Society of Ecopsychology (IES) and officially recognized as the representative of IES in Greece with the establishment of the "Hellenic Ecopsychology Society".

GAVDOS 2024



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