

Aegean Euphoria by Can't Remember

A 7-day Journey into Wellness



“Aegean Euphoria”: A 7-day Journey into Wellness

A travelling Wellness and Fitness experience in the lovely Aegean Sea on a magnificent and specifically prepared yacht. A unique experience of healthy lifestyle and island hopping through beautiful and special locations. A trip to stimulate all senses and to promote healthy routines. The perfect way to release tension, calm the mind and visit the unparalleled Greek islands while simultaneously focusing on wellness and rejuvenation. An authentic experience through the Aegean Sea where wellness and exploring blend seamlessly. A well-rounded approach that includes swimming, hiking, discovering various Greek islands and more. An optimised Mediterranean diet designed specifically for this purpose with carefully sourced local products.

Our Yacht “Can't Remember” will be specifically prepared to accommodate all your needs including fitness equipment on board with a dedicated Chef to prepare all your meals, and a crew ready to accommodate your every need. This will be under the watchful eye and council of distinguished professionals. This experience is unique as you will be travelling different locations daily, some of which are accessible only by sea, you will explore several Greek Islands, hiking with a “purpose” as tourist guides will also provide knowledge and details about the places you visit and will guide you through the spectacular Aegean islands and their distinctive attractions. Additionally, besides the main program there are several options on board from water skiing and diving to jetskis and flyboard to allow you both mental and physical relaxation and fitness.

Diligent professionals from Fitness and Diet experts to doctors will be at your disposal to improve your experience tailored to your needs and with main purpose to help you achieve your goals and to allow you to return to your daily routine feeling healthier both in body and in mind, as our ancient ancestors always said, “a healthy mind in a healthy body”.

Fitness and Wellness:



The fitness and wellness provided on board and throughout the islands we visit are brought to you from our dedicated Trainer who will be on board 24/7. Ranging from bodyweight training and walking tours to Watersports and diving to enhance the experience. Also, physiotherapy can be provided if required.

Itinerary	
06:30 - Group morning stretch	14:00 - Free time/ Rest
07:00 - Light Breakfast	17:00 - Water Sport
07:30 - Hiking Trails/ Walking Tour	18:00 - Snack
08:30 - Snack	18:15 - HIIT
09:00 - Pilates	19:00 - Sunset Stretching(yoga based)
10:00 - Swimming	19:30 - Dinner
12:30 - Free time/ Rest	20:30 - Lights out
13:00 - Lunch	

*Wellness advisor: Dorothea Tsimliaraki - PE specialist, wellness coach



Mediterranean Diet:

Through a traditional Mediterranean diet, carefully sourced products and perfectly prepared meals we aim to provide an amazing experience for the senses with health and rejuvenation in mind. The aromas and flavors of the islands and the Greek sea will be strongly present.

The diet includes Breakfast, Snack, Lunch, Afternoon snack and Dinner.

There will be a daily variation of flavours, aromas and wines from the islands we explore, tailor-made alternatives will be available to suit preferences. Additionally, a 30 minute seminar explaining the Mediterranean diet and its benefits will be held at the beginning to familiarize everyone with it and make integration in our daily lives easier, even far away from the Aegean.

Diagnostic Tests:

Code	Test
21	Calcium Total
23	Glucose
25	γ - G7
29	CPK
34	Creatinine
38	Potassium
39	Bilirubin indirect
47	Sodium
49	Urea
50	Uric acid
59	SGOT
60	SGPT
62	Triglycerides
73	Bilirubin direct
74	Bilirubin total
75	Cholesterol HDL
76	Cholesterol
77	Cholesterol LDL
200	TSH
203	FT3
204	FT4
259	25 (OH) Vitamin D3
500	Protein electrophoresis
700	Total blood count
720	Glycosylated hemoglobin, HbA1c
721	G-6-PD

*Clinical Dietitian-Sports Nutritionist, Master Practitioner in Eating Disorders (NCfED): Dimitris Petsios MSc

*Diagnostic Tests: Dr. John Routsias, Professor of Immunology/ Microbiology School of Medicine University of Athens

Aegean Euphoria Menu Sample

Breakfast Sample



Omelet from egg whites and tomato(kayana) with syglino from Mani and fresh whole bread

Lunch Sample



Sardine bruschetta on handmade bread, parsley pesto and green apple pickle
Fish fillet with celeriac puree, artichoke and saffron flavored sauce
Greek salad with tomato, cucumber, feta cheese, Zakinthos onion, pepper, olives, oregano and extra virgin olive oil and Greek Island Almond Bites (amygdalota)

Dinner Sample



Sifnos velouté chickpeas soup with manouri cheese and crispy louza (traditional sausage)
Chicken souvlaki with herbs & spices and Greek light yogurt, cucumber & garlic dip (tzatziki)
Skimmed yogurt from goat milk with Kyrithra rusk (paximadi) and Aegina honey

Snack Sample



Cold detox concoction with mint, lemon balm & verbena with Fresh fruits with pistachios from Aegina

Afternoon Snack Sample



Smoothie (beetroot, blueberries, orange juice, banana, flax-seed and skimmed goat milk)
Rice pudding flavored with Chios Masticha (ryzogalo) no sugar

Optional: IDNA

Explore your genes!

The DNA sample is collected through mouth swab, and it has to be performed once per lifetime.

It will allow our distinguished experts to help you with a tailor-made approach regarding weight control, food choices that harm us and to know how our body eliminates toxins. Moreover, through the test we can provide exercise programs specific for each person depending on genetic predispositions and needs. This allows you to achieve higher performances and experience less injuries and fatigue. Finally, the test will let us recognize vitamin or nutrient deficiencies and your body's efficiency in absorbing them.

There will also be a 30-minute video conference with each participant explaining the results and how to incorporate them in everyday life.



*For more details see attached pdf

*Clinical Dietitian-Sports Nutritionist, Master Practitioner in Eating Disorders (NCfED): Dimitris Petsios MSc

Optional: Psychologist

Aegean Euphoria encourages you to get the most out of your holidays. Holidays are a special time for being with friends and family, to rest, enjoy and rejuvenate! However we provide the opportunity to attend a four hour program focusing on decreasing your anxiety and improving your communication skills, on board, with an Aegean sea view, far away from home and work.

Life- Coaching

"TO BE YOUR BEST SELF"

Life coaching helps you put a name on the things you want in life and also to create your own path in order to achieve your personal goals. It does not only provide a guidance in navigating significant life changes , such as taking on a new career, but also helps people in building a happier and a more meaningful life.

Our two hour seminar, on board, focuses on two major issues which are :

FREQUENT IRRITABILITY & HIGH LEVELS OF STRESS - ANXIETY.

It is common knowledge that both of them when present lead us to gradually be unable to break bad habits, to feel a lack of fulfillment, to have a sense of blocked creativity and almost a persistent feeling of dissatisfaction at work.

All these will be discussed and explained as we believe that only genuine knowledge regarding stress and anxiety might open a new path in our lives.

Communication Skills

"LOGOS, ETHOS AND PATHOS"

It is generally considered that good communication can not only be a game-changer in relationships and the workplace but also provides the person with a feeling of calmness.

Aristotle claimed that the three key aspects of persuasive communication are pathos, logos and ethos;

LOGOS is the idea of logical appeal. Evidence is required.

ETHOS is the ethical appeal. It refers to character's credibility

PATHOS is the emotional appeal. Appealing to listener's emotions.

It has been found that the most successful communications are based 65% on pathos, 25% on logos and 10% on ethos.

All these issues will be discussed and explained in our two hours seminarsc

Furthermore we will focus on the 4 principles of communication based on Aristotle's idea of 'pathos'.

How positive emotions are expressed?
How negative emotions are expressed?
How I ask politely?
How can I be an active listener?

There will be a two hours break having lunch all together. At the end of the seminar a detailed outline will be given. As well as bibliography for further reading and knowledge will be available

Costs:

Service	Aegean Sea Trip		Saronic Sea Trip		
	Low Season	High Season	Low Season	High Season	
Yacht Weekly Rental (incl. Vat)	€78,400.00	€89,600.00	€78,400.00	€89,600.00	
Fitness & Wellness Package	€55,000.00	€55,000.00	€48,000.00	€48,000.00	
Psychologist (optional)	€4,000.00	€4,000.00	€4,000.00	€4,000.00	Available at a fixed price for the whole group
IDNA (optional)	€250.00	€250.00	€250.00	€250.00	Per Person
SUM without optionals	€133,400.00	€144,600.00	€126,400.00	€137,600.00	
Sum with optionals for 10 people	€139,900.00	€151,100.00	€132,900.00	€144,100.00	

*The yacht can accommodate 10 people in 5 cabins: 1 master, 1 VIP, 2 double, 1 twin





*Looking forward to seeing you on board for
an unforgettable experience.*

Can't Remember