

Living for the Present



HOLIDAY PROGRAM

December 14th, 2023 to January 3rd, 2024

Thursday 14th, Dec. 2023

COOKIE DECORATING CLASS & TEA TIME

Join us in the festive celebration of cooking delicious Christmas cookies and discover a different way to decorate them. In this class you will learn to make "healthy" Christmas cookies to incorporate into your holiday celebrations.

Main Living room @15:00 – 15:45 hr

(Max. 8 guests / Value: \$33 per person / Sign up required / included in some packages)

SUNSET COCKTAILS WITH LIVE MUSIC

Music is medicine for the heart and soul. Join us for an evening of beautiful and uplifting songs to soothe, connect and open the heart.

Main Pool @17:00 – 18:30 hr

(Complimentary)

Friday 15th, Dec. 2023

LOCAL FESTIVAL OF LIGHT

Experience the Christmas Lights Festival and immerse yourself in the local culture.

Atenas Downtown @18:00 – 20:30 hr

(Complimentary / Sign up required)

Saturday 16th, Dec. 2023

FESTIVE BAAZAR

Browse authentic crafts from local & international artisans mindfully created for your wellbeing.

Main Pool @17:00 – 19:30 hr



Sunday 17th, Dec. 2023

SELF LOVE WORKSHOP

Self love is a journey unique to each individual. It is about understanding and accepting ourselves, living in alignment with our values and passions, and making intentional choices with our energy, time and power of choice. Join us for a guided Self Love Workshop.

Yoga Studio @17:15 – 18:15 hr

(Max. 10 guests / Complimentary / Sign up required)



Wednesday 20th, Dec. 2023

CRYSTAL HEALING SESSION

Each crystal has its own healing properties to bring about balance and ignite desires. Learn how to use them to promote physical, emotional, and spiritual healing by positively interacting with your body's energy field.

Vida Mia Spa @15:00 – 15:45 hr
(Complimentary)



Thursday 21st, Dec. 2023

FESTIVE BAAZAR

Browse authentic crafts from local & international artisans mindfully created for your wellbeing.

Main Pool @17:00 – 19:30 hr

Friday 22nd, Dec. 2023

MASTER OF MIXOLOGY

Embark on a liquid adventure to unravel the intricacies of mixology. Discover a whole new world of handcrafted drinks with a variety of high-end healthy cocktails (2x) and mocktails (3x).

Sol Terrace Bar @15:00 – 15:30 hr

(Min. 3 guests / Max. 6 guests / Value: \$34 USD per person / Sign up required)

Saturday 23rd, Dec. 2023

EGGNOG CLASS

Explore the technique of making a healthy eggnog to enjoy with your family.

Sol Terrace Bar @15:00 – 15:30 hr

(Min. 3 guests / Max. 10 guests / Complimentary / Sign up required)





Sunday 24th, Dec. 2023

CHRISTMAS EVE DINNER

Gather at Sol Terrace Nature's Gastronomy Restaurant for a family-style feast, served in a dreamy setting. Along with the nourishment of food and drink enjoy an evening of twinkling lights and warm smiles

Sol Terrace Restaurant @18:30 – 21:30 hr



Monday 25th, Dec. 2023

A VERY TYPICAL CHRISTMAS BREAKFAST

Joyful holidays call for joyful beginnings. Wake up on Christmas morning with our savory typical breakfast, sure to spark the Yuletide magic and keep it going all day.

Sol Terrace Nature's Gastronomy Restaurant @8:30 - 10:30 hr

SHOP & CHAMPAGNE

Galana Boutique @15:00 - 18:00 hr

DINNER WITH LIVE MUSIC

Sol Terrace Nature's Gastronomy Restaurant @18:30 - 21:00 hr

Tuesday 26th, Dec. 2023

JOURNEY OF SOUND HEALING

Come feel and enjoy the transformational energies of sound and vibration.

Yoga Studio @17:30 - 18:30 hr

(Min. 3 guests / Max. 12 guests / Value: \$50 USD per person / Sign up is required)

Wednesday 27th, Dec. 2023

LUNAR MINDFULNESS & NEW MOON MEDITATION

Everyone wants to feel powerful, the word itself gives strength. But how do you access THE POWER that lies within you. This workshop is fun, exciting and a very powerful tool.

Join us and in this special meditation as we create a powerful moment you'll cherish forever.

Yoga Studio @17:30 - 18:30 hr

(Complimentary / Sign up is required)



Thursday 20th, Dec. 2023

MAKE TIME FOR YOURSELF

Pre-pampering treatment mini sessions - 20 minutes each
(Crystal mini facial / Reflexology / Back energetic points with aromatherapy)

Vida Mia Spa @11:00 - 13:00 hr
(Value: \$135 USD per person / Sign up is required)

Friday 21th, Dec. 2023

CACAO CEREMONY

This ceremony is an opportunity to share in the medicine of the circle, using cacao as a sacred bridge through which we connect with our intention using sacred songs.

Yoga Studio @17:30 - 19:30 hrs
(Min. 6 guests / Max. 10 guests / Value: \$68 per person / Sign up required)



Saturday 30th, Dec. 2023

PAINT POWER

Painting is a way to relax the mind and creatively express emotions through story telling and art. Join us as we use the power of paint to explore our inner power.

Yoga Studio @17:30 - 18:30 hr

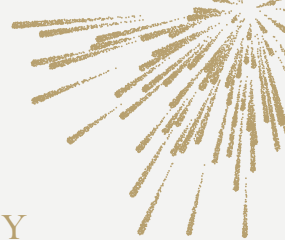
(Value: \$50 USD per person / Sign up is required)

DINNER WITH LIVE MUSIC

Sol Terrace Nature's Gastronomy Restaurant @18:30 - 21:00 hr



Sunday 31st Dec. 2023



RECHARGE, CLEANSE AND REJUVENATE YOUR BODY

Pre-pampering session with 30% discount on selected treatments.

Vida Mia Spa @10:00 - 14:00 hrs

SUNSET COCKTAILS

Enjoy the sunset with drink specials mixed by our expert bartender and a live acoustic saxophone performance.

Vida Mia Healing Center & Spa @16:00 - 18:00 hrs

BURN THE OLD INTENTION RITUAL

Release the hurts, sorrows and habits of the past that no longer serve through the use of fire and open your heart for the great things 2024 is going to bring.

Yoga Pavillion @18:00 - 18:30 hrs

NEW YEARS EVE DINNER

Savor a four-course inspired New Year's Eve menu with live music. This dinner is filled with lively, nourishing flavors that pay homage to the vibrancy of nature.

Sol Terrace Restaurant @18:30 - onwards

FIREWORKS

Main Pool @21:30 - 21:45





Monday 1st, January 2024

A TO Z WAYS OF HAPPINESS

In this journey of life, everyone wants to be happy. Many times in our fast paced lifestyles we put so much pressure on ourselves, we forget to be happy. Join us as we explore ways to create a life full of happiness around and within us. There are N number of ways to be happy. Here you will learn a compilation of 26 ways of creating happiness in a day to day routine.

*Yoga Studio @11:00 - 13:00 hr
(complimentary / Sign up is required)*

Tuesday 2nd, January 2024

JOURNEY OF SOUND & HEALING

Experience the transformational energies of sound and vibration and encourage emotional and physical healing through reiki.

Meditation Deck @17:30 - 18:15 hr

(Max. 8 guests / complimentary / Sign up is required)



Wednesday 3rd January 2024

SELF LOVE WORKSHOP

Self love is a journey, unique to each individual. It's about understanding and accepting ourselves, living in alignment with our values and passions, and making intentional choices with our energy, time and power of choice.

Yoga Studio @17:15 - 18:15 hr

(Max. 10 guests / Complimentary / Sign up required)

