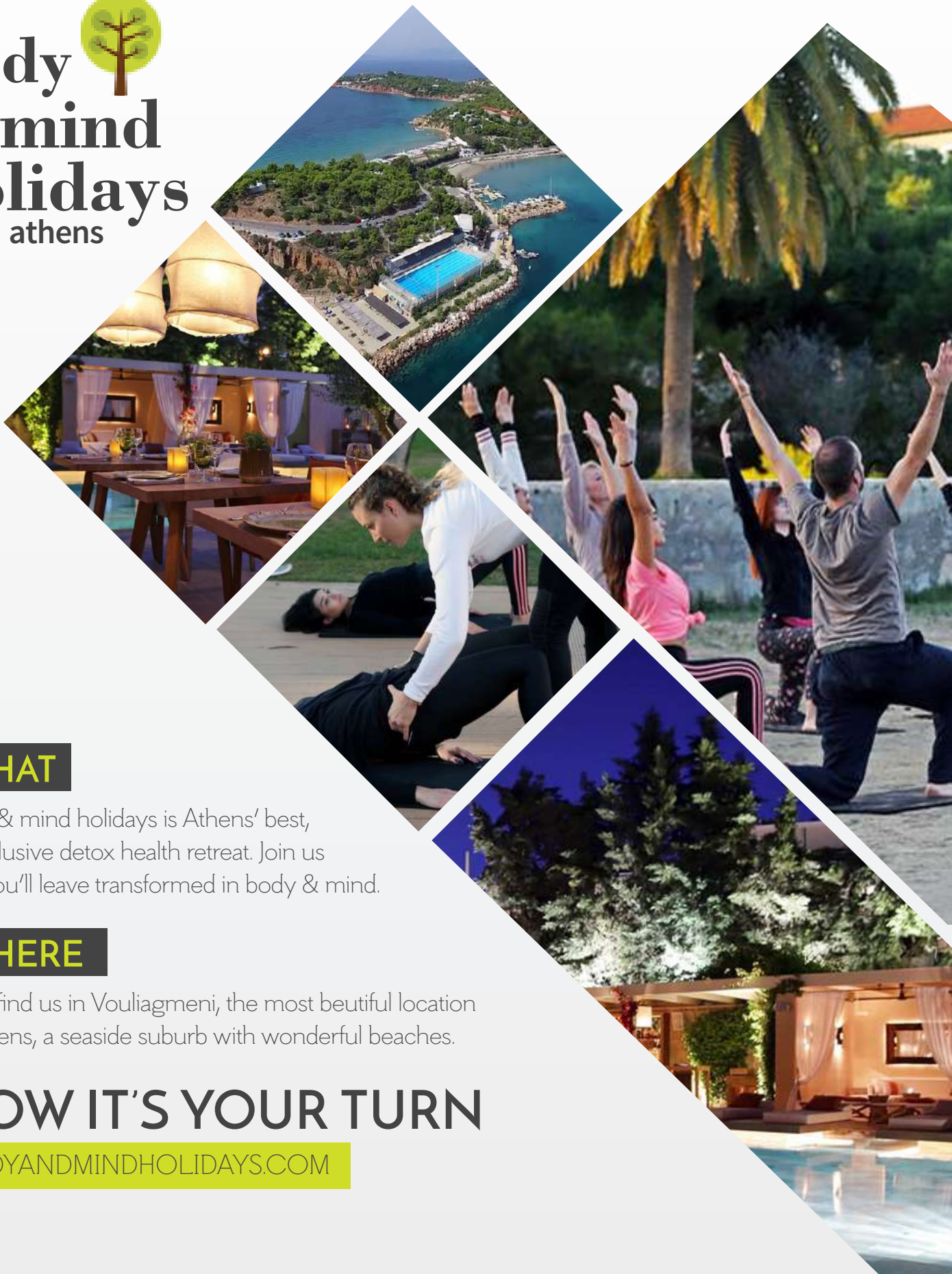


# YOUR WELLBEING STARTS HERE!

WELLNESS | YOGA | PILATES | MASSAGE | VEGETARIAN CUISINE

**body**   
**& mind**  
**holidays**  
athens



## WHAT

Body & mind holidays is Athens' best, all-inclusive detox health retreat. Join us and you'll leave transformed in body & mind.

## WHERE

You'll find us in Vouliagmeni, the most beautiful location of Athens, a seaside suburb with wonderful beaches.

## NOW IT'S YOUR TURN

[BODYANDMINDHOLIDAYS.COM](http://BODYANDMINDHOLIDAYS.COM)

## TASTE



Enjoy healthy, fresh, tasteful cuisine in our excellent restaurant. All our products are organic and almost all dishes are vegetarian or prescitarian options.

## SWEAT



Run, swim, walk and dance your way to a better health with our adapted exercise programs by our certified fitness instructors.

## STRENGTHEN



stretch, strengthen and replenish mind, body and soul with hatha yoga, pilates, aqua fitness and our stretch and flexibility sessions.

## LEARN



Learn how to cook healthy meals, cleaning smoothies and get valuable life tips when you take advantage of our cooking classes.

## EXPLORE



discover the most beautiful spots of Athens like Parnitha mountain or Vouliagmeni lake with thermal waters. Visit Acropolis & Acropolis museum.

## RELAX



Bring your body and mind to a state of greater calm. Massage it's a way to a healthier, happier life.

## MEET



Get to know great people who share a common outlook on life. Who knows? You may meet some lifelong friends here at B&M Holidays Wellness retreat.

Book a trip and discover the wonders of body & mind holidays for yourself.

[BODYANDMINDHOLIDAYS.COM](http://BODYANDMINDHOLIDAYS.COM)