

FAQs

Have a question for us?

What is the focus of your wellness retreat?

Our retreat focuses on individuals with diabetes, offering a holistic approach to manage the condition and improve overall well-being through medical analysis, psychological support, and lifestyle changes.

Who can benefit from attending the retreat?

Individuals diagnosed with diabetes looking for a comprehensive program to manage their condition in a holistic manner, are ideal candidates for our retreat.

What does the program include?

The program includes personalized medical and psychological assessments, holistic lifestyle workshops, physical activities, nutritional guidance, group therapy sessions, and cultural excursions.

Where and when will the retreat take place?

The retreat is located in Platamonas, Greece. Upcoming sessions are from October 5-12, 2025.

How long is the retreat?

The retreat lasts for 7 days, providing an immersive experience to focus on health and wellness.

What is the maximum number of participants?

We limit the number of participants to 15 per session to ensure a personalized and intimate experience.

How does the retreat address diabetes management?

Through a combination of endocrinological analysis, dietary and exercise regimes, and psychological support, our retreat aims to empower participants to manage their diabetes more effectively and improve their quality of life.

What kind of accommodations can I expect?

Participants will enjoy comfortable and serene accommodations designed to complement the holistic nature of the retreat, with amenities that foster relaxation and reflection.

Are meals provided during the retreat?

Yes, we provide nutritious meals prepared with a focus on supporting diabetes management and overall health, using fresh, local ingredients

How can I book a spot for the retreat?

You can book your spot through our website or contact us directly via email or phone for reservation details and assistance.

What is your cancellation policy?

We offer a flexible cancellation policy, allowing for changes or cancellations up to a certain date with a full or partial refund. Specific details are available upon request.

Can I join the retreat with my partner if they don't have Type 2 Diabetes?

We recommend coming with your partner because they are a vital part of your back on track journey! You will get a discount in the room price.

Is there support available after the retreat?

Yes, we offer follow up consultations after the retreat to ensure long standing results.