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DREAM WELL RITUALS

MUSCLE RELIEF & DEEP RELAXATION SESSION

Duration: 60' | Instructors: Antigoni, Aris, Stamos

A session with static stretching exercises that will help muscles soften, especially with the use of therabands. At the end of it, a guided deep relaxation inspired by the tradition of yoga nidra (yogic sleep) is waiting for you.

IDOR SPA RITUAL

MINDFUL DREAMS MASSAGE TREATMENT

Duration: 1h

Prepare for all stresses and strains to melt away in this sensory treat to help you achieve the perfect night's sleep.

'HALAROSI' TEA RITUAL

"Halarosi" (Greek for "Relaxation") is a relaxing blend, soothing for the body and mind. It helps you reduce stress and has a calming effect on the nervous system.

MOVIE SPECIAL NIGHT



INCEPTION (2010)

Duration: 2h 28'

A thief who steals corporate secrets through the use of dream-sharing technology is given the inverse task of planting an idea into the mind of a C.E.O., but his tragic past may doom the project and his team to disaster.

