



4-11 October 2021

***A powerful 8-day life coaching holiday
with daily experiences on the Greek Island of Zakynthos***

This all-inclusive holiday combines a powerful life-coaching journey with the chance to explore Zakynthos' many natural, cultural and culinary treasures.

London life coach Hans Schumann invites you to reclaim your life on this beautiful Greek island in the Ionian sea, named "The Flower of the Levant" by the Venetians. With stunning, tranquil beaches, romantic villages and a calm lifestyle, Zakynthos is the perfect setting for your week-long coaching programme, designed to help you:

- press pause on your busy life
- recharge your batteries
- explore what's really important to you in life
- make plans for the year ahead
- rest, relax and restore your inner balance

In addition to the daily coaching session, your local host Denia has created an exciting holiday itinerary to help you experience the best of Zakynthos, where you'll:

- taste authentic Greek cuisine in traditional tavernas, a family home and a fine dining restaurant
- experience exciting excursions to beaches, villages, the famous Shipwreck Bay, the Blue Caves and Turtle Island
- enjoy varied activities ranging from a cooking demonstration and wine tasting, to meditation, beach massage, swimming and snorkelling and local sirtaki dancing.

Everything will be taken care of for you, so you can fully focus on your coaching journey, recharging, enjoying the island and having fun!

Highlights

- ✓ Attend daily life coaching sessions in stunning locations across the island
- ✓ Experience the island like a local, joining your welcoming Greek hosts
- ✓ Learn from a local chef how to cook traditional specialties
- ✓ Enjoy a beach massage
- ✓ Swim with Caretta-Caretta turtles
- ✓ Explore the electric blue waters of Shipwreck Beach and the Blue Caves
- ✓ Meet local producers, tasting homemade cheese, wine and extra virgin olive oil
- ✓ Join a Greek celebration night to remember, with food, wine and dance.

Your Coach



Hans Schumann is a lawyer turned life coach in London. A serious health crisis with an autoimmune disease prompted him to re-evaluate his life, leave the corporate world and reconnect to his passion for personal growth. He now helps professionals and business owners create and thrive in lives they truly love. Find out more about Hans at www.hansschumann.com.

The Location

The mesmerising island of Zakynthos, with its crystal-clear turquoise waters and breathtaking sea and mountain views, plays host to this memorable holiday experience. You will stay at the Spiros family apartments, located 300m from Laganas beach yet with easy access to town centre amenities.

Each apartment, with its beautiful coastal-inspired interior, has its own bathroom, fully equipped kitchen and a large balcony overlooking the garden. Full air conditioning allows you the perfect night's sleep in comfy beds. With a Greek family host on site and delicious home-cooked breakfast and evening meals, we want your stay to be both enjoyable and authentic.



What you will do

Day 1

Arrival and traditional welcome dinner in Zakynthos Town



- Your host, Antonio, will meet you at Zakynthos port or airport and escort you to your accommodation. Famed for the Caretta-Caretta sea turtles, Laganas Bay will be your base for this life-changing coaching experience.
- Take your time to unpack and settle into your new surroundings, with your personal coaching package and programme waiting in your room.
- Later, meet your villa host, Denia, who will tell you about the wide variety of things to do over drinks and a welcome snack.
- In the evening, enjoy a traditional welcome dinner in Zakynthos Town, with magnificent views across the harbour. Unwind as traditional singers provide tranquillity and ambiance with their 'kantades'. This is Zakynthos' characteristic music, accompanied by the mandolin and guitar. Local islanders have used this beautiful tradition to express joy, grief and love for centuries. It's an amazing way to start your 'Reclaim Your Life Holiday' and feel welcomed to our beautiful island.



Day 2

Swimming at Agios Sostis. Greek family dinner with your hosts.



- Today, visit Agios Sostis Bay: a little oasis of calm, with sunbeds and a rustic beach bar providing stunning views of the islands across the sea.
- Here, you will participate in Session 1 the Life Coaching Programme: exploring what science teaches us about happiness. You will then apply this to your own life and decide what fulfilment and success in life mean for you personally. This will create a foundation for our coaching journey..
-
- Those of you wanting to dive deeper into the life coaching experience can join an optional meditation class with Hans. If you've never meditated before, this is: a chance to learn. It's easy and highly beneficial.
- This evening, join your hosts, Denia, Effie and Antonio for a traditional family dinner, accompanied by Antonio's chilled house wine.

Day 3

Turtle boat trip & sunset dinner



- Embark on an incredible turtle boat trip to the island of Marathonisi. Spot and swim alongside some of the graceful loggerhead turtles, before venturing into the breath-

taking Keri caves. With beautiful natural caves to explore, it's the perfect place for snorkelling, swimming or just a gentle paddle.

- Here, you'll participate in Session 2 of the Life Coaching Programme: exploring what's most important to you in life. Hans will take you through a powerful values determination process, helping you to identify your true core values. This will provide you with a compass for your life.
- Enjoy a magical sunset dinner: an experience you'll never forget, with captivating views over rugged crags and the ocean shimmering below.



Day 4

Sample Zakynthos' local products. Enjoy a champagne dinner at the Cotton Lifestyle Club



- The inspiration today will come from the authentic and peaceful lifestyle of local villages. First stop is Lithakia, where we visit the olive press and museum to learn how the humble olive is transformed into the precious oil that gives Zakynthians their lust for life. There will be a chance to sample the extra virgin olive oil with warm village bread.

- In Machairado village, we'll meet Father Nicholas, who will show you around the ornate St Mavra church and museum, before visiting Nikos, a talented woodcarver, who will show you his studio and art work.
- Here, you'll participate in Session 3 of the Life Coaching Programme: creating your own personal mission statement for your life. In a guided meditation you will review your life through the eyes of your future self, before creating a personal mission statement to help you achieve more fulfilment in your life.
- In Lagopodo village, visit the Grampsas estate, a family-run vineyard and winery. The son, Tassos, will talk you through the wine-making process and the display of traditional equipment, followed by a sampling of white and red wines with local cheese and snacks on the terrace.
- This evening, dine in style at the luxury Cotton Club. The panoramic views over Laganas bay, the pine trees and sea breeze guarantee another unforgettable evening. Toast the experience with a high-end champagne dinner in a mesmerising atmosphere - an experience you'll never want to end!

Day 5

Shipwreck Bay, the Blue Caves & a sensational farm-to-fork culinary experience



- Embark on a once-in-a-lifetime sailing experience towards the captivating northwest coast of Zakynthos. Sailing past secluded coves, crystal clear water, dramatic sea

caves and white sandy beaches, you'll arrive at fascinating Shipwreck Bay and the Blue Caves - some of the most famous sights of the island.

- In the village of Orthonies, enjoy a "farm to fork" culinary experience at a family-run mountain taverna. You will witness a live cooking demonstration of stuffed free-range chicken in tomato sauce, with plenty of opportunities for audience involvement!
- Participate in session 4 of the Life Coaching Programme in Orthonies: becoming specific with your life review. You will define what fulfilment in each key area in your life means: career, relationship, friends, wellbeing, finances, home, learning, spirituality and fun. This will allow you to set goals and decide on specific actions.
- In the shade of an ancient oak tree, enjoy the meal you helped to cook, alongside local wine and homemade dessert to add that final sweet flourish.

Day 6

Discover romantic Zakynthos Town



- Today, discover hidden gems and the amazing history, culture and architecture of the Old Town. Visit the Venetian castle, the historical library of Zakynthos, then relax at a café in Solomos Square, before shopping for local products, delicacies and souvenirs at the local market.
- Participate in Session 5 of the Life Coaching Programme in the Old Town. Here, you'll create specific long- and short-term life goals and track them on your A1 life planning wall chart. Designed for easy use at home, this visual masterplan will remind you of your coaching holiday and the life decisions you have made this week.

- Next, enjoy a delicious souvlaki lunch at the port grill house. Picture a simple dish of succulent meat, pitta and freshly-grown vegetables, drizzled in olive oil - irresistible!
- Enjoy some time on your own in the evening. Explore the neighbourhood, try a new restaurant, review your coaching materials or simply relax at the villa.

Day 7

A Greek farewell celebration to remember!



- Today, you have the opportunity to spend much of the day as you wish – swimming at Laganas Beach is always popular, with its golden sands and shallow sea.
- Participate in Session 6 of the Life Coaching Programme on Laganas Beach: What next? Explore how to integrate your insights and learnings from the programme into your life back home.
- In the evening, dress up for our night out at Dennis Taverna. This is your chance to enjoy a traditional Greek celebration, with a great BBQ, local wine and live music and dancing. Enjoy the sounds of the bouzouki and learn how to dance syrtaki, embracing and celebrating the traditions of a rich and beautiful culture. A grand finale to a great week!

Day 8

Departure Day

- In the morning, make the most of your final moments by doing a little last-minute shopping on Laganas Main Street, or head to Laganas beach for a final dip.
- You will be taken to the airport or port in plenty of time for your departure. Then, as we say - "Kallo Taxidi!" Have a safe journey home, and remember your experience for years to come.

Benefits:

By the end of this holiday, you will have:

- ✓ Gained a better understanding of the essence of happiness
- ✓ Drawn up your own definitions of success and fulfilment
- ✓ Created an exciting mission statement for your life
- ✓ Planned short- and long-term life goals
- ✓ Developed a detailed action plan for the next 12 months
- ✓ Gained a new perspective on taking charge of your life
- ✓ Connected to people who are on the same journey as you

Price per person: £1750.00 (limited to 12 guests max)

(all inclusive of accommodation, meals, restaurants, excursions and coaching)

What's included	Not included
✓ 7-night stay in a comfortable self-catering studio	✗ Flight tickets
✓ Right to rebook for different date due to COVID-19	✗ Visas when required
✓ Airport transfers	✗ Anything not described in itinerary
✓ Life coaching group sessions (about 14h in total)	
✓ 18 meals (7 breakfasts, 6 lunches, 5 dinners) - this includes the restaurant meals as per itinerary	
✓ Daily excursions with your English-speaking hosts and life coach	
✓ All boat trips, tours and activities described in itinerary	
✓ A copy of the career coaching book, <i>Falling in Love With Your Job</i> by our life coach Hans Schumann	
✓ A laminated A1 wall chart to explore and track your life goals	

Enquiries

- We accept bookings until 25 September 2021
- Contact us for more information & reservations
info@spiros-apartments-zante.com
- Visit us at <https://www.spiros-apartments-zante.com>

*Spiros Family
Apartments
& Studios*

Zakynthos, Greece 29092
info@spiros-apartments-zante.com

Like us on 