



Wellness Retreats and Sober Holidays

Discover the art of embracing change while finding solace in serenity with Mindful Recovery. As you embark on the journey of rediscovery, whether it's transitioning into sobriety, overcoming anxiety, or recovering from burnout, our sanctuary awaits, offering a haven of tranquility and healing.



Discover the essence of bespoke retreats

At Mindful Recovery, we understand the profound significance of your transformative journey. With utmost sensitivity and understanding, we've meticulously crafted our health and wellness sober sailing retreats to transcend the ordinary. They serve not merely as escapes but as pivotal junctures on your path to self-renewal, thoughtfully tailored for those emerging from treatment or navigating mental health challenges:

Our team is dedicated to providing unwavering support, guidance, and inspiration throughout your healing journey.

Counsellor/Therapist: Our compassionate professionals offer personalised sessions to explore emotions, navigate challenges, and build coping strategies.

Recovery Coach: Your journey to recovery is intricate, but you don't have to navigate it alone. Our coaches offer steadfast guidance and a customised plan tailored to your needs.

Fitness and Mobility Coach: Whether rebuilding strength or finding joy in movement, our experts create personalised programs to enhance your well-being and vitality.

Yoga Instructor: Mindful Recovery Yoga is fundamental to our ethos, woven into the fabric of our retreats on land and sea to enrich your path to recovery. Designed for participants of all skill levels, our yoga practices encourage mindfulness, build resilience and strength, and support a well-rounded state of health. This discipline helps strengthen the connection with oneself and with nature, creating a serene backdrop for personal development, healing, and achieving a harmonious balance.

Massage and Osteopathy: Embrace the rejuvenating power of touch with our skilled massage therapists and osteopaths. Alleviate stress, pain, and restore balance within your body, fostering a sense of holistic wellness and tranquility.





Sailing Retreats – A Mindful Recovery Adventure in the Greek Islands

Welcome aboard Mindful Recovery's and EY Sailing's Greek retreats, where luxury meets transformation on the Ionian Sea. Choose your voyage on either the elegant 44ft Lito or the majestic 50ft Phoebe. Here, personalisation and bespoke journeys are our pride, offering an unparalleled experience that nurtures mindfulness, resilience, and inner peace while sailing under the Greek sun's gentle embrace.

Why embark on a sober sailing retreat with us?

A Voyage Tailored to You: Choose between two luxurious yachts, the Lito or the Phoebe, for a retreat that's meticulously crafted to meet your recovery goals and personal wishes. Each journey is made exceptional not only by our devoted attention but also by the inclusion of a skilled crew and a private chef and hostess dedicated to enhancing your experience.

The crew ensures smooth sailing and safety, while our private chef caters to your dietary preferences with exquisite meals that complement the healing process. With this personalised approach, your journey with us becomes truly yours, enveloped in care, comfort, and culinary delight

New Horizons: Set sail into the unknown and discover new horizons. The vast sea and the mystical Greek islands serve as your guide, offering new insights and clarity on your path to sobriety.

Nature's Embrace: Dive into the stunning vistas of the Ionian Sea. Connect deeply with the natural world, lifting your spirits and enhancing well-being against a backdrop of unparalleled beauty.

Breathtaking Views and Rich Heritage: Imagine yourself amidst golden sands, azure waters, and idyllic ports and villages. Our retreats offer more than just a serene escape; they're a luxurious sanctuary where tranquility meets heritage.



MINDFUL RECOVERY

Dynamic Activities for Holistic

Wellness: At Mindful Recovery, our retreats are enriched with a variety of activities designed to complement your healing journey, as well as sailing we have free-diving, stand-up paddle-boarding, yoga, and hiking, among many others. These activities are not only enjoyable but are integral to promoting physical health, mental clarity, and emotional well-being. Engaging in these experiences allows you to connect with nature, challenge your limits, and explore new hobbies in a supportive and environment.

Welcoming Individuals, Families, and

Groups: Mindful Recovery's sailing retreats are designed to accommodate everyone - whether you're seeking solitude, family bonding, or a group journey of self-discovery. Each experience is crafted with care to ensure that individuals, families, and groups find a welcoming space that caters to their specific needs and dynamics, fostering an environment where everyone can thrive.

Join us for a journey not just across the sea, but into the heart of serenity and self-discovery.





Embrace Tranquility and Transformation

Mindful Recovery extends beyond the sea, offering serene wellness retreats and sober holidays at our exquisite land-based venues across Europe, Africa and beyond.

From the enchanting islands of Ithaca and Kefalonia in the Greek Islands with our villas and apartments tailored to every preference, to a wild eco-retreat in Southern France, each destination is a sanctuary designed for rejuvenation and personal growth.

Explore the luxury of Villa ASA in Slovenia or embrace the invigorating energy of our surfing and yoga retreat in Morocco. Each location offers a unique experience, emphasising the same personalised care and journey towards well-being that our retreats are known for.

Proudly expanding our horizons, we now introduce serene venues in the captivating landscapes of the UK and Ireland. These retreats encapsulate Mindful Recovery's ethos, set against the backdrop of dramatic coastlines, rolling hills, and rich cultural heritage.



MINDFUL RECOVERY

EXPANDING HORIZONS: Embracing a Global Community: Our influence transcends borders, embracing a worldwide community. The introduction of retreats nestled in the scenic landscapes of the UK and Ireland signifies a new phase in our journey, yet our narrative resonates across continents. Mindful Recovery is committed to forging connections with individuals worldwide, offering a haven for those seeking wellness, serenity, and sobriety.

Our global presence ensures that, no matter where you are, a Mindful Recovery retreat or sober holiday is within reach, offering a gateway to wellness that transcends borders. As we continue to expand, our mission remains the same: to provide personalised care and support, fostering lasting transformation and well-being.

Join us as we journey together, not just to destinations known and unknown but toward a deeper understanding and connection within. Mindful Recovery invites you to be part of a worldwide movement towards health, happiness, and wholeness.

Why Choose our Retreats and Sober Holidays?

- **A Retreat for Every Taste:** Whether you're drawn to the historic allure of the Greek islands, the untouched beauty of French countryside, the hidden gems of Slovenia, or

the vibrant culture of Morocco, our diverse locations cater to all desires.

- **Customised Wellness Experiences:** Tailored wellness programs at each venue ensure your needs and recovery goals are met, from tranquil relaxation to adventurous exploration.
- **Harmony with Nature:** Our retreats are designed to harmonise with their natural surroundings, offering a deep connection to the earth and an enhanced sense of well-being.
- **Cultural Immersion and Activities:** Beyond wellness, experience the rich cultures, cuisines, and activities each unique destination has to offer, from ancient ruins to surfing the Atlantic waves, yoga and personal training, hiking through the mountains.



MINDFUL RECOVERY

- **Accommodations for All:** Luxurious villas in Ithaca and Kefalonia, an eco-friendly haven in France, a traditional luxury villa in Slovenia, or a beachside retreat in Morocco - our accommodations are as diverse as they are comfortable and inviting.
- **Individuals, Families, and Groups Welcome:** Just like our sailing retreats, our land-based venues are perfect for individuals seeking solitude, families looking to bond, and groups on a journey of shared discovery. Each setting offers the ideal backdrop for connection, reflection, and growth.

Discover More on Our YouTube Channel:

Explore more on our YouTube channel [@Mindfulrecovery53!](#) Dive into our collection of videos showcasing our retreats, sailing journeys, wellness escapes, and engaging activities like yoga, free-diving, and paddle boarding. Subscribe for updates, testimonials, and breathtaking footage of destinations across the Greek Islands, Europe, and beyond. Join our online community and visualize your journey towards serenity and self-discovery.

Bespoke Travel Planning: Experience a seamless journey with Mindful Recovery's dedicated travel consultant. Tailoring each trip to your preferences, our consultant handles all aspects including accommodations, flights, and local transport ensuring they are meticulously aligned with your wellness goals and expectations. Let us take care of the logistics while you focus on transformative experiences. Embark on a journey where each destination nurtures body, mind, and soul.





Commitment to Excellence

At Mindful Recovery, our commitment to excellence is unwavering. We are dedicated to serving a diverse clientele, including ultra-high-net-worth individuals, their families, and anyone seeking top-tier addiction recovery support. Our mission is personalised, high-quality care tailored to your unique needs. Trust Mindful Recovery for unparalleled support on your healing journey.

Your Allies in Recovery

We cater to your intimate journey, crafting our sober retreats as a bridge to renewal. Tailored for those fresh from treatment, facing mental health challenges, or just looking for a sober holiday, our bespoke experiences offer more than just an escape—they're personalised to guide you toward your best self. Whether alone, with a partner, family, or a group, we have options to suit your unique needs.



Mindful Recovery is not just a retreat; it's a home away from home where your healing journey is our utmost priority. With a steadfast commitment to personalised care, a wide array of therapeutic options, and an unbreakable connection to nature, we create spaces where recovery flourishes.

Join us at Mindful Recovery, where the door to self-discovery, wellness, and a vibrant new beginning is always open. Embrace the opportunity to become the best version of yourself.



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