

"It's Not All About Getting to the Top!"

New Gestalt Voices



Crete, 31st May - 6th June 2021

A "Gestalt and Climbing" retreat, also with walking, beach and plenty of free time.

Bilingual Greek-English

Faced with a rockface, ropes, a colleague and yourself, what does this bring up?

In a safe and graded way, we create a retreat experience around a day of climbing.

We will explore trust, grounding and relational exercises, bi-lateral movement (relying on right/left brain integration), with plenty of time to connect with ourselves, our stories and nature.



Facilitated by Kalliopi Koutousi and John Gillespie

Activities can be graded suitably for all ages and physical abilities and disabilities. A mix of self-catering, and meals cooked by our hosts in traditional Cretan way.

For more information and bookings please email John@newgestaltvoices.org and pkoutousi@gmail.com





We will be stay at the beautiful Alonia guest house. <https://www.alonia.gr> (Agios Ioannis, Sfakia, Crete)

Most rooms are shared. A single room is available for a €10/night premium

[View on map](#)

Cost (includes 6 days full board, does not include airport transfer)

Early bird before 30th Nov - €550

Full from 1st Dec to 30th April - €650

Refund Policy

- Full refund up to 28th Feb
- Refund minus €100 deposit up to 30th April
- Refund minus actual costs incurred after 30th April

The retreat is suitable for anyone who has some prior experience of gestalt, or a lively interest. It does not require previous experience of climbing.





Our itinerary will include optional daily activities such as walks in the mountains, cliff tops and gorge and one day of climbing, beach and swimming.

We'll have some group time in the late afternoon evening, with additional space for opt-in small group meetings.



John Gillespie is a gestalt practitioner based in London, UK. He works as a therapist, organisational practitioner, and he runs New Gestalt Voices. Before the pandemic John used to travel a lot. A constant life lesson is sticking with the process, even when it is hard. This retreat for sure offers a big learning experience. John has an MA in Gestalt psychotherapy.



Kalliopi Koutousi is a psychologist and a gestalt practitioner based in Thessaloniki, Greece. She is a member of BPS, EAGT and HAGT. She loves travelling, nature and the outdoors including climbing, hiking, snowboarding and cycling. Climbing is her passion and she holds two climbing certifications (intermediate level) with the Greek Mountaineer and Climbing Federation. She loves being a guide in the voyage of self exploration.