

# Join us on our Gestalt and Climbing Retreat in Crete:

“IT’S NOT ALL ABOUT GETTING TO THE TOP”  
With plenty of walking, beach and free time.

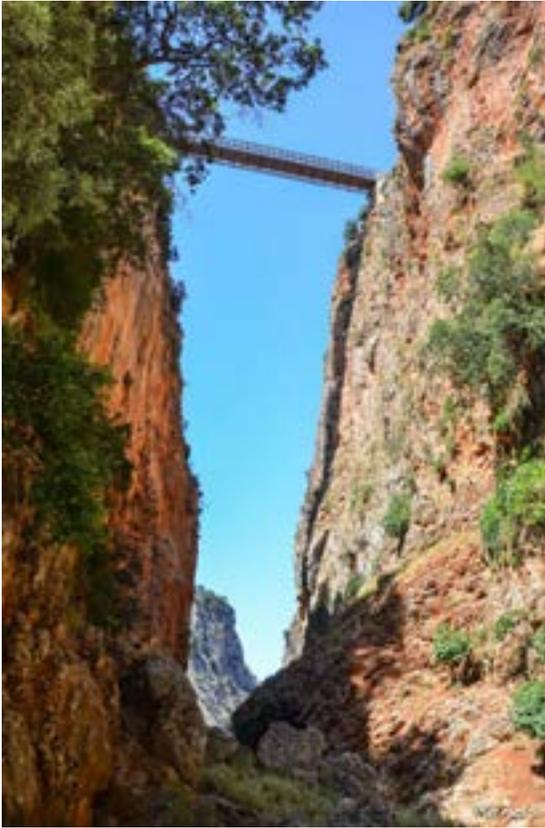
Facilitated by Kalliopi Koutousi and John Gillespie  
Bilingual Greek-English (3rd - 10th Sept)

Faced with a rock face, ropes, a colleague and yourself... what does this bring up?

In a safe and graded way, we will create a retreat experience of mindful rock climbing in Aradena Gorge, hiking the White Mountains of Crete, and swimming in the Big Blue Cretan sea.

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





Join us in this unique journey of self-discovery, connection with nature and community and creative expression.

Particularly, we are going to discover:

- \* The “land of fear”, the “land of trust” and the land of “kinesthetic, relational, developmental experience”.
- \* The process of achievement and failure in life goals
- \* Your “inner compass” that guides you along your life path
- \* How I choose to walk in the path of my life? Alone or Together?
- \* The healing power of nature
- \* How to practise mindfulness and be present in the here-and-now
- \* Creative expression through natural elements
- \* Communal life and joy in folk Cretan music and dancing

Through an ecological and communal glance, we will also have the opportunity to come in contact with food gathering, primary food production, communal cooking, and mindful eating practices.

Activities can be graded suitably for all ages and physical abilities and disabilities. The retreat is suitable for anyone who has some prior experience of gestalt, or a lively interest. It does not require previous climbing or hiking experience. A mix of self-catering, and meals cooked by our hosts in the traditional cretan way.



## Faciliators

Kalliopi Koutousi

Gestalt Psychotherapist

Psychologist

Member of the BPS, EAGT & HAGT

Intermediate Climbing Certification accredited by the Hellenic Mountain & Climbing Federation

John Gillespie

Gestalt Practitioner & CEO of NGV

Vangelis Stavroulakis

Professional mountaineer, mountain & climbing instructor and trainer for UIAGM IFGAM

## Accommodation

We will be staying 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.



## Cost

(includes 6 days full board and all transport apart from airport transfer – we can however help organise airport transfer)

Early bird (before 30th June) – €550

Full price €650

TO BOOK PLEASE CONTACT [JOHN@NEWGESTALTVOICES.ORG](mailto:JOHN@NEWGESTALTVOICES.ORG)

## Refund Policy

We ask that you reserve your place with a €100 deposit. This is fully refundable up till 1st August. After 1st Aug we will need to pay a deposit on the accommodation, and at this date we will ask for the full amount to be paid and will not refund your deposit. If you cancel after 1st Aug we will do our best to refund you as much as we can, whilst ensuring we do not make a personal loss overall.