

COOK'S CLUB

HERSONISSOS

The Self Love Lab Retreat, 25 – 28 May 2026

DAY 1 ARRIVAL + RESET

15:00–17:00 | **Soft Welcome**

Arrivals + Check-in including welcome drinks and hellos

17:00–17:45 | **Welcome Circle**

Introductions, weekend flow, setting intentions

18:00–19:00 | **Sunset Session**

Dynamic yoga + stretch after a long day of travel – a slow flow to ease into your first evening

19:30 | **Nourishing Dinner***

Gatherings and good food

DAY 2 PEAK ENERGY + SIGNATURE EXPERIENCES

09:00–10:00 | **Nourishing Breakfast***

10:30–11:30 | **Sculpt**

Full body Pilates Sculpt with Music

11:30–15:00 | **Free Time**

Time to spend exactly the way you feel like.

15:30–16:15 | **Mindset Workshop**

“Confidence & Self Compassion”

18:30–19:30 | **Golden Hour Reset**

Sound + Stretch

20:00 | **Nourishing Dinner***

Gatherings and good food

DAY 3 TIME TO GROUND AND REJUVENATE

09:00–10:00 | **Nourishing Breakfast***

11:00–12:00 | **Rise**

A high energy dynamic pilates flow to start the day

12:00–16:00 | **Free Time**

Time to spend exactly the way you feel like.

16:00–16:45 | **Walk Club**

17:30–18:30 | **Golden Hour Reset**

Sound + Stretch

19:00 | **Nourishing Dinner***

Gatherings and good food

20:30 | **Sound Bath**

A nervous system downshift to restore and rest

DAY 4 LAST DAY

08:30–09:15 | **Rise**

A high energy dynamic pilates flow to start the day

09:30–10:30 | **Nourishing Breakfast***

11:00–12:00 | **Core**

A dynamic Pilates workout with weights focusing on core and arms

12:00–18:00 | **Free Time**

Time to spend exactly the way you feel like.

18:00 | **Closing circle**

Reflections followed by a meditation

19:00 | **Last Dinner***

Gatherings and good food

* Breakfast and dinner are included for guests who have booked a ticket with breakfast/dinner or a stay package.