

THE GOLDEN VERSES
A CALL
FROM
PYTHAGORAS
A manual on well-being



CHIRON RETREATS
*Reconnecting with our Self through
Ancient Greek Wisdom*

www.chironretreats.com
3-7 JUNE 2019, PELOPONNESE, GREECE



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*Reconnecting with our Self through
Ancient Greek Wisdom*

Chiron Retreats present :

A five-day personal transformation seminar in Greece,
full of nature, knowledge and harmony, on

The Golden Verses.
A call from Pythagoras

A manual on Well-Being by the first philosopher

3 – 7 June 2019
Abeliona - Peloponnese
GREECE

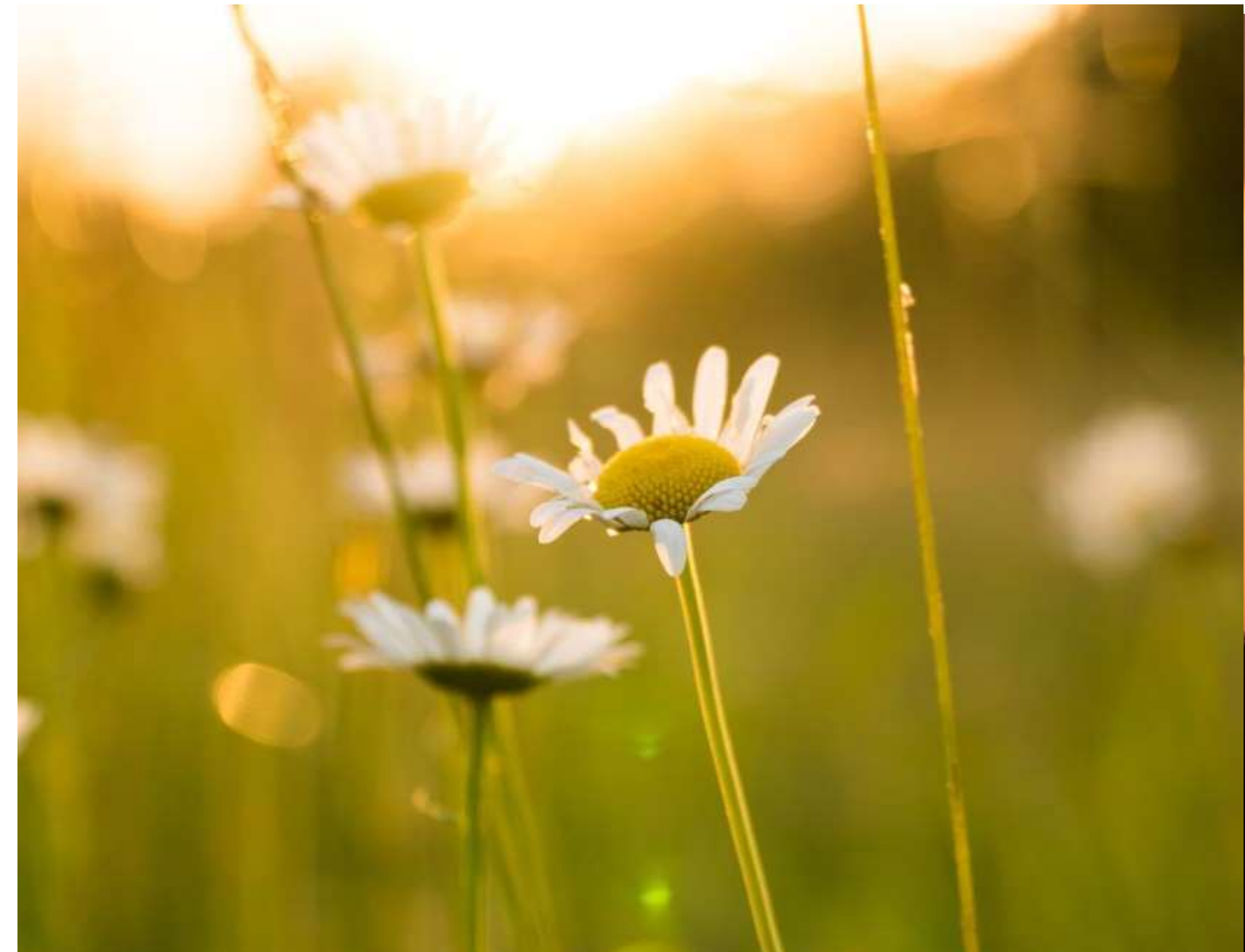
What are Chiron Retreats

Chiron Retreats is an endeavor to reunite the human soul with the Sacred Mysteries of life, the Inner Self and the Cosmic Order. It's a transformational experience based on Ancient Greek Wisdom to support awareness in everyday life.

Being empowered by three timeless healing models,

- A. Chiron Therapy
- B. Harmonization with Nature
- C. Ancient Greek Nutrition

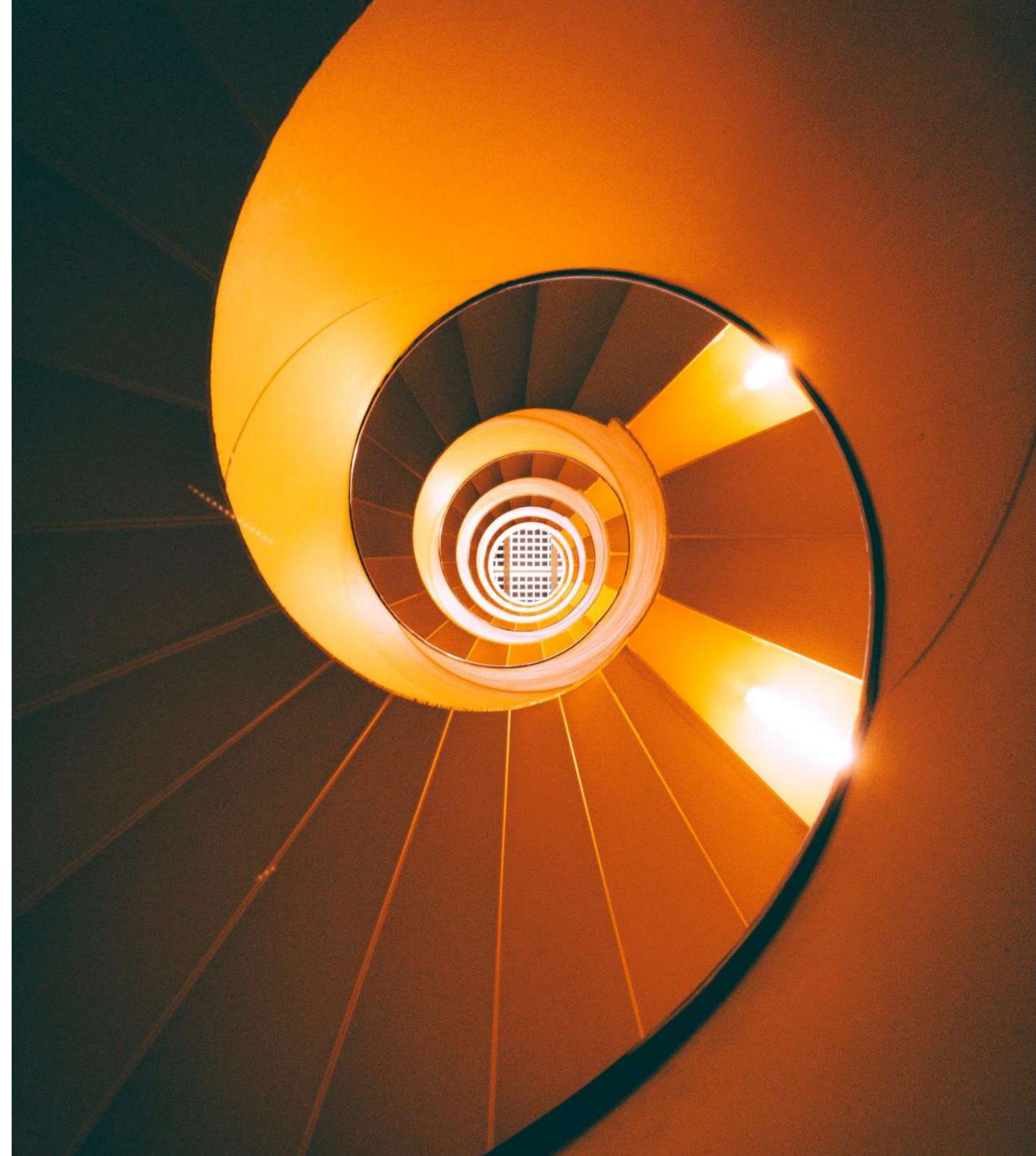
our retreats promise you an unprecedented experience of reaching a state of natural harmony with your Self. Something already imprinted within each one of us, yet sometimes neglected.



Why the Golden Verses

Pythagoras' Golden Verses
are characterized as "Golden"
because they reveal to us
how to transform the "heavy", dark and unrefined
parts of our Self, the lead of our soul, into gold,
i.e. into **refined and noble qualities**
- the "Divine Virtues".

*« Gold is associated with
the higher calling... »
(Johnson, R. A.)*



Why to choose this 5-day retreat program



In Chiron Retreats, by implementing the exclusively developed ‘Chiron Therapy’ approach, we bring back a long forgotten tool, deeply engraved both in the Greek soul and the Collective soul : **the daily self-examination, as displayed in the Golden Verses of Pythagoras.**

- **What we will learn:**

In this 5-day program, we will learn, step by step, how to build our magnificent self, starting with some simple daily habits.

- **How to become an Alchemist**

The alchemist's task is taking care of the transformation of consciousness. In this priestly masterpiece, the lost philosopher's stone and how to “sculpture” our divine effigy in Olympus, are revealed to us.



▪ **We will gain knowledge about :**

- The philosophy of Pythagoras.
- The 4 Races of the Logical Beings in the Universe.
- Man's position in the hierarchy.
- Practical philosophy as a source of Virtue.
- Theoretical philosophy as the mother of Truth.
- How the etymological analysis of keywords connects us to their essence.

▪ **We will be reminded of :**

- How to honor our relationships and how to select our friendships.
- How to take care of our Health.
- The importance of the daily self-examination.
- How to transform the 4 fundamental Passions into Virtues.
- How simple everyday habits help build our magnificent Self.

▪ **We will reconnect with :**

- Our personal guide who lives within us.
- The five-pointed Star of Hygeia (Health).



We will meditate on:

- The Sacred Tetractys, the sacred symbol of the Pythagoreans.

We will practice:

- The daily planning of well-being through the Morning Meditation and the Evening Self-Examination.
- Creative Visualization and Critical Thinking.
- Pythagorean Mindful Nutrition



The energy and the mythological imprint of the place that will host us.

Since the ancient times, the area has been considered as a place of unique natural beauty and spirituality, where man and nature come together in absolute harmony.

A stone's throw from the temple of Apollo Epicurius (the God of Light and Healing) and opposite the Olympus of Arcadia, as it is called, the Lycaeus Mountain where Zeus was born.



Where we will stay

Chiron Retreats
will take place

in Abeliona Retreat Center ;

A magnificent stone, multi-purpose,

4-star facility, in Messinia, Peloponnese,

close to Lykosoura, **the world's oldest city** .

It is in perfect harmony with the landscape,

as a natural extension

of the mountain that hosts it.

Abeliona Retreat Center offers:



- **22 luxury rooms** overlooking the natural surroundings of unique beauty.

- **A Restaurant:** where we will taste dishes made from pure unprocessed ingredients and certified organic food .

- **A Garden:** where fruit, vegetables, aromatic plants and herbs are grown and are used to make the local traditional recipes.

- **The Yurt:** It will host group meditations on the symbols and archetypes of the Golden Verses. Yurt's unique atmosphere and energy make it an ideal place for group healing activity.





What we will visit

The temple of **Apollo Epicurius** , the “Parthenon of the Peloponnese” in Vasses, Arcadia. The site of the imposing temple was **created by Iktinus, the architect of the Parthenon**. (An UNESCO World Heritage Sites monument).

What is Chiron Therapy



CHIRON THERAPY

A sacred approach to Life

A sacred approach to Life.

Nurturing the Soul through Philosophy, Language Etymology, and the Myths/Archetypes of Ancient Greece.

Chiron Therapy is a modern psychotherapeutic approach based on the activation of three important therapeutic tools of the ancient Greek thought:

- a. **Philosophy**
- b. **Language Etymology**, and
- c. **Myths/Symbols/Archetypes**.

Its aim is the ultimate therapy, “**KNOW THYSELF**” . It is rather an attitude or stance to life leading man to **the sacred art of “Well-Being” (EY ZHN)**.

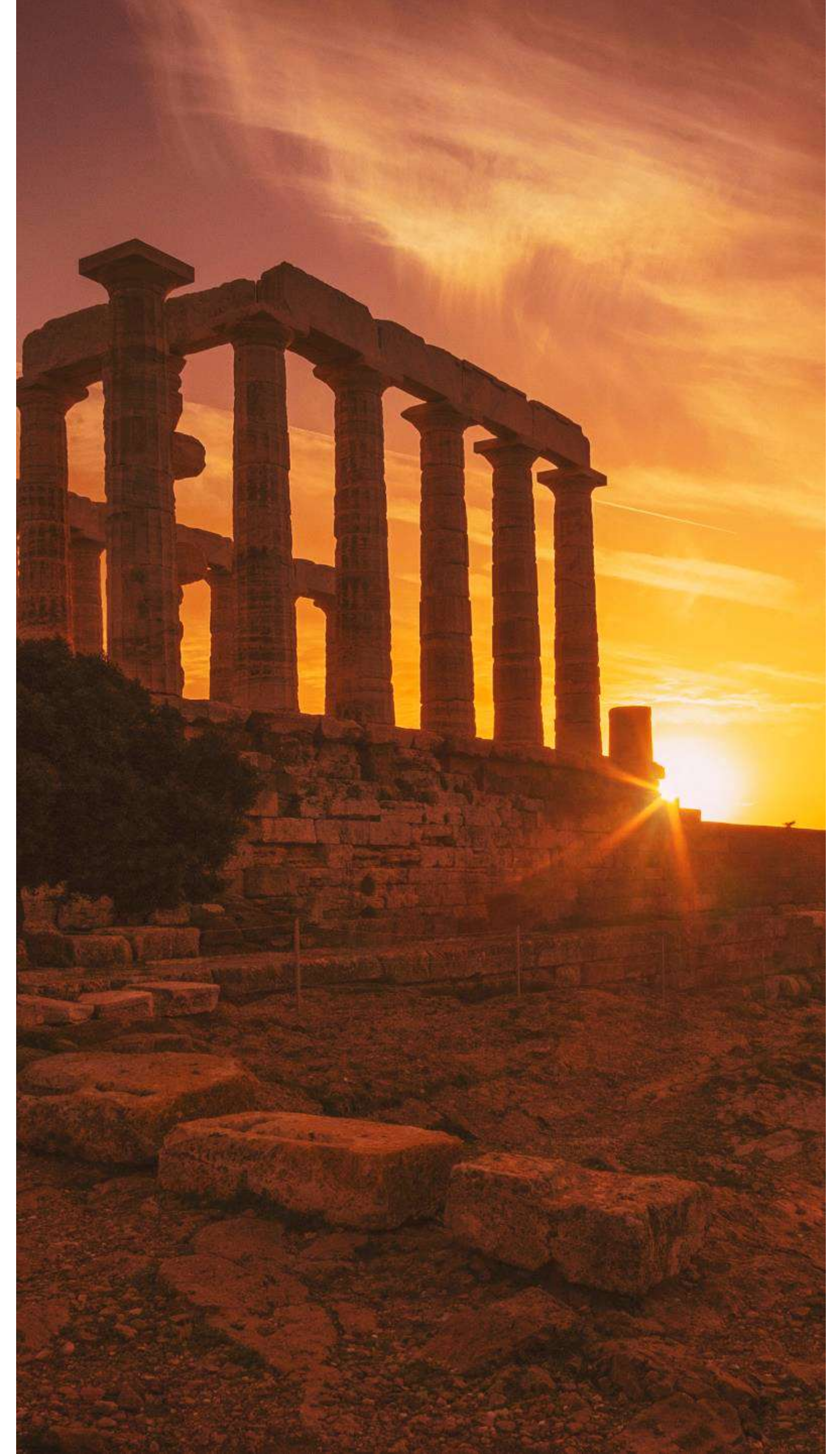
Why refer to Ancient Greece ?

“Our culture has the tendency to look to Greece, when it refers to the glory of the past, perfection, grace and spiritual clarity, ... since Greece is the cradle of our civilization.

**Our goal is to turn to Greece,
looking for psychological insight.**

To understand what this "Greece" has to offer that is so attracted to the soul and **what it is exactly that the soul finds in Greece."**

(James Hillman, Initiator of Archetypal Psychology)





The basic structure of the seminar

The three models of Chiron Retreats:

1. Chiron Therapy - 2. Harmonization with Nature - 3. Ancient Greek Nutrition

1. Chiron Therapy

Theoretical Part

- **Philosophy:**

It will be an introduction to Pythagoras' thinking. Having been energized by the vibratory nature of the ancient Greek texts (reading from the original texts) and the etymological analysis, we will focus on the philosophical concepts of the Golden Verses..

Experiential Part

- **Symbols / Archetypes:**

we are going to approach deeper mental structures having as a tool the language etymology and the Symbols/Archetypes.



2. Harmonization with Nature

A. Harmonization with nature.

Natural environment of Abeliona

By taking walks we will harmonize ourselves with the peace, tranquility and the incomparable beauty of the environment

B. Harmonization with the nature of the Ancient Greek Energy Sites.

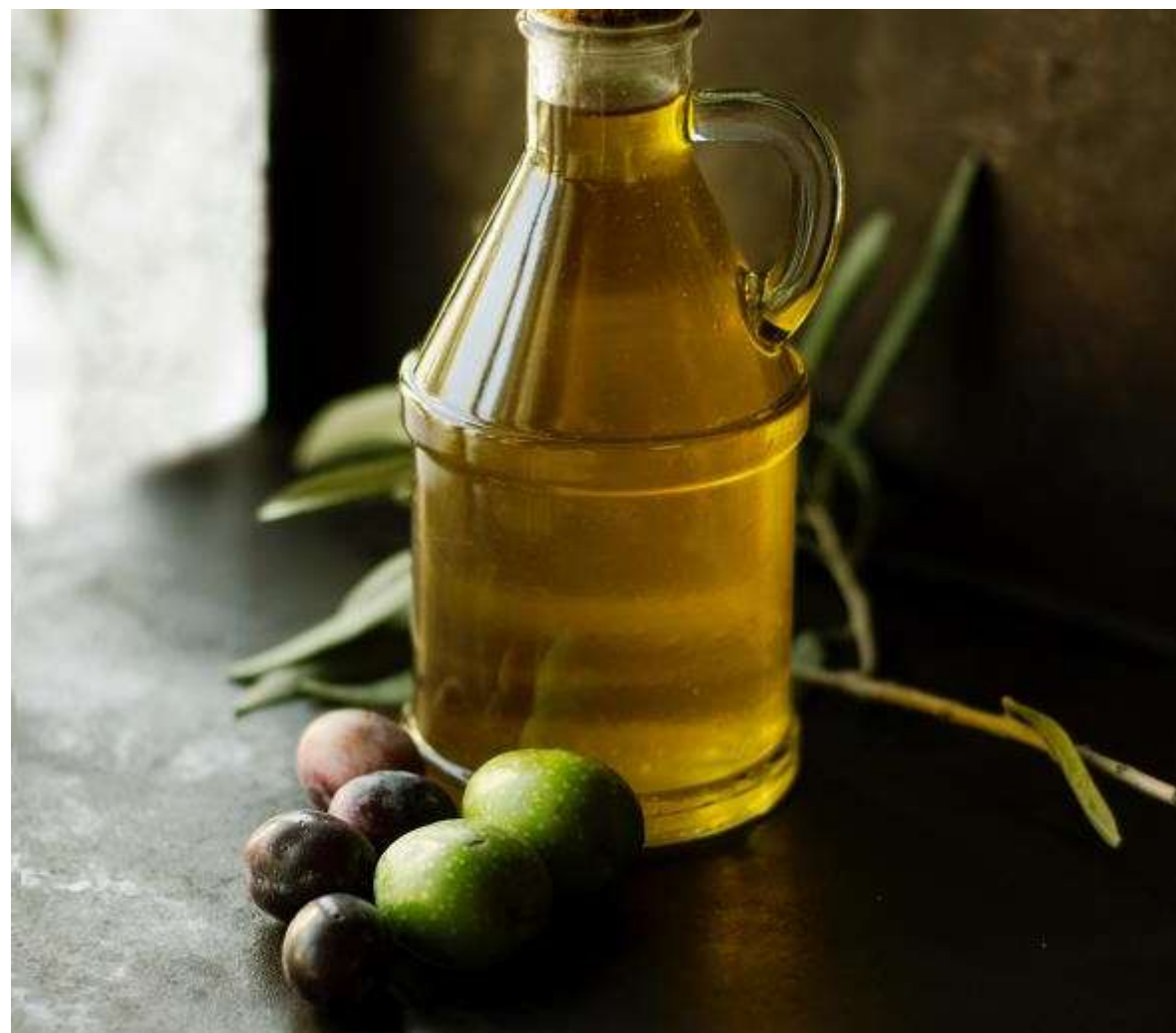
The temple of Apollo Epicurius.

We will draw power from the sacred energy place through rituals.

Rituals are initiation patterns of a transpersonal character that can lead us to an insightful experience.

C. Harmonization with the Nature within us.

The aforementioned two points help us draw energy from the roots of our ancestors and the wisdom of the collective soul in order to grow taller, blossom, thrive and fulfill our potential.



3. Ancient Greek Nutrition

Theoretical Part

- Training on the value of the Pythagorean nutrition.

Experiential Part

- We will approach food through the 5 senses.
- We will grow deeper roots in the present moment through mindful eating.
- We will nourish ourselves with qualitative, tasty and body-beneficial foods.



Our five-day schedule

Day 1	Monday, 3 June 2019
↕	10:30: Departure from Syntagma Square, Athens, by bus. A 20-minute stop at the most popular site next to the Parthenon, according to CNN, the Corinth Canal. 14:30: Arrival at Abeliona Retreat Center, delicious meal made from pure, local ingredients and vegetables from its garden. Have a rest in its spacious rooms. 20:30: Dinner. Meditation. Invoke the help of our personal Guide in order to receive the maximum benefit possible during the inner journey. Moving from the Warrior's Archetype to the Alchemist's Archetype. (Sweet dreams. Have some rest.)
Day 2	Tuesday, 4 June 2019
↕	08:30: Nutritious breakfast and first meeting with Pythagoras, the first Philosopher. 10:00: Introduction to the Golden Verses how to apply their ideas in your everyday life. 14:30: Lunch and Rest. 17:30: Meeting with one of the most important tools of Chiron Therapy: The power of Language Etymology. 20:30: Dinner. The first valuable key: The Evening Self-Examination. Group meditation and activation of the Alchemist. (Sweet & revealing dreams.)
Day 3	Wednesday, 5 June 2019
↕	08:30: Breakfast. The second valuable key, Morning Meditation. Walk in nature. Energize our body through the 5 senses. 14:30: Lunch in silence. Practicing the Pythagorean mindful diet. Rest. 17:30: Silence continues. Preparation for the contact with our Personal Guide. 20:30: Dinner. Evening Self-Examination & Group Meditation. I am the Alchemist. (Sweet and transforming dreams.)
Day 4	Thursday, 6 June 2019
↕	08:30: Breakfast. the Orphic Hymn of Health. Activation of a powerful symbol: the five-pointed Star of Hygeia (Health). 11:30: Apollo Temple visit. Enjoy the music of nature and harmonize with the energy of the Sacred Temple and Apollo's Light. 14:30: Lunch (Pythagorean mindful nutrition). 17:30: Meditation on yet another important Pythagorean symbol: the Sacred Tetractys. 20:30: Dinner. Evening Self-Examination. The Sacred Tetractys. I am one with the Universe. (Sweet and awakening dreams.)
Day 5	Friday, 7 June 2019
	08:30: Breakfast. Morning group meditation. We thank and bid farewell to the Arkadean nature which hosted us, the fellow travelers who embraced us, the Apollo Epicurius Sanctuary which activated our Inner Guide that brought us together during these five days, and, lastly, to Pythagoras who reconnected us with our wisdom, through the awareness of our Self and brought us into harmony with the Cosmic Order. Thank you.



At a glance

Date: 3 – 7 June, 2019 (5 days – 4 nights)

Theme:

The Golden Verses. A Call from Pythagoras. A manual on Well-Being

Price: From € 1.080 to € 1.500 (VAT included)

Included:

- 4-star accommodation in the Abeliona Retreat in spacious luxury suites. (4 nights).
- Full board - 3 meals / day with organic products, plus healthy snacks (5 days).
- Transportation by private bus to and from the Abeliona Retreat.
- Transportation to and from the Temple of Epicurius Apollo.
- Daily classes, three times a day, on the Golden Verses and Pythagoras' diet.
- Guided meditation.
- Stationery (including pens, crayons, different kinds of paper and folders).
- Use of the Abeliona Retreat facilities.
- Our Chiron Retreats Team of 8 people to take care of your needs.

Not included:

- Your flight tickets to and from Athens.
- Your transportation from Athens airport to Syntagma Square and back.



Participation Fees

5-day transformational seminar :

The Golden Verses. A call from Pythagoras

Price: From € 1.080 to € 1.500 (VAT included)

	Price per person
Accommodation of 4 people in luxury apartment*	1.200€
Accommodation of 3 people in luxury triple suite*	1.200€
Accommodation of 2 people in luxury double suite *	1.300€
Accommodation of 1 person in luxury double suite*	1.500€

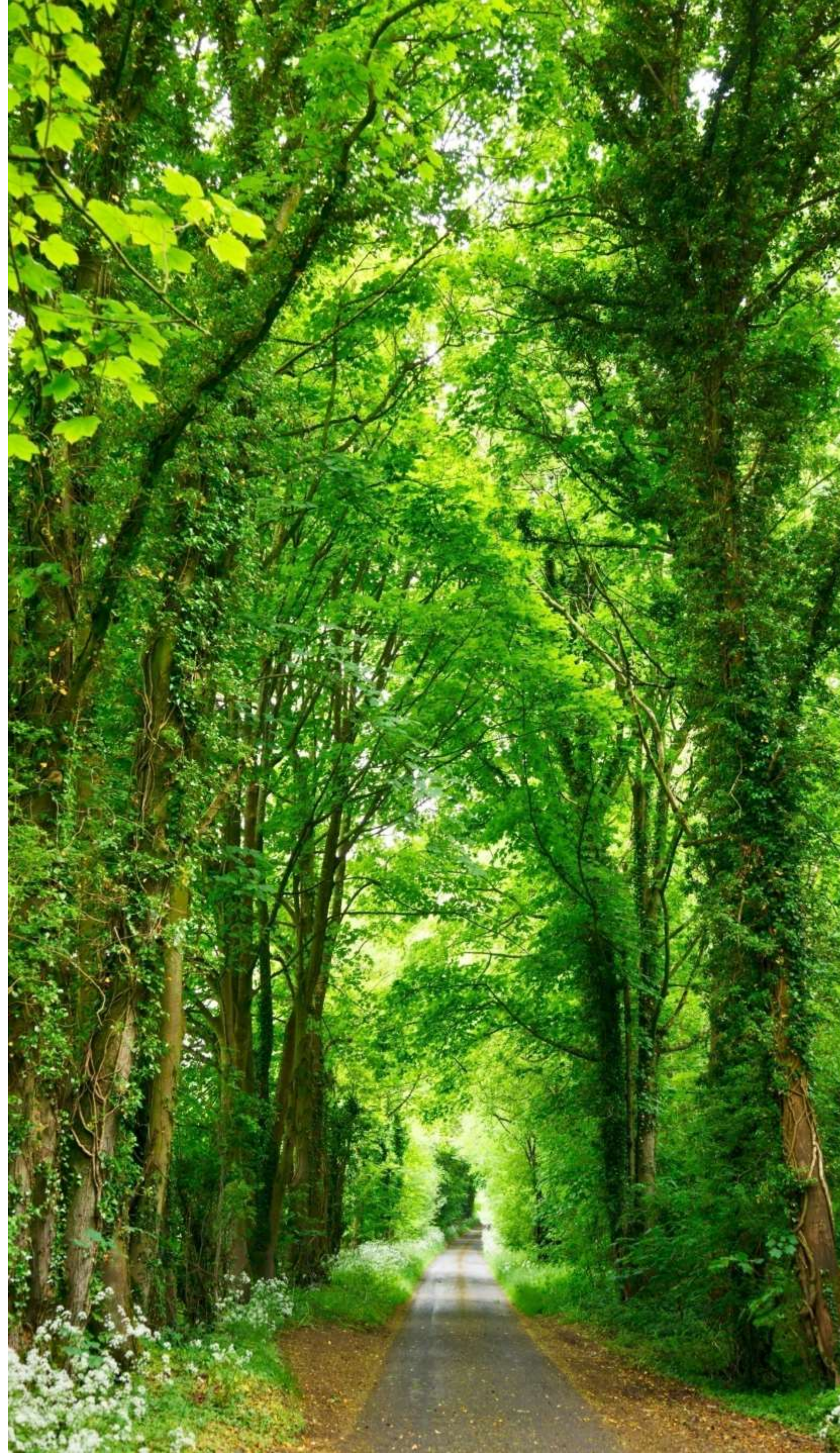
*All rooms overlook the natural surroundings

EARLY BIRD:

10% discount on the above prices, if fully paid by May 5th, 2019

- The hotel is exclusively available to the participants in the Chiron Retreats.
- Limited number of participants.
- Spots will be allocated by priority (booking).

Who
is it for



The Call from Pythagoras is for those who:

- want to **be part of an inspirational experience** on the Sacred Mysteries of Life.
- would like to explore and **experience the wisdom of Ancient Greece.**
- are willing to **evolve.**
- seek **quality and awareness** in everyday life
- are in search of a **deeper knowledge** of himself/herself.
- want to experience the transformational **power of group work.**
- wish to **nurture their soul** with ancient Greek Archetypes
- would like to **take care of their health.** Physical, mental and Spiritual.
- value the **benefits of being close to Nature.**

Which are the benefits

You will :

- **unfold your greatness** by receiving the precious Verses from Pythagoras that can be a wise companion for the rest of your life.
- **achieve awareness** in everyday life by practicing on the 2 golden philosophical keys : the Morning Meditation and the Evening Self-Examination.
- **reconnect with Ancient Greek Archetypes** and their amazing qualities.
- **use your Alchemistic potential** to transform yourself through the wisdom of the Golden Verses.
- **expand and deepen** your mind, heart, and soul.
- **gain Harmony** with your Self and others by using Ancient Greek Words and Symbols.
- **activate the power of your Soul** through the sacred energy of Apollo Epicurius.
- **nurture your body and spirit** by practicing Pythagorean mindful nutrition.
- **rest, withdraw and enjoy** being part of the Greek nature.



Meet our team



Ioanna Makridou, M.A.

Mental Health Counselor, Integrative Therapist. Founder and Scientific Initiator of CHIRON THERAPY. Director of "THERATREE" Group, which aims to awake the Senses of the Soul primarily through experiential work with ancient Greek myths and archetypes in the context of Chiron Therapy.



Vítor José Rodrigues, PhD

Psychologist, Psychotherapist, Trainer and Writer. Specialist in Clinical and Health Psychology. Former President of the European Transpersonal Association. As a therapist, he has developed his own approach, "Awakening Transpersonal Psychotherapy", and as a writer he has published 15 books.



George Lathyris, B.A.

Philologist specialized in linguistics, Author, Lawyer, Researcher of Ancient Greek literature. He delivers courses on the Ancient Greek Language, History and Philosophy at the seat of "Heliodromion" in Athens and has given numerous lectures in Greece and other countries.



Upcoming Chiron Retreats

About Myths, Dreams & Philosophy

2019

September 1st, 2019:

Dreams. Transforming your consciousness through dreams. Awaken the healing qualities of the first doctor-demigod, Asclepius.

October 3rd, 2019:

The Golden Verses (I). A Call from Pythagoras. A Manual on Wellbeing.

November 14th, 2019:

Dreams. Transforming your consciousness through dreams. Awaken the healing qualities of the first doctor-demigod, Asclepius.

2020

March 17th, 2020:

The Golden Verses (I). A Call from Pythagoras. A Manual on Wellbeing.

April 4th, 2020:

Theseus and Ariadne's thread: Getting out of the Labyrinth. A journey of personal growth and emotional development. Myth as a psychological metaphor.

May 4th, 2020:

Dreams. Transforming your consciousness through dreams. Awaken the healing qualities of the first doctor-demigod, Asclepius.

May 10th, 2020:

The Golden Verses (II). A Call from Pythagoras. Align with your superconscious mind.

June 26th, 2020:

Theseus and Ariadne's thread: Getting out of the Labyrinth. A journey of personal growth and emotional development. Myth as a psychological metaphor.

Contact Us

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