



The Balanced Self

A transformational Self-Development Retreat for Queer Men

13 - 20 September 2025 | MYKONOS/GREECE

A brand-new mykonosactive retreat experience, where psychological self-development blends with physical activities. Each morning begins with an energizing Yoga/Pilates session, followed by in-depth workshops designed to enhance self-awareness, resilience, and personal growth. Topics are:

Balanced Polarities Mindfulness (BPM)

Discover a new way of thinking and problem-solving. BPM is a powerful tool for decision-making and provides a more relaxed perspective on life.

Self-Development & Goal Setting with the PENTAPLAN

A structured life-coaching tool that fosters inner clarity, helps you unlock your potential, and identifies psychological energy drainers that hold you back.

The Power of Embodiment

Learn how the deep connection between mind, psyche, and body can be used to your advantage in daily life.

Embodied Communication

Master the art of effective communication and develop the ability to navigate challenging situations with confidence and composure.

Stress Release & The SOTOS Concept

Explore practical tools for immediate stress reduction and discover how the SOTOS method can help prevent stress in everyday situations.

Body Confidence

Through guided group exercises, build a stronger connection with your body, boost your confidence, and embrace your physical presence.

Each participant receives a personal life coaching session as part of the course. Group discussions and social activities, such as cooking, are thoughtfully integrated with movement and relaxation. We hike scenic trails, swim in secluded beaches, and for those who wish, explore the vibrant Mykonian nightlife. Are you ready to reconnect with yourself in this breathtaking setting?



FROM

€1490/PERSON

Check all the room options on

mykonosactive.com/rooms



BREAKFAST INCLUDED

For the other meals we may cook together, go to tavernas or you can use the fully equipped kitchen at anytime.



CHAT WITH US

Contact us for any questions or inquiry on Whatsapp or Viber
+306946670594

(En/Gr/De/It/Fr/Es)



With Reto
Dumeng,
Psychologist



In Mykonos/
Greece



Accommodation
in a luxury Villa
above Elia Gay
Beach



mykonosactive.com