

SATURDAY 18/09/2021

Time	Event Description		Audience (Suitable for)	Price per person	Booking Details
08:00-09:30		Scuba Diving Experience in the Pool – Instructor: Giorgos Vardakas – In cooperation with IntermarDivers	18+ years	50€	Click here to Book
11:00-12:00		Wellness Mixology Class – Instructor: Diana Vougessis – Teaches Green Smoothies for vitality & glow - In cooperation with Crudo	18+ years	Free Entrance - Limited Seats	Click here to Book
12:00-13:00		‘Deep Tracing’ – Instructor: Vasileia Dereli (Artist) – An innovative method that helps you focus, release symptoms of anxiety, explore your creativity and surrender to the present moment – In cooperation with award-winner Vasileia Dereli	18+ years	Free Entrance - Limited Seats	Click here to Book
13:30-14:30		Explore the Sea Turtles World at Archelon Sea Turtle Rescue Center – Organized by Palmyra Beach Hotel, in cooperation with Archelon Sea Turtle Rescue Center	5+years	Free Entrance - Limited Seats	Click here to Book
14:00-17:00		Wellness Massage – Special Offer for a 30’ Massage Session – In cooperation with Moodlife Wellness	15+ years	25€	Click here to Book
17:00-18:00		A World of Pausabilities - Storytelling for kids – Instructor: Vasiliki Kofina. An awarded rhyming guide that shows children how to live mindfully by taking pauses in their lives - Organized by Palmyra Beach Hotel in cooperation with Phosphorus Publications	5+years	Free Entrance - Limited Seats	Click here to Book
18:30-19:45		“Puzzling Makes A Better World” - Instructor: Award Winner Puzzle Winner Michalis Toulouzas - A brainteaser contest for puzzle-solving lovers - Organized by Palmyra Beach Hotel	14+years	Free Entrance - Limited Seats	Click here to Book
19:30-21:30		Greek Wine Tasting Night – Experience 3 different types of wine along with Greek delicacies, such as local cheeses, olives and rusk. At the Eco Waves Bar & Restaurant of Palmyra Beach Hotel	18+ years	12€	Click here to Book
20:00-21:00		‘Reset by the Pool’, Yoga Nidra with Yoga Instructor: Anna Agrafioti – In cooperation with Wellness Naturale	18+ years	Free Entrance - Limited Seats	Click here to Book

100% of the profit from the participation in the events organized by Palmyra Beach Hotel will be donated to the non-profit local organization SOS Children's Villages

SUNDAY 19/09/2021

Time		Event Description	Audience	Price per person	Booking Details
06:45-08:00		'Sunrise Glory' Yoga Beach Session with Yoga Instructor Anna Agrafioti - In cooperation with Wellness Naturale	18+ years	Free Entrance - Limited Seats	Click here to Book
08:30-12:00		Sunday Vegan Brunch -Cold pressed juice, tofu scramble with homemade bread and dessert - In cooperation with Crudo	18+ years	19€- Limited Seats	Click here to Book
12:00-13:00		'Deep Tracing' – Instructor: Vasileia Dereli (Artist) – An innovative method that helps you focus, release symptoms of anxiety, explore your creativity and surrender to the present moment – In cooperation with award-winner Vasileia Dereli	18+ years	Free Entrance - Limited Seats	Click here to Book
14:00-17:00		Wellness Massage – Special Offer for a 30' Massage Session – In cooperation with Moodlife Wellness	15+ years	25€	Click here to Book
15:00-17:00		Nutrition & Nurishment by Easyslim Diet Center - Presentation of the company Easy Slim Centers . Available gift vouchers for free	18+ years	Free Entrance - Limited Seats	Click here to Book
17:00-18:00		Sophisticated healing and meditation techniques with Personal transformation coach Dr Sofia Vasilara	18+ years	Free Entrance - Limited Seats	Click here to Book
18:00-19:30		Glyfada's Beach Cleaning with Palmyra's and Archelon's volunteers - Cooperation, teamwork and solidarity, these concepts are for us a source of strength and confidence.	5+years	Free Activity	Click here to Book
20:00-22:00		'Shall we Dance' live party with the live band "BET" - Foreign and Greek hits of all times that we have all loved. Let's have fun and dance with Swing, Latin, Rock n Roll, Disco - At the Eco Waves Bar and Restaurant of Palmyra Beach Hotel	5+years	Free Entrance - Limited Seats	Click here to Book

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*#SocialResponsibility
#Solitaridy#Hospitality
#Love#Faith#Happiness
#EcoFriendly#Hope
#Wellness*