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WELCOME TO

MAISON YOU

CURATED RETREATS FOR A BETTER YOU

At MAISON YOU, we believe wellness isn't a luxury, it's a necessity. We're here to help you reconnect with yourself and rediscover what it means to be well.

Think of us as your personal wellness curators, whether you need stress relief, burnout recovery, or a gut health reset, we handpick retreats that foster deep, lasting transformation.

Let us guide you to the perfect retreat for YOU.



BEST RATES & PERKS

Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

EXCLUSIVE EXPERIENCES

Priority access to new or limited-edition wellness and brand experiences.

COMMUNITY FOCUS

A trusted community of expert curators - from wellness coaches to healers and industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.



EVA SYTI

Held on the ancient island of Zakynthos, Greece, the EbbFlow retreat is hosted by Eva Syti at a luxury villa with calming tones and comforting finishes.

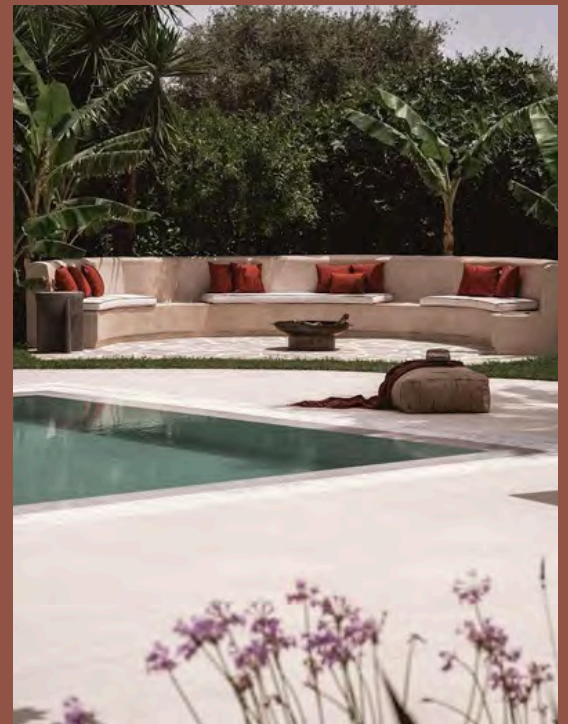
Eva is a trained yoga instructor and neuroscience coach who helps clients through movement, breath, temperature, sound and mindful attention to find their truth, their clarity and a sense of home within themselves.

A unique and carefully curated, science-informed, multi-sensory journey for body, mind and spirit.



EBBFLOW: YOGA & NEUROSCIENCE RETREAT

A MULTI SENSORY JOURNEY FOR MIND BODY AND SPIRIT



This special retreat is set in the warmth of an Ionian island and led by experienced instructor Eva Syti. Enjoy a relaxing and pampering break; where a private chef prepares fresh, vegetarian meals to detoxify and nourish your body; and each room comes with daily house-keeping, luxury personal care products from Naxos Apothecary and a goodie bag.

The retreat caters to all abilities and includes yoga, workshops centred around neuroscience and psychology, floating sound baths, aromatherapy and cacao ceremonies among other features. Two island activities will anchor the week, allowing three free days for guests to relax at their own pace or book in extra coaching, massages or additional experiences.



WHY IT STANDS OUT

Hosting only five rooms, this retreat is curated to focus on your personal goals and unlock your full potential.

- **Object Meditation:** A unique framework created by Eva that blends ancient yogic principles, modern neuroscience and sensory focus to bring you back to your body in a grounded and transformative way.
- **Floating Sound Baths:** Effortlessly meditative, enjoy the comforting tones and vibrations as you feel your tension release.
- **Sailing Trip:** Enjoy the best of Greece with a boat trip on azul seas to a relaxing secret beach.



KEY EXPERIENCES:

- Daily morning yoga including hatha, vinyasa, sculpt, yang to yin and creative to ease into a mindful morning.
- Experience the transformative effects of Eva's unique object meditation.
- Enjoy a floating sound bath with deep vibrations to help you pause, slow down and relax.
- Come together in a cacao ceremony to facilitate meditation, intention-setting and emotional release.
- Journal your journey through this refreshing break and take home your learning.
- Detoxify and nourish yourself with freshly prepared meals by a private Greek chef.
- Take a break at your own pace; read a book, lounge in the pool or explore the beautiful island home to picture perfect beaches and sea turtles.

DETAILS & PRICING:

DATES:

5 nights
24 - 29th September 2026

LOCATION:

Private Villa
Zakynthos, Greece

PRICING:

£2,500 for single occupancy, or £1,500 per person for double occupancy. Double room sharing bathroom with one other room. Price includes full board including non-alcoholic drinks.

YOUR MAISON YOU BENEFITS:

- Either a 30-minute head & neck aromatherapy massage or a 40-minute coaching session
- An additional £100 surprise skincare item in the goodie bag

The goodie bag includes:

- Electrolytes for daily use during the retreat
- Essential oils
- Intelligent change journal
- Phlur deodorant
- Oh My Cream face oil
- Sachi Ayurveda face tool





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| 8.30 - 9.00am | Journaling and meditation |
| 9.00 - 10.15am | Yoga: hatha, vinyasa, sculpt, yin and yang, creative |
| 10.30 - 11.30am | Brunch prepared freshly by the private chef |
| 11.30 - 5.00pm | Free time with healthy snacks for three days: special excursions for two days |
| 5.30 - 6.30pm | Workshops |
| 7.00 - 8.15pm | Dinner prepared freshly by the private chef |
| 8.30 - 9.30pm | Yoga nidra, yin; floating sound bath; object meditation |

CONTACT US

hello@maison-you.com

[@_maisonyou_](https://www.instagram.com/_maisonyou_) 

www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

