



MAI SON YOU

WELCOME TO

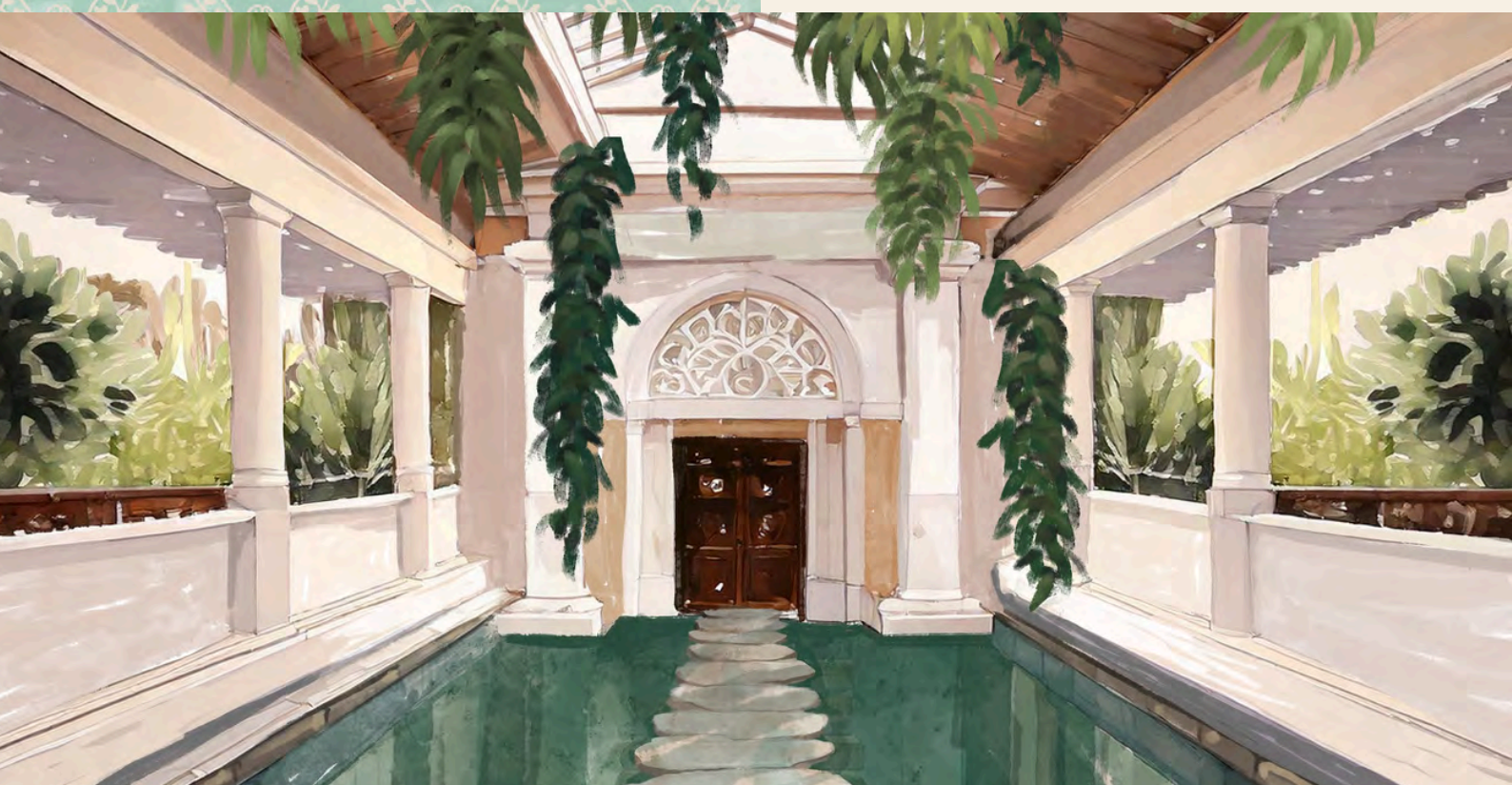
MAISON YOU

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.



PHOS AT PARĪLIO, PAROS

PHOS (Presence Heals Our Senses) is Empiria Group's new experiential platform exploring culture, place, and contemporary wellbeing through immersive, place-rooted experiences inspired by Cycladic light, Greek cultural intelligence, and meaningful human connection.

Parīlio on the island of Paros provides the ideal setting for the first PHOS Three-Day Retreat. With its traditional architectural simplicity and connection to the Cycladic landscape it offers a boutique Greek retreat of suites and villas. Interiors are defined by a soothing colour palette and natural materials, enhancing the blue of the iconic pool and glistening ocean.



PHOS
PRESENCE HEALS OUR SENSES

Parīlio
Paros, Greece

2 nights
2nd - 4th October 2026

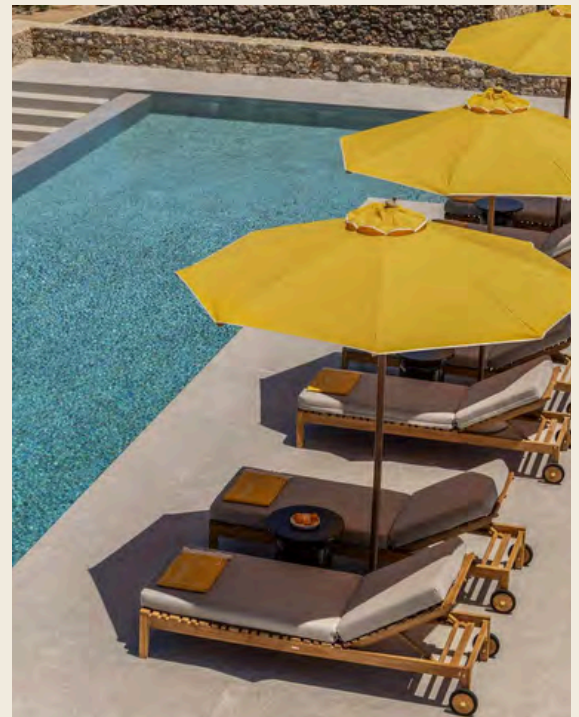
PRESENCE HEALS OUR SENSES

LIGHT. PRESENCE. CONNECTION.



More than a retreat, PHOS is a recurring and evolving concept expressed through immersive gatherings where guests are guided through thoughtfully curated programs including movement, discussions, workshops and shared rituals exploring the connection between Greek cultural intelligence and contemporary wellbeing.

Through immersive, place-rooted experiences shaped by Cycladic light, PHOS explores light not as a visual element, but as awareness, stillness, alignment, emotional clarity. Light is no longer a visual element. It is presence.



WHY IT STANDS OUT

For culturally curious, design-aware global travellers seeking more than traditional wellness retreats, PHOS offers immersive, place-rooted experiences delivered through the lens of Empiria Group's hospitality philosophy and sense of low-key luxury.

- **Morning Focus:** Start each day with meditation and intention-setting in the Gratitude Circle before a guided breathwork session to energize the body, calm the mind, and create a balanced, grounded state.
- **Cycladic-Inspired Workshop:** A hands-on creative session connecting ancient craftsmanship with contemporary expression.
- **Community Dinner:** A freshly prepared menu of local ingredients is enjoyed through a shared meal each evening; continuing the spirit of connection, conversation, and joy.



THE PHOS EXPERIENCE:

- Begin your experience with an immersive sound healing journey to awaken the senses, restore balance and ground yourself in the present moment.
- Start each morning with a Gratitude Circle and Breathwork class to set intentions and begin the day with clarity and presence.
- During a panel discussion, enjoy a dynamic conversation with Greek culture experts on creativity and Cycladic heritage in contemporary life.
- Take part in a Cycladic-inspired workshop, a hands-on creative session connecting ancient craftsmanship with contemporary expression.
- Embrace gentle Aegean movement by the pool at Parilio, inspired by ancient rhythms, connecting body, breath, and emotion.
- Settle into a lively community dinner, sharing a meal and continuing the spirit of connection, conversation and joy.

DETAILS & PRICING:

DATES:

2 nights
2nd - 4th October 2026

LOCATION:

Parilio
Paros, Greece

PRICING:

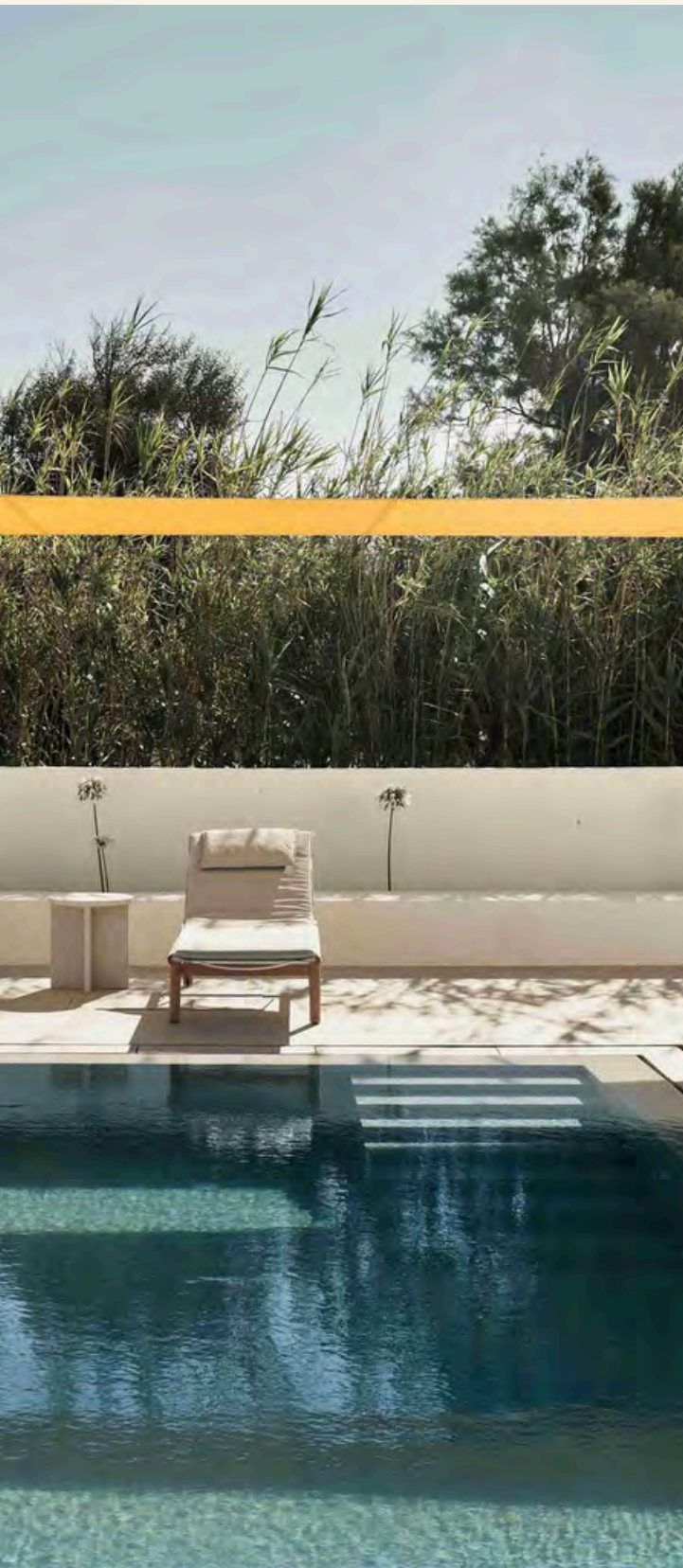
€1,400 per person based on two people sharing a room, or
€2,500 for single occupancy.

Prices include participation in all experiences of the three-day retreat program, two nights' accommodation at Parilio, a Member of Design Hotels, breakfast, and community dinners throughout your stay.

YOUR MAISON YOU BENEFITS:

- Room upgrade
- Welcome gift and amenity





ITINERARY

Day One

3:00 PM - Check-in

5:00 PM - Welcome Ceremony

6:00 PM - Sound Healing

7:30 PM - Community Dinner

Day Two

7:30 AM - Gratitude Circle

8:00 AM - Morning Breathwork

9:00 AM - Breakfast

10:30 AM - Panel Discussion

12:00 PM - Cycladic-Inspired Workshop

1:00 - 5:00 PM - Free Time / Optional Experiences

1:00 - 3:00 PM - Wine & Cheese Experience*

3:00 - 5:00 PM - Polaroid Walk "Cycladic Eyes"*

5:00 PM - Aegean Fluidity Movement

7:00 PM - Community Dinner

Day Three

7:30 AM - Gratitude Circle

8:30 AM - Morning Breathwork

9:00 AM - Breakfast

10:30 AM - Closing Workshop

Check-out

**extra cost activity*

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

