

welcome dear one,

your invitation to slow down, listen deeply, and reconnect with the quiet intelligence of the body and nature. experience these teachings not only in theory, but through lived experience.

Our intention is that what is felt here in Crete continues to ripple gently into everyday life, long after our time together.

To support a smooth and easeful journey, in this booklet you will find the next steps for booking and a gentle timeline of what to expect as we begin preparing together for your arrival in Crete.

We look forward to welcoming you.





CRETE, 2026

NEXT STEPS

1. Reserve Your Place

To secure your place on The Embodied Quantum Retreat, please complete your registration form and choose one of the following payment options and click the link below to proceed with payment:

Pay in Full – €1,300 per person

Includes a €400 non-refundable deposit to secure your place. The remaining balance of €900 is refundable up to 8 weeks before the retreat begins.

One Person:

<https://wise.com/pay/r/Hf52O78vciYbpwQ>

If you're attending the retreat with a partner or friend and would like to make your payment together, please use the 'Pay for Two' link below.

'Pay for Two:'

<https://wise.com/pay/r/bgyuClirAbm9gos>

Pay in Three Instalments – €1,300 per person

- €400 non-refundable deposit to secure your place
- €450 second payment
- €450 final payment

Deposit Payment Link:

<https://wise.com/pay/r/Dt-riugGPR3avbk>

We will confirm further payment dates with you upon deposit receipt .

2. Explore Flights to Crete

You are welcome to book flights at any time to either Heraklion (HER) or Chania (CHQ) airports in Crete.

Before confirming your flights, we kindly ask that you share your proposed arrival and departure times with us. This allows us to keep everyone's travel plans in mind as we organise airport transfers and do our very best to coordinate smooth and supportive group travel arrangements.

3. Prepare for Your Journey

Closer to the retreat, you'll receive a welcome guide containing everything you need to know, including:

- Arrival and transfer information
- Suggested packing list
- Retreat details and practical information
- Ways to prepare for your week in Crete

4. Arrange Travel Insurance

Once your flights are booked, we recommend arranging personal travel insurance from your home country for additional peace of mind throughout your journey.

We look forward to welcoming you to Agios Pavlos and sharing this special week of rest, connection, and embodiment together.

Also... good to double check your passport is in date :)



CRETE, 2026

Please feel free to reach out to us at any point if you need support with planning or preparation.

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WE WILL SEE YOU SOON,
WITH LOVE,

Brian and Jennifer



THE

EMBODIED QUANTUM

RETREAT



CRETE, 2026