

Leonie Joanne
BROWN.

RADICAL TRANSFORMATION
RETREAT

“BEYOND”

IKARIA ISLAND
GREECE

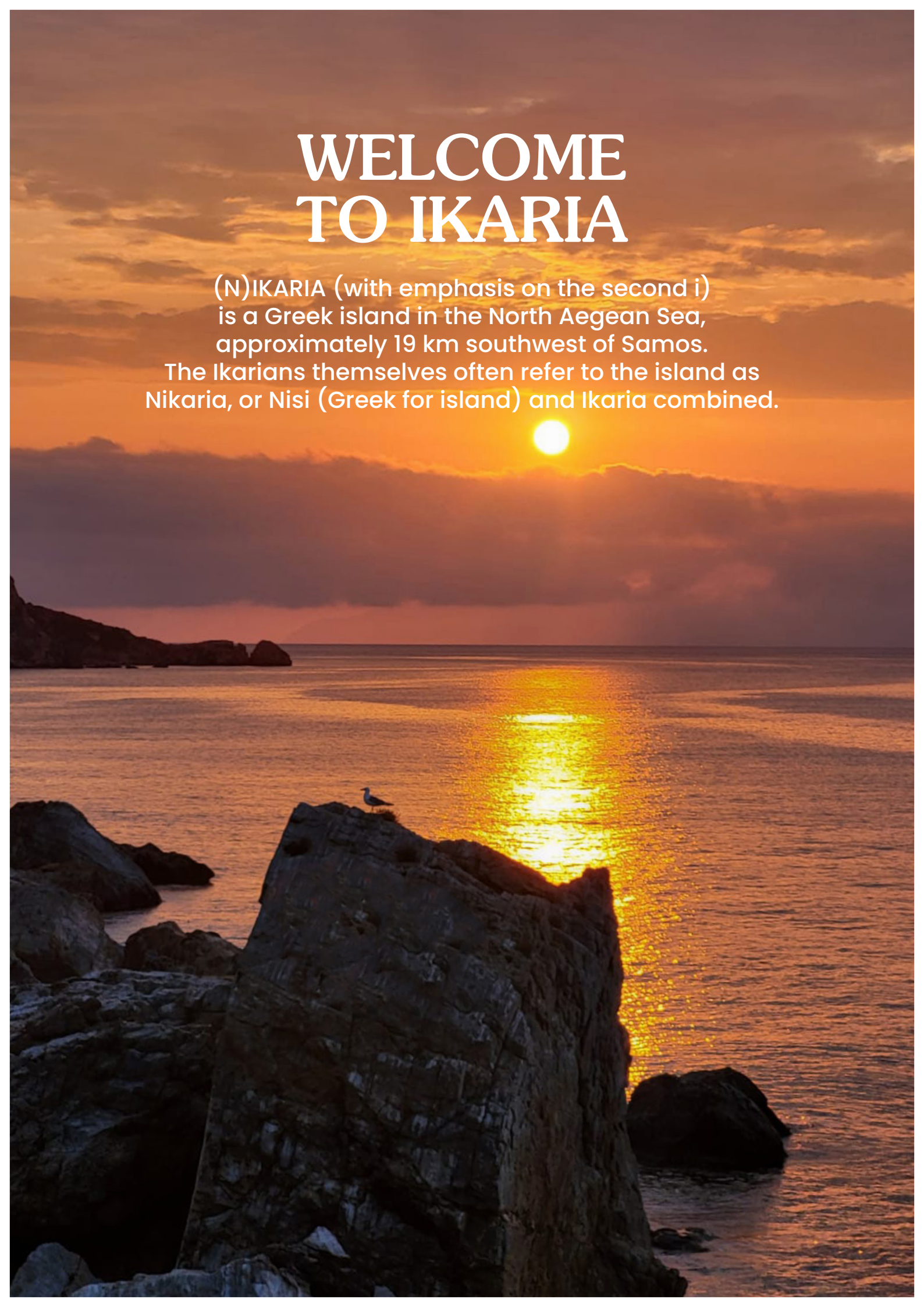
**Information
for your
Stay and Travel**



WELCOME TO IKARIA

(N)IKARIA (with emphasis on the second i)
is a Greek island in the North Aegean Sea,
approximately 19 km southwest of Samos.

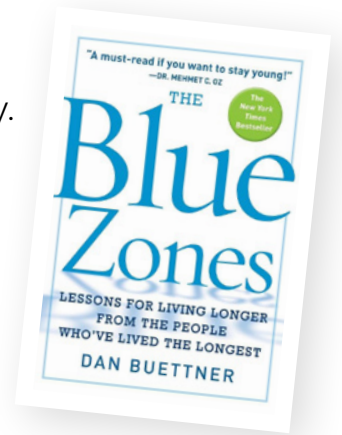
The Ikarians themselves often refer to the island as
Nikaria, or Nisi (Greek for island) and Ikaria combined.



IKARIA: UNLOCKING THE SECRETS OF THE BLUE ZONE

The island of Ikaria is a well-kept secret, a small paradise. It is a Blue Zone, or one of the rare places in the world where residents have an exceptionally high life expectancy. In recent years, Ikaria has made headlines worldwide as “The Island where People forget to Die.” Journalists and scientists came from far and wide to observe the secret of the ‘happy healthy lifestyle’ up close.

The Blue Zones are fully described in the book by American researcher Dan Buettner: ‘Blue Zones: Lessons for Living Longer from people who lived the longest’. Ikaria also appeared in the Netflix series: ‘Live to 100: Secrets of the Blue Zones’.



IKARIA: UNRAVELING THE MYTH OF ICARUS

Ikaria is also known as the Island of Wings where, according to myth, Icarus washed ashore after his fall into the sea.

They both took flight, Daedalus leading the way. They flew past many islands. Icarus felt that flying was going so well that he could leave his father for a moment and fly much higher towards the sun.

But then what Daedalus had feared happened: the wax of Icarus’ wings melted and the poor boy fell into the sea. Daedalus called out, “Icarus! Icarus!” But there was no answer. When he looked down, all he could see on the waves were scattered feathers... Icarus was buried on the island, which would thereafter be called Ikaria.

FINDING YOUR OASIS: YOUR ACCOMMODATION IN IKARIA

Nestled high on a hill in Avlaki, Villa Cecile offers breathtaking views of a wild bay, enchanting terraces, and a magical sunset that lingers in your soul.

The villa's charm lies in its unique character—each room lovingly decorated with the owner's beautiful paintings. Far from the bustle of standardized hotels, it's a serene haven where you can truly relax. Guests enjoy organic breakfasts and lunches, with accommodations ranging from single rooms to apartments. A walking path leads you to a private pebble beach. **More info about the rooms: [Villa Cecile](#).**

Important: Book your accommodation at cecileikaria@yahoo.fr

Information about excursions

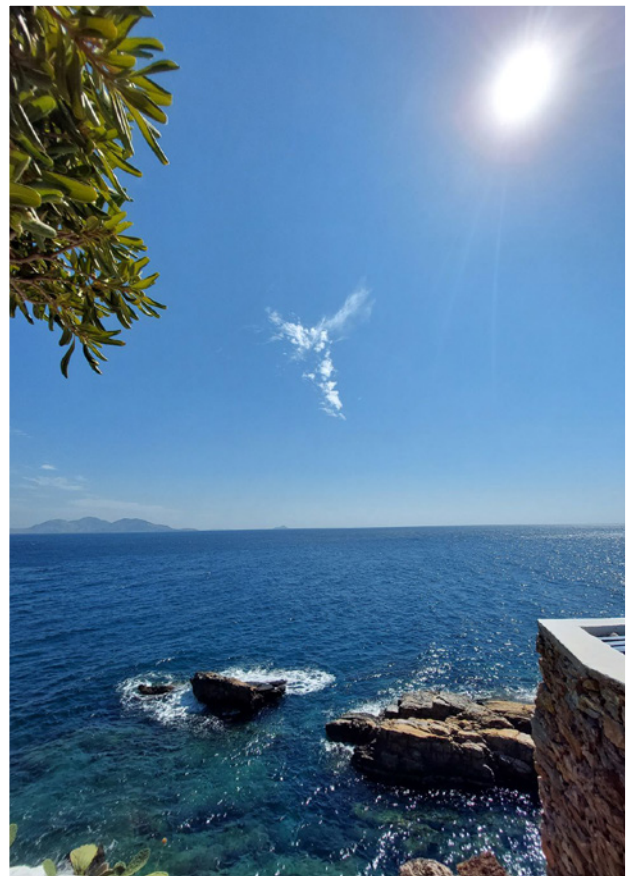
You'll have the chance to enjoy excursions, such as visiting the Artemis Temple, a sacred site by the sea. Meals will be shared, whether lovingly prepared at Villa Cécile, enjoyed in local taverns, or during our outings.

On seminar days, long breaks will let you relax, explore, and soak in the island's beauty. You'll return home feeling deeply rested and inspired.

More info: [Villa Cecile](#).

Information about a Rental Car

Villa Cécile is a peaceful retreat place surrounded by nature and far away from tourist areas. Therefore a rental car is essential, costing about €25 per day, typically shared by 2-3 people. We can assist with arrangements if needed.



EMBARKING ON THE JOURNEY: TRAVELLING TO IKARIA

IKARIA is a fairly remote island (hence still authentic!) and not so easy to reach. Only domestic flights land at the tiny airport. Coming from abroad, you need two flights to get to Ikaria: an international flight to Athens, and a second flight from Athens to Ikaria. Or you can travel by boat, coming from Athens or another island like Samos or Patmos. To make it easier for you, I've outlined some travel combinations.

TRAVEL BY BOAT

If you travel by boat from Athens, Samos, or Kos (or other islands) to Ikaria, you should take into account extra overnight stays because the arrival and departure times of planes and boats rarely coincide.

Good to know: there are **two ports** in Ikaria: one in **Agios Kirikos** and a second one in **Evdilos**.

The port which is closest to our retreat place is Agios Kirikos!

Information about all ferry routes from Athens and Samos can be found on the websites of [Nel Lines](#) and [Hellenic Seaways](#).

From Kos, there is a speedboat to Ikaria. The speedboat route passes through the following islands: Samos-Fourni-**Ikaria**-Patmos-Lipsi-Leros-Kalymnos-Kos.

So, for example, you could fly to Kos, stay overnight there, and then take the speedboat to Ikaria. All information about this can be found on the website of [Dodekanisos Seaways](#).

Please note:

The speedboat from Kos operates only once a week! Keep this in mind when booking your tickets. Moreover, it operates only from May to the end of September. For example, in October, there is no speedboat service anymore.

(An overview of all useful websites can be found at the bottom of this document.)



TRAVEL BY PLANE

If you're traveling from Belgium or the Netherlands, it's often the case that you need to stay overnight in Athens during the outbound journey because there are no connecting flights. The return flight can usually be done in one day. If you book in advance, you can usually find affordable connecting tickets.

The airport of Ikaria is located in Faros and serves flights from Athens. You can fly to Ikaria with two airlines: [Sky Express](#) and [Olympic Airlines](#).

Handy tip:

Olympic Airlines operates under the wings of Aegean Airlines. If you prefer to book the international and domestic flights within one airline company: enter Amsterdam-Ikaria or Brussels-Ikaria on the Aegean Airlines website.

Important notice:

Please DO NOT book your tickets through online ticket services like go-daddy.com or go-ferry.com or cheap flight search engines. Firstly, you will pay a lot more, and secondly, if anything goes wrong, such as a flight delay, you won't receive the same level of service as when you book directly through the website of the airlines or ferry companies. **ALWAYS book your tickets directly with the flight or ferry companies.**



OVERNIGHT STAY IN ATHENS

If your flights do not connect, and in case you don't have enough time to visit Athens City Centre, it is advisable to book accommodation close to the airport, through the website of Airbnb. In recent years, Athens offers lots of comfortable options to stay overnight, including transfer to and from the airport.

BUS OR METRO TO ATHENS

In case you would like to visit the city center, you can take bus X95 or the Airport Express Bus. These depart from the airport exit (to the right of the taxis, you'll also find the ticket booth just outside the airport doors). The bus will take you directly to the city center in about an hour.

The final stop is Syntagma Square. A ticket will cost you a few euros.

You can also take the metro. The metro also departs from the airport (upon arrival, exit the arrivals hall, cross the street, and take the escalator up).

The metro will take you to the tourist city center (Akropolis) or to the port of Piraeus, where you can connect to boats.

USEFUL WEBSITES

- Tourist guide for Ikaria > [Visit Ikaria](#)
- General info for Ikaria > [Island-Ikaria](#)
- Ferry boats > [Nel Lines](#) and > [Hellenic Seaways](#)
- Flights from Brussels and Amsterdam > [Aegean Airlines](#)

In case you would like to book directly from Brussels or Amsterdam to Ikaria: go to Aegean Airlines.

- Flights from Brussels > [Brussels Airlines](#)
- Flights from Eindhoven and Amsterdam > [Transavia](#)
- Flights from Athens to Ikaria > [Olympic Air](#) (this is a daughter company of Aegean Airlines, operating the national flights) and > [Sky Express](#)
- Accommodation in Athens > [Airbnb](#)

MORE INSIDER KNOWLEDGE FOR YOUR IKARIA ADVENTURE

Slow Down and Enjoy the Ride: Embrace the Ikarian Way of Life!

Ikarians have a stubborn attitude towards modern development. They prefer to maintain their traditional, modest way of life. And this is evident in the landscape, the houses, the entire infrastructure. When you arrive in Ikaria for the first time, it feels like someone has turned the clock back fifty years!

Ikaria is a peculiar island. You never quite know WHY you're going there. When you arrive through the harbor, you might as well turn back immediately: at first glance, there's little to see or do. And indeed, there is nothing to do, there's no distraction. And that's precisely the island's strength. The island gives you all the time and space to connect with yourself, to tap into your source.



Offbeat, Wild, and Unconventional

Ikaria is not beautiful, neat, tame, polished, luxurious, easy, cute, or fun. Ikaria has a rugged, challenging beauty that goes far beyond beauty. It lacks order and regularity. It's a windy island, with regular storms and gusty winds from October to April, heavy downpours, and surprisingly cold winter snaps (snow! ice!). The disorder you sometimes see here is usually the result of natural forces.

And the powerful forces of nature have their influence on the residents: Ikarians attach little importance to luxury or other material possessions. However, they do value the ownership of land, forests, goats, sheep, horses, cows.

You won't find the typical picture you'd expect from a Greek island here. No cute blue-and-white houses, but instead, car wrecks adorn the streets. So indeed, words like rugged, wild, chaotic, but also exotic and sexy are associated with Ikaria.

Ikaria invites you to slow down, to land your feet on the mighty rock that she is. "Take it easy, it's safe here. I've got you," she whispers.

Beyond Time – Where Time Stands Still

Living in timeless Ikaria means living without a watch. In the morning, you throw open the door and observe how high the sun is. You tune into the rhythm of nature. Soon you'll notice: there's always plenty of time! If you don't strive to be 'on time' and 'punctual', not to count, add up, or stretch time, then you sink into the non-time that Ikaria is.

Appointments are made and kept, but the exact time isn't so important. If you're invited to a party at eight, you might as well show up at ten, eleven, or twelve (for parties, Ikarians take their time, parties typically last until the early morning hours).

It's no coincidence that Ikaria is known as the island 'where the inhabitants forget to die': few are aware of chronological age, but rather of the fluidity and changeability of life. Ikarians live in the now. Now is timeless. So why would you then grow old?

My Final Message for Your Ikarian Adventure

Travel to Ikaria without expectations, open and curious like a child. Leave behind worries and old baggage and venture fearlessly. We'll be here with open arms to welcome you!

*If you embark on your Journey to Ikaria,
wish that your road may be long,
full of adventures, full of experiences.
Wish that your road may be long,
with many summer mornings
where you learn from the Wise Ones
and the Mirrors on your path.
Safe travels! Kalo taxidi!*

**Leonie, inspired
by the poem "Ithaca"
by Konstantinos Kavafis (1911)**



Leonie Joanne
BROWN.

**AUTHOR, TRANSFORMATIONAL COACH, SPEAKER AND TRAINER
MENTOR FOR VISIONARY LEADERS, CONSCIOUS CREATORS
AND MISSION-DRIVEN ENTREPRENEURS**

Visit me at: leoniejoannebrown.com

Mail me at: info@leoniejoannebrown.com

VILLA CECILE

ACCOMMODATION AND SEMINARHOUSE

Welcome to Villa Cecile, your perfect retreat on the tranquil island of Ikaria. This peaceful getaway offers stunning views, cozy accommodations, and a serene atmosphere, ideal for relaxation and rejuvenation.

Nestled high on a hill in Avlaki, Villa Cecile offers breathtaking views of a wild bay, enchanting terraces, and a magical sunset that lingers in your soul.

The villa's charm lies in its unique character—each room lovingly decorated with the owner's beautiful paintings. Far from the bustle of standardized hotels, it's a serene haven where you can truly relax.

Guests enjoy organic breakfasts and lunches, with accommodations ranging from single rooms to apartments. A walking path leads you to a private pebble beach.

When booking your stay, we will be happy to advise and assist you to ensure that your stay is perfect.

VILLA CECILE HAS:

- 14 cozy rooms
- 5 large bathrooms
- a caravan for nature lovers
- 1 spacious communal kitchen
- A large idyllic seminar room
- An Olive Bamboo House for various relaxing treatments
- Breathtaking terraces



PRICES AND CHARGES

All prices quoted are exclusive of 24% VAT (EL). All prices include a large and delicious breakfast. During the retreat, on most days, a light afternoon lunch will be added to your expenses: €6 p.p.(excl. VAT)

DAILY BATHROOM CLEANING

Our bathrooms are cleaned daily to ensure maximum comfort for you.

ROOM CLEANING ON REQUEST

Room cleaning is available for €10. Many guests prefer privacy and opt out of this service. If you'd like your room cleaned, please let us know at the villa.

IMPORTANT BOOKING INFORMATION

When booking a double room, please note that the second person must be specified directly.

When booking an apartment all to yourself, please note that prices start from € 140.00 per night, depending on the size, for an occupancy of up to two people.

OVERVIEW OF THE APARTMENTS

Apartment 1, Cat. 3 (Apollo and Persée)

- Facilities: two bedrooms, shared kitchen and bathroom, large terrace.
- Single use of bedroom: € 78.00
- Double use of bedroom (for couple): € 60.00 p.p.

This apartment has the most beautiful terrace facing the sea.



Apartment 2, Cat. 3 (Hermes and Jason)

- Facilities: two bedrooms, shared kitchen and bathroom, large terrace.
- Single use of bedroom: € 78.00
- Double use of bedroom (for couple): € 60.00 p.p.

Each room has its own entrance. One room has a kitchen, here is also the access to the bathroom for both guests. The large terrace is facing the sea.

Apartment (3) (Aphrodite, Ariane, Gaia)

- Facilities: three bedrooms, shared kitchen and bathroom, terraces.
- Single use of bedroom: € 78.00
- Double use of bedroom (for couple): € 60.00 p.p.

The apartment has a kitchen and two exits to the terraces.

OVERVIEW OF THE ROOMS

Explore our uniquely decorated rooms on the first and second floors, each designed to offer you a comfortable and peaceful stay.

1st floor - Cat. 2 (Eros and Ulysse)

- Single use with sea view and shared bathroom: € 68.00
- Double use (for couple) with sea view and shared bathroom: € 58.00 p.p.

2nd floor - Cat. 3 (Zeus and Ikare)

- Single use with balcony and sea view, shared bathroom: € 78.00
- Double use with balcony and sea view, shared bathroom: € 60.00 p.p.



2nd floor – Cat. 1 (Achille and Athena)

- Cheap sleeping possibility in the mezzanine, with shared bathroom.
- This room is separated by a balcony, but offers little privacy.
- Single use only: € 48.00

2nd floor – Gallery Library

- Independent room with one double and one single bed.
- Single use with shared bathroom: € 62.00
- Double use with shared bathroom: € 45.00 p.p.
- Triple use with shared bathroom: € 40.00 p.p.
- The room is located in the mezzanine area, separated by a bookshelf.

RELAX IN A CARAVAN BY THE SEA

Enjoy your stay in a beautifully furnished caravan with a terrace overlooking the sea. Experience the freedom of nature with an outdoor bathroom and an outdoor kitchen. A gong between the beautiful old pine trees invites you to meditate and dream. This idyllic spot is perfect for couples who would like to spend some time alone during the retreat. Please note that the gong and the terrace will be used for seminar purposes during the day.

Prices:

- Single use: € 78.00
- Double use (couple): € 60.00 p.p.

WIFI DETOX

We invite you to experience a WIFI detox and truly disconnect. If you still wish to go online, WiFi is available.



EXTRA ACTIVITIES

- Experience various Relaxing Treatments at the Olive Bamboo House - € 65.00 for 1 hour.
- Herb tour, full day, group price up to 8 people - € 400.00
- Blue Zone cooking workshop, group price up to 8 people - € 500.00
- A full day on a sailing boat, group price up to 10 people - € 800.00
- Romantic tour on a sailing boat for 1 couple, half a day - € 400.00 (€ 600.00 for a full day)

... and much more! Cecile and Daniel, our hosts in Villa Cecile, will be happy to advise you on site.

DIETARY REQUIREMENTS AND ALLERGIES

To ensure smooth kitchen operations, please provide all relevant information in advance. If you have any health concerns, allergies, or dietary restrictions—such as vegan, vegetarian, pescatarian, gluten or lactose intolerance—please email us your preferences when booking your room.

CONTACT INFORMATION

Book your accommodation at cecileikaria@yahoo.fr

