

LIFESTYLE
Combo

RELEASE.
RESTORE.
REVIVE.

12-14TH OCTOBER
2026

Flow, breathwork, and meditation

Soulful workshops for self-discovery

Time to release, restore, and revive

BOOK NOW!

CONTACT US info@lifestylecombo.com

Perfu



Thank you for downloading this information document regarding this transformative 3-day retreat in Corfu, Greece.

We are hosting a 3-day wellbeing retreat in Corfu, Greece on the 12th - 14th October 2026. This retreat is focused on three elements:

- Releasing the old (Day 1)
- Restoration of the self (Day 2)
- Reviving your energy to take on the new (Day 3)

You will arrive in Corfu on the 11th October 2026 where you will be transferred to the property Kaloudis Studios, Dassia, Corfu – this will give you some time to get relaxed, soak up the vibes, and become acquainted with the area before we officially begin the retreat the following day. The retreat will be hosted at Kaloudis Studios, Dassia. With its own pathway and access to the local beach (approximately 5mins walk); guests will have the opportunity to get some peace and quiet; as well as participate in group meditations; workshops; and enjoy mornings dedicated to breathwork and light exercise - a perfect way to start the day.

What's included:

- Transfers to and from the airport at designated times
- Accommodation (shared, single studio occupancy will include an extra charge)
- Daily Breakfast Baskets (coffee/tea; healthy green shots; pastries; fruit and yoghurt)
- Daily Workshops
- Afternoon Trip on day 2 with free time for all guests
- Daily Breathwork and Fitness classes (think tai chi fused with yoga and pilates) - every morning
- Daily Meditation
- Group Dinner on the last night – 14th October
- A FREE GIFT for all guests

What's not included:

- Flights
- Airport Transfers outside of designated times (e.g. Evening/Night arrivals)
- Travel Insurance and any visa requirements
- Lunches on all days
- Dinner on 11th, 12th, 13th



Retreat itinerary

11th October 2026 – Arrival/Check-in

12th October 2026 - Day One - Release

7:30-8:30am Breakfast baskets delivered to each apartment/studio

9:00am – 9:30am – Nirvana Fitness (30 mins)

10:30am – 10:45am – Reflection, Intentions setting (15 mins)

10:45am – 12:00pm Workshop: Letting Go of old baggage (1hr 15 mins)

12:00pm – 2:00pm Lunch

2:00pm – 2.45pm – Journalling time for self reflection (45mins)

2:45pm – 3:00pm Break

3:00 – 3:30pm Flow exercise and workshop (30 mins)

3.30pm – Group Mentoring and Q&A led by Rita and Melissa Hurry

4.30pm – Meditation (30 mins)

5:00pm – Close

13th October 2026 - Day Two – Restore

7:30-8:30am Breakfast baskets delivered to each apartment/studio

9:30am – 9:45am Meditation on Dassia Beach (15 mins)

10:00am – 10:35am Nirvana Fitness with Flow (35 mins)

10.35am – 11:15am Refresh and Break

11:15am – 3:00pm Afternoon trip

3:00pm – 7:30pm Free time (beach, dinner, completely up to you)

7:30pm – 8:30pm Group Circle with mentoring and restore and belonging story circle (1 hour)

8:30pm – 8:45pm – Meditation (15 minutes)

14th October 2026 Day Three - Revive

7:30-8:30am Breakfast baskets delivered to each apartment/studio

9:30am – 10:00am Nirvana Fitness (30mins)



10:00am – 10:30am Refresh time

10:30am – 10:45am Journal work reflection on what was learnt the night before (30 mins)

11:00am – 12:00pm Workshop Revive and Move Forward with Intention (1 hour)

12:00pm – 2:00pm Lunch

2:00pm – 3:00pm Goal Setting for last part of 2026 and thinking ahead for 2027 (1 hour)

3:00pm – 3:15pm Break

3:15pm – 3:45pm Flow exercise and Visualisation (30 mins)

3:45pm – 4:30pm – Group Mentoring (45mins)

4.30pm – 4:40pm – Meditation (10 mins)

6.30pm – Group Dinner and gathering

15th October 2026 – Departure/Check-out



Your Retreat Leaders



Rita Hurry – Meditation Teacher; Nirvana Fitness Instructor; Flow Code Practitioner; Hormone Health Specialist.

With 22+ years of experience in health and wellness coaching, lifestyle consulting, and personal development, Rita Hurry has dedicated her career to helping individuals create lasting change in their health, mindset, and overall lifestyle. Her holistic approach blends science-based nutrition advice, hormone health support, and wellness education to empower clients to live with more energy, clarity, and purpose. Rita is qualified in *MBTi Facilitation*; *Flow Code Coaching*; *Meditation* and is

a *Nirvana Fitness Instructor*.

Rita also provides effective stress management techniques that support mental well-being and help clients manage the pressures of daily life. Her sessions integrate mindfulness, breathwork, and movement, creating a balanced path to both physical and emotional wellness.

Rita specializes in:

- **Stress management coaching**
- **Mindset mentoring for creative professionals**
- **Lifestyle transformation programs**
- **Nutrition and wellness guidance (including hormone health support)**
- **Mindset and meditation for professionals**



Melissa Hurry – Keynote Speaker;
Professional Trainer; Mentor; Author.

With over 20 years of proven experience in project and programme management, Melissa is a highly skilled business and project consultant with a strong track record in strategic planning, leadership development, and team building. Her career spans multiple sectors, including event management. She has successfully led high-impact initiatives, driven operational efficiency, and supported sustainable business growth. Melissa is certified in *TAP (Training Accreditation Programme)*; a *Managing Successful*

Programmes Practitioner; and is certified in the *APM PMQ (Project Management Qualification)*.

Melissa is also a Diversity and Inclusion advocate and delivers talks on related subjects. Her focus is to ensure that no matter what belief, background, or way of life is adopted, **EVERYONE** is welcome.

She is also extremely passionate about finding purpose and achievement through life and its challenges and regularly creates content encouraging and motivating others on a day to day basis.

The Accommodation:

[Kaloudis Studio and Apartments, Dassia, Corfu.](#)





Twin beds can be separated in the room.











Pricelist (per person)

Apartment/Studio	No. persons max	Bed type	Price total per person for the whole retreat package
Apartment 1	4	Bedroom 1: 1 x King (2 person shared) Bedroom 2: 2 x Single (twin)	£1320 based on one person to Bedroom 1 £1300 per person for Bedroom 2
Apartment 1	4	Bedroom 1: 1 x King (2 person shared) Bedroom 2: 2 x Single (twin)	£1320 based on one person to Bedroom 1 £1300 per person for Bedroom 2
Studio 1	Single occupancy	1 x King	£1350 based on single occupancy
Studio 1	Single occupancy	1 x King	£1350 based on single occupancy

For any additional guests sharing a Studio or King room in either Apartment 1 or 2, please contact us directly regarding prices.

Booking Process:

To book your place, please contact us directly via our email: info@lifestylecombo.com

We look forward to meeting you at the Release – Restore – Revive Retreat!

Peace and Blessings,

Rita and Mel
Lifestyle Combo Ltd/FZ-LLC

