



You may look calm on the outside. Capable. Grounded. High-functioning.

But inside, your system is tight. Alert. Tired. Always bracing.

This isn't because you're doing something wrong.

It's because your nervous system hasn't felt safe in a long time.



You're holding more than you should. And your body knows it.



What makes this retreat different

- + We work with your nervous system – the place where stress and survival patterns live.
- + With gentleness and spaciousness, your body is invited to slow down, settle, and reorganize naturally.
- + Through Somatic Experiencing® and embodiment, change happens in small steps that feel safe.
- + Guided by licensed Somatic Experiencing® Practitioners



How would it be to experience...

- + A softer body
- + A deeper, freer breath
- + A quieter mind
- + More space inside
- + A growing sense of ease

The part of you that once worked so hard can finally rest.

And something lighter emerges.



Scan the QR code or visit
www.dragonflyretreats.org

Your Dragonfly guides:
Maria, Regina, Yulin & Luc
Licensed Somatic Experiencing® Practitioners



Corfu, Greece

June 15-19, 2026

www.dragonflyretreats.org

Meet your Dragon. And Fly.

- + Your “dragon” is not the problem.
It’s the survival energy that’s been holding everything together.
- + When it’s met gently and respectfully, it releases.
- + What’s left: lightness, clarity, and movement forward.

Get to know us

Start with a free discovery call.
Places are strictly limited.

